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15 Gut-Friendly Recipes

+ DAILY GUT HEALTH TRACKER!

Hey there!

I'm so glad you're here to grab 15 gut-friendly recipes! Before I hand those over to you, though, I'm just gonna go ahead and answer the obvious because if you're anything like me, you're probably wondering...

What the heck does "gut health" even mean?

Before I knew anything about gut health, I felt like it was such a "buzzword" type phrase and probably just another fad diet everyone would be joining in on soon. But truthfully, it has completely changed my mindset around my overall health and wellness and for that, I'm so grateful!

You may think that your "gut" just refers to all the parts of the gastrointestinal tract, but it's really responsible for so much more - Your immune system, brain, heart, mental wellness, sleep, digestion, and even warding off autoimmune diseases.

Typical signs of having an unhealthy gut include a frequent upset stomach, fatigue, trouble sleeping, extreme sugar cravings, migraines, skin irritations, abnormal bloat, gas, and bowel movements, or even frequent mood changes.

These 15 recipes will get you started cleaning your gut and ultimately feeling better from the inside out. I've also included a special bonus - A daily gut health tracker! Cleaning your gut starts by being aware of the food you're consuming and the symptoms you're experiencing from those foods.

If we know what makes us feel good, wouldn't we want to be doing more of that? I know I would! ☺

Enjoy! Let me know which recipe is your favorite!

Rooting for you always,
Coach Laura

COMEBACK FITNESS
Return To You...

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5 Breakfast Recipes

At the start of every day, one of the best things you can do for your gut is to give it 2 main things - fiber and probiotics. I've included 5 different recipes to help you do so!

Sourdough Toast with Nut Butter, Bananas, & Blueberries

FROM TASTE

INGREDIENTS

- 2 slices wholemeal sourdough bread, toasted
- 2 tsp. nut butter
- 1 pinch of ground cinnamon
- 1/2 banana, sliced
- 1/4 cup fresh blueberries

DIRECTIONS

1. Spread toast with nut butter.
2. Top with banana and blueberries.
3. Sprinkle with cinnamon.

Healthy Banana Pancakes

FROM OLIVE MAGAZINE

INGREDIENTS

- 1 ripe banana, mashed
- 2 eggs, beaten
- 1 tbsp peanut butter
- spray olive oil
- maple syrup, optional

DIRECTIONS

1. Mix the banana, eggs, and peanut butter in a small blender until smooth.
2. Heat a spray of oil in a nonstick pan over medium heat, and drop spoonfuls of the batter into the pan.
3. Cook for a few minutes before flipping (these will take longer to cook than a flour batter).
4. Fry on the other side until golden and set.
5. Serve with chopped banana and a drizzle of maple syrup, if desired.

Overnight Oats

FROM KITCHN

INGREDIENTS

- 2 cups old fashioned rolled oats
- 2 cups dairy milk or unsweetened non-dairy milk
- 3 tbsp maple syrup or honey
- 1 tbsp chia seeds (optional)
- 1/4 tsp ground cinnamon
- 1/4 tsp kosher salt
- optional toppings: fruits, nuts, seeds, nut butter

DIRECTIONS

1. Place all ingredients in a large bowl.
2. Stir together until well combined.
3. Cover and refrigerate overnight. You can divide the oats into individual jars at this point if desired. Cover and refrigerate for at least 4 hours, but preferably overnight.
4. Stir again before serving with desired toppings.

Greek Yogurt Bowl

FROM SINFUL NUTRITION

INGREDIENTS

- 1 cup plain Greek yogurt
- 1/3 cup unsweetened almond milk or kefir
- 1/4 cup blueberries (or strawberries)
- 1/4 banana, sliced
- 1/2 tbsp ground flax
- 1 tbsp unsweetened dried coconut
- 2 tbsp whole oats
- 2 tbsp chopped walnuts
- 1 tsp cinnamon

DIRECTIONS

1. Combine yogurt and almond milk or kefir in a bowl, and stir to combine.
2. Top with remaining ingredients, and serve.

Baked Eggs with Tomato and Sweet Peppers

FROM TASTE

INGREDIENTS

- 1 tsp extra virgin olive oil
- 1 small red onion, finely chopped
- 1 garlic clove, crushed
- 1 long fresh red chili, deseeded and finely chopped
- 1 cup canned, chopped tomatoes and tomato paste
- 1 1/2 cups cannellini beans, rinsed & drained
- 1/3 cup sliced baby peppers, drained
- 1/2 cup water
- 2 eggs
- 2 slices whole grain bread, toasted

DIRECTIONS

1. Preheat the oven to 350° F. Heat oil in a nonstick frying pan over medium heat.
2. Add onion. Cook, stirring for 1 minute or until aromatic.
3. Stir in tomatoes, beans, peppers, and water. Bring to a boil.
4. Reduce heat to low and simmer for 10 minutes or until thickened slightly.
5. Divide tomato mixture between 2 ovenproof dishes. Make an indent in each dish.
6. Crack an egg into each indent.
7. Bake for 20 minutes or until cooked to your liking. Serve with toast.

