

YOUR GUIDE TO

Gut *Nourishing*

R E C I P E S



prep time:
XX minutes



cook time:
XX minutes



servings:
feeds XX

**Nutrition
Cookery**



fresh and healthy

NUTRITIONCOOKERY.COM



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Pineapple & Ginger Nourishing Smoothie

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 3/4 cup Frozen Pineapple
- 1/2 cup Frozen Cauliflower
- 1 cup Unsweetened Almond Milk
- 1/4 cup Plain Greek Yogurt
- 1/4 cup Plain Kefir
- 1/2 tsp Ginger (Fresh, minced)
- 1/8 tsp Turmeric
- 2 tbsps Ground Flaxseed
- 1 serving Vanilla Protein Powder

LET'S GET COOKING:

- 1 Place all ingredients into a high-speed blender and blend into a smooth liquid to enjoy as a smoothie.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Kefir:** Fermented foods like kefir are rich in probiotics, beneficial bacteria that help maintain a healthy gut flora balance.
- **Turmeric:** The active ingredient in turmeric, curcumin, is thought to have antioxidant and anti-inflammatory properties, beneficial for gut health.

NUTRITION:

Amount per serving	
Calories	420
Fat	12g
Protein	35g
Total Carbs	47g
Net Carbs	38g
Sugar	28g
Fiber	9g



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 1



Chocolate Raspberry Buckwheat Bowl

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 1/4 cup Buckwheat Groats (Cooked)
- 1/4 cup Plain Kefir
- 1 tbsp Cacao Powder
- 1 serving Collagen Powder (Optional)
- 1/2 cup Raspberries (Topping)
- 1 tbsp Sliced Almonds
- 1 tbsp Hemp Seeds
- 1 tbsp Cacao Nibs (Optional)

LET'S GET COOKING:

- 1 Cook the buckwheat as instructed on the packet. This usually takes 20-30 minutes.
- 2 Once cooked, stir in the kefir, cacao powder, and collagen.
- 3 Transfer to a breakfast bowl and top with fresh raspberries, almonds, hemp seeds and cacao nibs (if using). Enjoy.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Sweetener:** Add a drizzle of honey or maple syrup for extra sweetness if desired.
- **Collagen:** [Landish Marine](#) collagen was used to develop this recipe for additional protein and added benefits of collagen for gut health support. This is optional, and leave it out for a vegan breakfast.
- **Protein Powder:** Use a chocolate protein powder for extra protein and a dense chocolate flavour if you're not using collagen.
- **Kefir Benefits for Gut Health:** Kefir, both coconut and dairy, have probiotics (good bacteria) that have been shown to improve the balance of healthy bacteria in the **gut microbiome**. **Choose plain/unsweetened.**
- **Cook in Advance:** Batch cook the buckwheat to quicken this breakfast option. You then have the option to enjoy it warmed up or cold!

NUTRITION:

Amount per serving	
Calories	396
Fat	17g
Protein	28g
Total Carbs	50g
Net Carbs	36g
Sugar	8g
Fiber	14g



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Strawberry *Delight*

PLANT COUNT: 3

WHAT YOU'LL NEED:

- 1/2 cup Water
- 1/3 cup Plain Kefir
- 1/3 cup Cottage Cheese
- 3/4 cup Frozen Strawberries
- 1 cup Baby Spinach
- 1 serving of Strawberry Protein Powder
- 1 tbsp Ground Flax Seed

LET'S GET COOKING:

- 1 Place all ingredients into a high-speed blender and blend into a smoothie.
- 2 Sprinkle with 1 tsp of chia seeds - **extra plant point**...(if desired) to serve.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Protein Powder:** Arbonne strawberry vegan powder was used to develop this recipe. This particular protein powder is not recommended in pregnancy due to additional herbs, vitamins and minerals.
- **How Much Protein Without Protein Powder:** The total protein without the powder is 17 grams.
- **Kefir Benefits:** Plain kefir contains beneficial bacteria. Choose coconut kefir (unsweetened) for a vegan option.
- **Cottage Cheese:** An excellent source of protein. Omit for a vegan option - this will reduce the protein content. **Use lactose-free for lactose intolerance.**
- **Flaxseeds:** Choose ground flax for maximum benefits. An excellent source of fibre, gut nourishment and additional protein.

