



Gut Healing Recipes



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Active NUTRITION



Maintaining the right balance of friendly and unfriendly bacteria in your gut is important to improve digestion, reduce inflammation, decrease anxiety, and even improve brain function and mood.

A healthy balance of gut bacteria can boost metabolism, eliminate cravings, and help shed unwanted weight.

To create this balance with food, including probiotic and prebiotic-rich foods is key.

Probiotics are live bacteria found in foods like yogurt, kefir, tempeh, kombucha, and unpasteurized fermented vegetables, such as sauerkraut, pickles, and kimchi.

Prebiotics are a type of fiber that helps feed these friendly bacteria. You can find them in foods such as asparagus, garlic, Jerusalem artichokes, onion, leek, and radishes.

Try out these recipes for some delicious dishes you can start to incorporate for improved gut health.

A gut healthy diet limits sugary, fried, and processed foods, focusing on fresh produce, lean protein, healthy fats, and probiotic- and prebiotic-rich foods.

Go to **MyGutProgram.com** for more details.



ACTIVE NUTRITION
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SCHEDULE A FREE
15-MINUTE INTRO CALL

We can briefly discuss your needs and determine how best to proceed. Just go to my website and select the date/time most convenient for you.

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Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

Directions

- 1 Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale, Use spinach instead.

No Honey, Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy, Use almond milk instead of water for extra creaminess.

Storage, Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.



Immunity Boosting Bone Broth

4 servings

12 hours

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Low FODMAP, Omit garlic and onions.



Strawberry Asparagus Salad with Tahini Dressing

4 servings
20 minutes

Ingredients

- 2 cups Asparagus
- 4 cups Arugula
- 1 cup Radishes (thinly sliced)
- 1 cup Strawberries (thinly sliced)
- 1 cup Frozen Peas (thawed)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 Lemon (juiced)
- 2 tbsps Water (warm)

Directions

- 1 Trim the woody ends from the asparagus and cut the spears in half.
- 2 Fill a steamer pot with water and bring to a boil. Place asparagus in the steaming basket and steam for about 5 to 7 minutes, or until tender. (Note: The thicker the spears, the longer they will need to steam.) Remove the steamer from stovetop and run the asparagus under cold water until completely cool.
- 3 Fill the bottom of a salad bowl with arugula. Top with sliced radishes, strawberries thawed green peas and asparagus.
- 4 In a small jar, combine the tahini, maple syrup, lemon juice and water. Shake well. Add more water to thin if necessary.
- 5 Drizzle desired amount of dressing over top of the salad and serve.

Notes

Cheese Lover, Add crumbled goat or feta cheese.

No Asparagus, Use green beans instead.

Leftovers, Store in the fridge up to 2 days with the dressing on the side.



Creamy Artichoke Salad with Cauliflower Rice

4 servings
15 minutes

Ingredients

3 cups Artichoke Hearts (roughly chopped and divided)
1/4 cup Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 1/2 tsps Maple Syrup
1 tbsp Dijon Mustard
1 tsp Sea Salt
1 head Cauliflower (chopped into florets)
1 Avocado (cubed)
2 cups Frozen Corn (thawed)
1/4 cup Red Onion (finely chopped)

Directions

- 1 In a food processor or blender, blend half the artichoke hearts, oil, vinegar, maple syrup, dijon and salt until smooth. Transfer the dressing to a salad bowl and set aside.
- 2 Pulse the cauliflower florets in the same food processor or blender in small batches until the mixture becomes a rice-like consistency.
- 3 Add the cauliflower rice, remaining artichoke hearts, avocado, corn and red onion to the salad bowl and toss with the dressing until well coated. Enjoy!

Notes

No Artichoke Hearts, Use cooked asparagus instead.

Serve it Warm, Lightly saute the cauliflower rice, artichoke hearts and corn before combining with the remaining ingredients.

Serve it With, Our 15-Minute Grilled Steak, Marinated Baked Tofu, Sweet and Crunchy Chickpeas, or Marinated Chickpeas recipe.



Kimchi Fried Cauliflower Rice

4 servings
20 minutes

Ingredients

- 1 head Cauliflower (medium, chopped into florets)
- 1 tbsp Coconut Oil
- 2 cups Kimchi (liquid drained off)
- 2 tbsps Tamari
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Black Pepper
- 2 tbsps Sesame Seeds
- 2 tsps Sesame Oil
- 3 stalks Green Onion (chopped)
- 1 cup Frozen Peas (thawed)
- 4 Egg

Directions

- 1 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 2 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 3 In a separate frying pan, fry your eggs.
- 4 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

Notes

No Cauliflower, Use cooked quinoa or brown rice instead.

Meat Lover, Add chopped bacon.

No Eggs, Use diced chicken breast or roasted chickpeas instead.