5 Lunch & Dinner Recipes

Choosing gut-friendly recipes doesn't have to mean chicken and vegetables for every meal. It's super beneficial to your overall gut health to include a wide variety of foods every single day!

One-Pot Chicken Pesto Pasta

FROM EATING WELL

INGREDIENTS

- 8 ounces whole-wheat penne
- 1 pound fresh asparagus, trimmed & cut into 2-inch pieces
- 3 cups shredded cooked chicken breast
- 1 (7 oz) container refrigerated basil pesto
- 1 tsp salt
- 1/4 tsp ground pepper
- 1 oz Parmesan cheese, grated, about 1/4 cup
- 1 fresh basil leaves for garnish

DIRECTIONS

1. Cook pasta in a large pot according to package directions.
2. Add asparagus to the pot during the final 2 minutes of cooking time. Drain, reserving ½ cup cooking water.
3. Return the pasta to the pot; stir in chicken, pesto, salt, and pepper.
4. Stir in the reserved cooking water, 1 Tbsp at a time, to reach desired consistency.
5. Transfer the mixture to a serving dish; sprinkle with Parmesan and basil.

Broccoli Cauliflower Soup

FROM ALEXA FREDERICO WELLNESS

INGREDIENTS

- 2 tbsp olive oil
- 1/2 yellow diced onion
- 1 garlic clove
- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1 cup bone broth
- 1/2 cup coconut milk
- 2 tsp sea salt
- 2 chives, extra olive oil and/or sea salt for topping, black pepper

DIRECTIONS

1. Set a large stock pot on medium-low heat.
2. Dice the onion, mince the garlic, then add to the pot with olive oil.
3. Stir occasionally for about 5 minutes until the onions are translucent.
4. Add the broccoli and cauliflower, bone broth, coconut milk, and sea salt.
5. Turn the heat up to medium-high and let cook until the vegetables are fork tender.
6. Use an immersion blender or transfer to a separate blender and combine until the soup is completely mixed.
7. If using, chop the chives and sprinkle on the top of the soup with an extra drizzle of olive oil and sea salt.

Arugula & Fig Salad

FROM SIMPLY QUINOA

FOR THE SALAD:

- 4 cups arugula
- 10 black mission figs halved
- 1 cup cooked chickpeas
- 1/2 cup shelled pistachios
- 1/4 cup hemp seeds

FOR THE VINAIGRETTE:

- 2 tbsp balsamic vinegar
- 2 tbsp tahini
- 1 tsp dijon mustard
- 1 lemon, juiced
- 1/4 tsp maple syrup or honey
- 1/4 tsp garlic powder
- salt and pepper to taste

DIRECTIONS

1. Add the salad ingredients to a large bowl.
2. In a small bowl, whisk together all the dressing ingredients until smooth. Add a splash or two of water as needed to make it a pourable consistency.
3. Pour dressing over the salad and toss to combine.

Kimchi Fried Rice

FROM KIDSPOT KITCHEN

INGREDIENTS

- 2 cups jasmine rice
- 5 cm fresh ginger, grated & peeled
- 1 tsp sesame oil
- 1 cup kimchi
- 2 spring onions
- 1 tbsp coconut oil
- 1 cup peas
- 1/2 cup tamari

DIRECTIONS

1. Cook the rice or quinoa according to the packet instructions and set aside to cool completely.
2. Heat the coconut oil in a wok or large frying pan over medium heat and gently cook the ginger for 1 minute or until fragrant.
3. Add the rice or quinoa, the sesame oil, kimchi, peas and tamari and cook for 3 minutes or until heated through. Top with spring onion to serve.