NUTRITION:

Amount per serving	
Calories	345
Fat	9g
Protein	35g
Total Carbs	29g
Net Carbs	20g
Sugar	16g
Fiber	9g



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 1



Peach and Cinnamon Buckwheat Breakfast

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 1/4 cup Buckwheat Groats (Cooked)
- 1/4 cup Plain Kefir
- 1/4 tsp Cinnamon
- 1 serving Collagen Powder (Optional)
- 1 Peach (Sliced for topping)
- 1 tbsp Walnuts
- 2 tbsp Hemp Seeds

LET'S GET COOKING:

- 1 Cook the buckwheat as instructed on the packet. This usually takes 20-30 minutes. Once cooked, stir in the kefir, cinnamon, and collagen.
- 2 Transfer to a breakfast bowl and top with sliced peaches, walnuts and hemp seeds. Enjoy.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Sweetener:** Add a drizzle of honey or maple syrup for extra sweetness if desired.
- **Collagen Powder (Optional):** Landish Marine collagen was used to develop this recipe for additional protein and added benefits of collagen for gut health support. *This is optional, and leave it out for a vegan breakfast.*
- **Protein Powder:** Use vanilla powder for extra protein if you're not using collagen.
- **Kefir Benefits For Gut Health:** Kefir, both coconut and dairy, have probiotics (good bacteria) that have been shown to improve the balance of healthy bacteria in the gut microbiome. *Choose plain/unsweetened.*
- **Make in Advance:** Batch cook the buckwheat to quicken up this breakfast option. You then have the option to enjoy it warmed up or cold!

NUTRITION:

Amount per serving	
Calories	396
Fat	17g
Protein	27g
Total Carbs	53g
Net Carbs	45g
Sugar	17g
Fiber	8g



prep time:
15 minutes



cook time:
1-2 hours



servings:
feeds 6



Banana Sorbet

PLANT COUNT: 2

WHAT YOU'LL NEED:

- 4 Banana (Ripe)
- 1/2 cup Canned Coconut Milk
- 1/4 cup Dark Chocolate Chips
- 1 tsp Pure Vanilla Extract
- 1/2 tsp Cinnamon

LET'S GET COOKING:

- 1 Slice the bananas and freeze them until solid.
- 2 Blend the frozen banana slices and the ingredients (except the chocolate chips) in a food processor until the mixture is smooth and creamy.
- 3 Scrape down the sides of the food processor to ensure everything is thoroughly mixed. Stir in the dark chocolate chips with a spoon.
- 4 Transfer the ice cream to a container. Cover and freeze it for 2-3 hours for a firmer consistency. When you're ready to serve the ice cream, let it sit at room temperature for a few minutes to soften slightly. This will make it easier to scoop.

PRO TIPS:

- **Additional Protein:** Stir in 2 tbsp of hemp seeds with the chocolate chips.
- **Benefits Of Cinnamon:** It contains antioxidants which are beneficial for inflammation. It has also been shown to increase sensitivity to insulin, which may improve blood sugar control.

NUTRITION:

Amount per serving	
Calories	168
Fat	7g
Protein	2g
Total Carbs	24g
Net Carbs	22g
Sugar	15g
Fiber	2g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Green Smoothie

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 Pear (Core & seeds removed, diced)
- 1 cup Unsweetened Almond Milk
- 1 cup Baby Spinach
- 1/4 Avocado
- 1/4 Cucumber
- 1 serving of Vanilla Protein Powder
- 1/4 cup Mint Leaves

LET'S GET COOKING:

- 1 Combine all ingredients in a blender. Blend until smooth. Serve immediately with a sprinkling of cinnamon.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Additional Protein:** Add 2 tbsp of ground flaxseeds.
- **Add 1/4 tsp of Cinnamon:** For its antioxidant benefits and blood sugar effects.
- **No Pears:** Replace the pear with a green apple.
- **Fresh Mint Alternative:** Use 1/2 tsp of dried mint instead of fresh.