Egg Roll in a Bowl

4 servings
30 minutes

Ingredients

- 2 tbsps Avocado Oil
- 1 Yellow Onion (medium, diced)
- 5 stalks Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 lb Lean Ground Pork
- 6 cups Coleslaw Mix
- 2 cups Bean Sprouts
- 1/4 cup Coconut Aminos

Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

Notes

No Coconut Aminos, Use tamari or soy sauce instead.

Meat-Free, Replace the ground meat with scrambled eggs or tofu.



Slow Cooker Cabbage Roll Soup

6 servings

4 hours

Ingredients

- 1 head Cauliflower (processed into rice)
- 4 cups Green Cabbage (roughly chopped)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 3 cups Crushed Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes (optional)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 cup Water
- 1 lb Extra Lean Ground Turkey (or chicken)
- 4 cups Baby Spinach (optional)
- 1/3 cup Parsley (chopped, optional)

Directions

- 1 Use a food processor to pulse your cauliflower into rice.
- 2 Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
- 3 Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Notes

Storage, Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

No Ground Turkey, Use any type of ground meat.

Vegan & Vegetarians, Replace the meat with 1 can of lentils, chickpeas or kidney beans.



Slow Cooker Lentil Chili

6 servings

5 hours

Ingredients

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Organic Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 2 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size, One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy, Add one chopped jalapeno pepper.

More Flavor, Add the juice of one lime to the slow cooker just before serving.

No Beans, Use lentils only.

Leftovers, Store leftovers in the fridge for up to five days, or freeze for longer.



Sausage & Sauerkraut Skillet

4 servings
40 minutes

Ingredients

- 10 ozs Organic Chicken Sausage
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 Apple (peeled, cored and diced)
- 2 Garlic (cloves, minced)
- 4 cups Swiss Chard (washed, stems removed and chopped)
- 2 cups Sauerkraut (liquid drained off)

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 2 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 3 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

Notes

- Leftovers,** Store in an airtight container in the fridge up to three days.
Vegan and Vegetarian, Skip the sausage and use cooked lentils instead.
No Swiss Chard, Use kale or spinach instead.



Zucchini Noodles with Salmon

2 servings
20 minutes

Ingredients

- 6 ozs Salmon Fillet
- 1 cup Basil Leaves
- 1/4 cup Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1 Anchovy
- 1/2 tsp Lemon Juice
- 1/8 tsp Sea Salt
- 2 cups Arugula
- 1 Zucchini (large, spiralized into noodles)

Directions

- 1 Place the salmon fillet on a baking sheet. Broil on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.
- 2 In a blender or food processor, add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt. Blend until smooth.
- 3 In a pan over medium heat, add the arugula and cook until just wilted. Remove and set aside. Add the zucchini noodles and cook for 3 to 4 minutes. Plate the noodles with the arugula and salmon and drizzle the sauce on top. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, store the noodles and sauce separately.

More Flavor, Add nutritional yeast or chili flakes.

Additional Toppings, Add extra sliced basil leaves on top.

No Anchovy, Omit.



Cedar Planked Salmon with Grilled Asparagus

2 servings
30 minutes

Ingredients

- 1 Cedar Plank
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Maple Syrup
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 10 ozs Salmon Fillet
- 1 Lemon (sliced into rounds)

Directions

- 1 Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
- 2 Toss asparagus in olive oil, salt and pepper to taste and set aside.
- 3 In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
- 4 Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
- 5 Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
- 6 Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
- 7 Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

Notes

Safety First, Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

No Asparagus, Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

Likes it Spicy, Add chili powder or red pepper flakes to the marinade.

No BBQ, Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and

bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

Prep Ahead, Soak the plank ahead of time and store in the freezer until ready to use.

More Carbs, Serve with quinoa, potatoes or brown rice.

Keep it Simple, Omit the marinade and season the salmon with olive oil, salt and pepper.



Chocolate Dipped Strawberries

4 servings
30 minutes

Ingredients

- 3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)
- 4 cups Strawberries (whole)
- 2 tbsps Unsweetened Coconut Flakes

Directions

- 1 Wash strawberries and dry very well. Spread a large piece of parchment paper across a large baking sheet.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 3 Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the strawberries by the stem and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with shredded coconut immediately.
- 4 Transfer the chocolate dipped strawberries to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

Notes

- No Shredded Coconut, Use coarse sea salt instead.
- Add a Kick, Sprinkle chocolate with a pinch of cayenne pepper before it hardens.



Broiled Pineapple with Cinnamon

2 servings
10 minutes

Ingredients

2 cups Pineapple (cored and sliced into rounds)
1 tsp Cinnamon

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 2 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 3 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 4 Remove from oven and enjoy!

Notes

Serve it With, Our one-ingredient banana ice cream, organic coconut ice cream, Paleo Granola or over oatmeal.



Strawberry Banana Ice Cream

1 serving
10 minutes

Ingredients

- 1/4 cup Frozen Banana
- 1 cup Frozen Strawberries
- 2 tbsps Unsweetened Almond Milk

Directions

1

Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!