Slow-Cooker Carne Picada Tacos

FROM EATING WELL

INGREDIENTS

- 2 pounds beef brisket (flat end), trimmed
- 2 cups thinly sliced romaine lettuce
- 1/2 cup crumbled feta cheese
- 2 tsp ancho chile powder
- 2 tsp ground cumin
- 1 tsp salt
- 1/2 tsp dried oregano
- 1 cup water
- 2 tbsp tomato paste
- 8 small jalapeno peppers
- 16 corn tortillas, warmed

DIRECTIONS

1. Place brisket in a 4-7 quart slow cooker and sprinkle with chile powder, cumin, 1 teaspoon salt and oregano. Whisk water and tomato paste in a small bowl and add to the slow cooker. Cover and cook on Low for 8 hours or High for 4 hours.
2. About 20 minutes before serving, heat a medium skillet over medium-high heat. Add whole jalapeños and cover. Cook until charred and blistered on all sides, 10 to 12 minutes. Remove from heat and let stand, covered, for 10 minutes to soften.
3. Transfer the brisket to a clean cutting board. Shred it, then finely chop. Slice the blistered jalapeños.
4. Serve the brisket in tortillas, with lettuce, the jalapeños, cheese and salsa.

5 Snack & Dessert Recipes

Yes, even sweets can be gut-friendly, too! ☺ Processed sugars and carbs give you a quick spike in blood sugar levels, causing your body to produce more insulin. This excess insulin can then leave you craving more processed sugar and carbs. Give these gut-friendly snack and dessert recipes a try, instead!

Chocolate Coconut Banana Smoothie

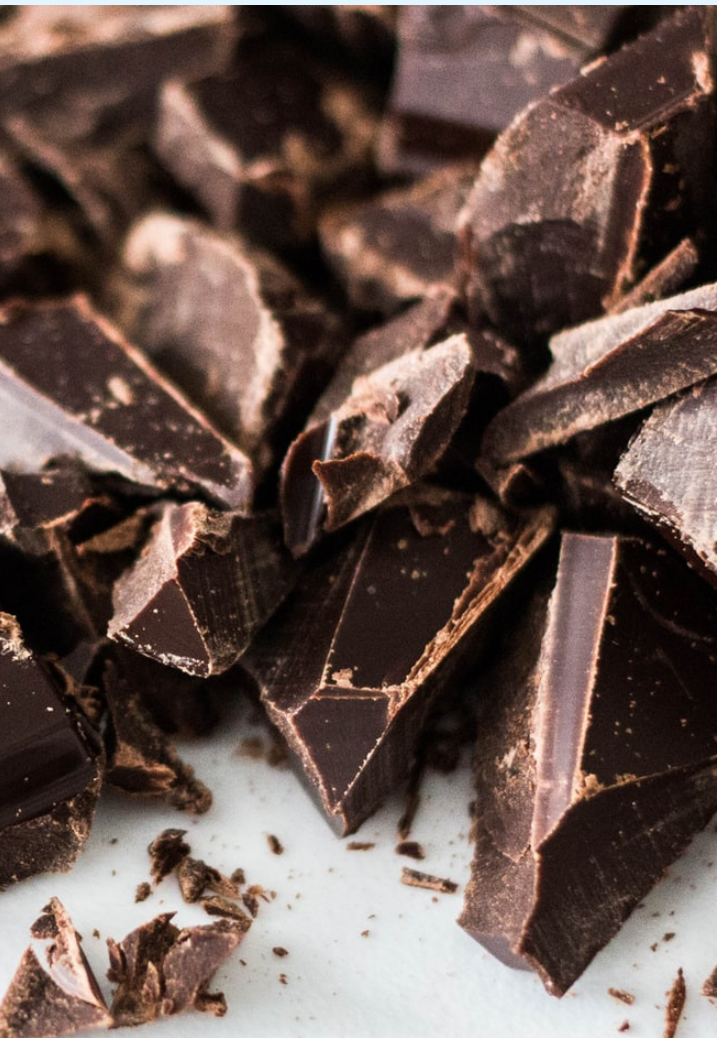
FROM EAT THIS, NOT THAT

INGREDIENTS

- 1 5.3 oz carton plain Greek yogurt
- 1 small, frozen banana peeled & sliced
- 1/2 cup ice
- 1/2 cup unsweetened almond milk
- 1 tbsp unsweetened cocoa powder
- 1 tbsp honey
- 1/2 tsp vanilla
- 1 tbsp unsweetened flaked coconut, toasted
- 1 tbsp finely chopped dark chocolate

DIRECTIONS

1. In a blender, combine the first seven ingredients (through vanilla). Cover and blend until smooth.
2. Pour into tall glasses and top with toasted coconut and dark chocolate.