NUTRITION:

Amount per serving	
Calories	393
Fat	13g
Protein	24g
Total Carbs	52g
Net Carbs	40g
Sugar	28g
Fiber	12g



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

Pear & Chicken *Kale* Salad With Tahini Dressing

PLANT COUNT: 8

WHAT YOU'LL NEED:

- 8 cups Curly Kale (Stems removed, finely sliced, washed & dried)
- 1 tbsp Lemon Juice
- 1 tbsp Avocado Oil
- Sea Salt
- 1 lb Chicken Breast
- 1 tsp Garlic Powder
- 1 tsp Paprika
- 2 Asian Pear (Thinly Sliced)
- 1 cup Pomegranate Seeds
- 1 Avocado (Diced)
- 1/4 cup Hemp Seeds
- 1/4 cup Tahini
- 1/4 cup Lemon Juice
- 2 tbsp Maple Syrup
- 2 tbsp Avocado Oil

LET'S GET COOKING:

- 1 Add the thinly sliced kale to a large bowl and top with lemon juice and olive oil. Massage it for 2-3 minutes using your hands to soften the leaves. Add a pinch of salt near the end of massaging to add a little more flavour.
- 2 ***Tenderise the chicken (see tips)***, then place it into a bowl with the paprika, garlic powder, salt, pepper and avocado oil. Mix to cover evenly with the spices. Heat a cast iron pan over medium-high heat and add the chicken. Cook for 5-6 minutes, flip it over and cook for 5-6 minutes, or until the chicken is cooked through. Wrap & allow the chicken to rest while you prepare the salad ingredients.
- 3 Cook for 5-6 minutes, flip it over and cook for 5-6 minutes, or until the chicken is cooked through. Wrap it while you prepare the salad ingredients.
- 4 ***For the dressing:*** Add the tahini, maple syrup, lemon juice, 2 tbsp avocado oil, salt and pepper to a bowl and whisk to mix well.
- 5 Place the massaged kale into a large bowl and top with the sliced pear, pomegranate seeds, hemp seeds and diced avocado. Drizzle with the tahini dressing and toss well. Divide into 4 bowls and top with equal servings of sliced chicken. Enjoy.

PRO TIPS:

- **Why Massage Kale:** Kale is quite tough and can be difficult to chew. Therefore massaging it for about 2-3 minutes with a bit of oil and/or lemon juice leaves it more tender and easier to chew and digest.
- **Tenderise The Chicken:** Using a meat mallet to pound boneless chicken breasts into an even thickness will ensure they cook evenly. Cover the meat with a piece of plastic wrap to prevent small pieces of meat from scattering over your countertop when you pound it.
- **How to Tenderize The Chicken:** Using a meat mallet, go back and forth over the chicken until it's thinned out evenly. This will make it more tender, and cooking time will be much quicker. Please DO NOT do this with chicken that has bones. It has to be boneless. Otherwise, the bones will splinter.
- **Make it "cheesy":** Add 2-3 tbsp of crumbled goat's cheese to serve. Alternatively, add 1/4 cup grated parmesan.
- **Crispy Chickpeas:** Add the cooked chickpeas to a bowl with 1 tsp paprika, 1 tsp garlic salt and 1 tbsp avocado oil. Toss to coat them evenly and cook in a cast iron pan (or fry pan) over medium heat for 10-15 minutes. Stirring frequently.

NUTRITION:

Amount per serving	
Calories	493
Fat	28g
Protein	34g
Total Carbs	31g
Net Carbs	20g
Sugar	16g
Fiber	11g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
10 minutes



servings:
feeds 1



Quinoa Bowl With Eggs and Greens

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 1 tsp Ghee
- 1 tbsp Avocado Oil
- 2 Egg
- 1 Garlic (Clove, minced)
- 1 cup Baby Spinach
- 1/4 cup Cooked Quinoa

LET'S GET COOKING:

- 1 Add the ghee and avocado oil to a small fry pan, and over low-medium heat, add the minced garlic and baby spinach. Sauteé for 3-4 minutes, until wilted, then transfer to a small plate and set aside to keep warm.
- 2 Using the same pan over medium to high heat, add the 2 eggs and fry for 4-5 minutes or until cooked to your liking. You can cover the pan with a glass lid to quicken the cooking process. The glass enables you to see when the eggs are cooked.
- 3 Add the cooked quinoa to a bowl and top with the wilted spinach and fried eggs. Season with salt and black pepper to enjoy.

Optional: Add a serving of kimchi for additional gut nourishment.

PRO TIPS:

- **Benefits of Ghee:** Ghee is rich in healthy fats, lactose-free, and has a high smoke point. It has been found to have anti-inflammatory properties to support gut health - Ghee has butyric acid, a fatty acid created when the good bacteria in your gut break down dietary fibre.
- **Quinoa:** This is an excellent source of fibre and contains prebiotics - food for the good bacteria in the gut microbiome. It is also a complete protein, offering all 9 essential amino acids.
- **Additional Gut Nourishment:** Add 1/4 cup of kimchi or sauerkraut as a side.

NUTRITION:

Amount per serving	
Calories	471
Fat	28g
Protein	20g
Total Carbs	30g
Net Carbs	26g
Sugar	1g
Fiber	4g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Cooking Quinoa

PLANT COUNT: 1

WHAT YOU'LL NEED:

- 1 cup Quinoa
- 2 cups Water

Additional Gut Nourishment: Use **bone broth** instead of water to cook the quinoa for additional gut nourishment.

LET'S GET COOKING:

- 1 Add the dry quinoa to a sieve and rinse under cold water. Then place the quinoa and water (or bone broth) into a medium-sized pan. Over high heat, bring to a boil.
- 2 Once boiling, turn off the heat and cover the pan with a lid. Allow to sit (with no heat), and the quinoa will continue to cook and soak up the water. This usually takes 15-20 minutes.
- 3 Once no water (or broth) is left, transfer it to a glass bowl, cover and store it in the fridge until you're ready to use.

PRO TIPS:

- **Batch Cook:** Make this ahead of time and store in a glass container in the fridge.
- **Quinoa Benefits:** Quinoa is an excellent source of fibre. It's gluten-free and offers all nine essential amino acids.

NUTRITION:

Amount per serving	
Calories	156
Fat	3g
Protein	6g
Total Carbs	27g
Net Carbs	24g
Sugar	0g
Fiber	3g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
20 minutes



cook time:
24 hours



servings:
feeds 4

Bone Broth

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 4 Carrots (washed and roughly chopped)
- 1 Yellow Onion (diced)
- 4 stalks of Celery (chopped)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 2 Bay Leaf (optional but adds flavour)
- 6 cups Water
- 1/2 tsp Black Pepper

LET'S GET COOKING:

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set the slow cooker to low and let it cook for 24 hours.
- 2 After 24 hours, remove the bones and strain the broth through a strainer or mesh sack into a large bowl. You'll need to do this in batches due to the volume of liquid.
- 3 Discard the vegetables that you strained out. These are no longer nutritious as all of the nutrients have been absorbed into the broth. Allow broth to cool. Once cool, divide into equal-sized mason jars and store in the fridge.

PLANT COUNT:

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PRO TIPS:

- **Apple Cider Vinegar Benefits:** The acidity of apple cider vinegar helps release the collagen from bones into the broth, enhancing its nutritional profile.
- **Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months. If you freeze the broth, leave some space at the top of the mason jars to allow for expansion.
- **Beef Broth:** Replace the chicken carcass with 3 lbs of mixed beef bones - preferably with marrow bones.