Gut-Loving Chocolate Chip Cookies

FROM EATING WELL

INGREDIENTS

- 1 egg
- 1/4 cup coconut oil melted
- 1/3 tsp almond milk (or other nut milk)
- 1 mashed banana
- 2 tbsp coconut nectar (or liquid sweetener of choice
- 1/3 cup cashew butter (or other nut butter)
- 1/2 tsp cinnamon
- 3 tbsp coconut flour
- 1 cup oat flour
- 1/4 tsp baking soda
- 1 scoop protein powder (optional)
- 3/4 bar of dark chocolate bar

DIRECTIONS

1. Preheat the oven to 325°F.
2. Mix together egg, coconut nectar, coconut oil, almond butter, almond milk.
3. Stir in coconut flour, baking soda, cinnamon, and some sea salt. Let sit for about 5 minutes to let the coconut flour absorb some of the moisture.
4. Fold in chocolate chunks, leaving some on the side for later.
5. Place parchment paper down on a baking sheet and drop cookie dough blobs using a spoon-making about 10-12 cookies. Place some more chunks of chocolate on the cookies and sprinkle with sea salt. Place in the oven for about 12-15 minutes until golden brown.

Frozen Berry Yogurt Cake

FROM LOVE YOUR GUT

INGREDIENTS

- 1 1/4 cup sunflower seeds
- 14 medjool dates, stones removed
- 2 tbsp coconut oil, warmed slightly to soften
- 2 1/2 cups fresh strawberries, raspberries, or mixture of berries
- 1/2 lime, juiced
- 1/2 cup clear honey
- 2 cups Greek yogurt

DIRECTIONS

1. Preheat the oven to 350°F.
2. Place the sunflower seeds on a baking sheet in the oven for 5 minutes or until the seeds begin to brown.
3. Remove the seeds from the oven and pulse in a food processor for a few seconds so they are roughly chopped.
4. Add the dates and coconut oil and process until the mixture resembles a thick paste. Press the date and seed mixture into the base of an 8in. spring form cake tin.
5. Purée the strawberries with the lime juice and honey in a food processor and add the Greek yogurt.
6. Mix well and pour onto the date and seed crust in the cake tin.
7. Place in the freezer for 2-3 hours to freeze. Remove a few minutes before serving. Decorate the top of the cake with berries.

Cashew Dip with Baked Sweet Potato Wedges

FROM MELISSA TASTE

INGREDIENTS

- 1 cup raw cashews
- 1/2 cup coconut milk
- 2 tbsp lemon juice
- 1 tsp extra virgin olive oil
- 1 finely chopped long red chili
- 1 garlic clove, crushed
- 2 tbsp rice malt syrup
- 1 tsp apple cider vinegar
- baked sweet potato wedges to serve

DIRECTIONS

1. Place cashews in a bowl and cover with cold water. Set aside for 4 hours to soak.
2. Drain cashews and transfer to the bowl of a food processor. Add the coconut milk and lemon juice and process until smooth. Season.
3. Heat the oil in a small frying pan over medium heat. Add the chili and garlic and cook, stirring, for 1 minute or until aromatic. Stir in the rice malt syrup and apple cider vinegar for 1 minute. Season.
4. Swirl the chili mixture through the cashew cream. Serve with baked sweet potato wedges.

Blueberry Tummy Tamer

FROM HELLO GLOW

INGREDIENTS

- 1 cup probiotic milk (2% or fat-free skim)
- 3/4 cup frozen blueberries
- 1 inch piece of ginger (grated if you don't have a high powered blender!)
- 1 tbsp hemp seeds
- honey to sweeten if desired

DIRECTIONS

Combine all ingredients in a bowl. Mix well. Roll into 1 inch bite sized balls.

Daily Gut Health Tracker

While food does play the largest role in our gut health, there are so many other aspects of our lifestyle that contribute to it, too, like sleep, stress levels, and staying hydrated all day!

I've created this gut health tracker to help you become more aware of your daily symptoms associated with food and water intake, as well as exercise! I challenge you to track your symptoms for at least 30 days, and see what you've learned about your gut and daily habits at the end of those 30 days!

As you're recording your symptoms, consider all feelings such as bloat, gas, headaches, nausea, or even extra cravings that you notice come up! Print off as many daily trackers as you need. Enjoy!

My Daily Gut Health Tracker

Date: _____

Hrs. 😴 _____

Mood (circle one): 😕 ☹️

Today? ◯ Yes ◯ No

Water (each circle counts for 20oz):

Workout: _____

_____

Breakfast: Food(s)/Drink(s) and Symptoms Meal Time: _____

_____

_____

_____

Lunch: Food(s)/Drink(s) and Symptoms Meal Time: _____

_____

_____

_____

Snack: Food(s)/Drink(s) and Symptoms Meal Time: _____

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_____

_____

Dinner: Food(s)/Drink(s) and Symptoms Meal Time: _____

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