NUTRITION:

Amount per serving	
Calories	44
Fat	0g
Protein	1g
Total Carbs	10g
Net Carbs	7g
Sugar	6g
Fiber	3g



prep time:
15 minutes



cook time:
15 minutes



servings:
feeds 4



Hummus With *Miso*

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 1 cup Chickpeas (cooked)
- 3 Garlic (cloves. Add more for extra "garlicky" hummus)
- 1/4 cup Tahini
- 2 tbsps Lemon Juice
- 1 tsp Cumin
- 1/4 cup Chickpea Water
- 1 tsp White Miso Paste - OPTIONAL (Dissolve in 2 tbsp of water before adding to the food processor.)
- Sea Salt & Black Pepper (To taste - see tips)
- 1/4 tsp Paprika (Sprinkling on top to serve - optional)
- 1/2 Red Bell Pepper (Sliced)
- 1/2 cup Snap Peas

LET'S GET COOKING:

- 1 Add the miso paste to 2 tbsp of warm water into a small bowl and stir until completely dissolved and no lumps. Add this, with the cooked chickpeas, garlic, tahini, lemon juice and cumin to a food processor.
- 2 While blending, add the chickpea water 1 tbsp at a time.
- 3 Blend until a creamy consistency, then add salt and pepper to taste. Sprinkle with paprika to serve, and use 1/4 cup to enjoy with vegetables as a snack.

PLANT COUNT:

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PRO TIPS:

- **Chickpea Water:** Save the chickpea water (whether canned or cooking your own) and add a tablespoon at a time to the hummus until you get the desired consistency you like. I usually add 3-4 tbsp to mine as I dislike it being too thick.
- **Miso Paste:** This is an OPTIONAL ingredient. It's often used in soups to add probiotic benefits, reduce gut lining inflammation, and add flavour. I always suggest organic and dissolve in water before adding to recipes to prevent clumping.
- **Salt Seasoning:** Wait until the hummus has been pureed before adding any salt. Due to the saltiness of the miso paste, you may not need as much salt as usual.
- **Leftovers:** Store in an air-tight container in the fridge for up to 3-4 days.

NUTRITION:

Amount per serving	
Calories	174
Fat	9g
Protein	7g
Total Carbs	18g
Net Carbs	13g
Sugar	3g
Fiber	5g



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4



Miso Shrimp With *Black Bean Pasta*

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 2 tbsps. Miso Paste (White)
- 2 tsp Ginger (Fresh, grated)
- 2 Garlic (Cloves, minced)
- 1 lb Shrimp (Raw, deveined)
- 1 Lime (juiced)
- 100 grams Black Bean Spaghetti (Dry weight)
- 1 Orange Bell Pepper (Thinly Sliced)
- 1 tbsp Avocado Oil
- 1 tsp Ghee

LET'S GET COOKING:

- 1 Mix the miso paste, minced garlic, grated ginger and lime juice in a medium- sized bowl, then stir in the shrimp. Allow marinating in the fridge, covered for 30 minutes.
- 2 Cook the black bean pasta as directed on the packet. Once cooked, drain and rinse with cold water to prevent further cooking. **Important step.**
- 3 Add the avocado oil and ghee to a large cast iron pan, and over medium heat, cook the sliced orange bell pepper for 3-4 minutes. Then stir in the shrimp and marinade.
- 4 Cook the shrimp for 8-10 minutes, until fully cooked, have turned a nice pink colour, and the flesh is opaque rather than translucent.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Black Bean Spaghetti:** An excellent source of fibre and protein per serving. It's gut-nourishing and incredibly nutrient-dense, and satiating. Replace with brown rice, chickpea or whole wheat pasta.
- **Rinse the cooked pasta:** Drain the pasta once cooked and rinse immediately to prevent further cooking. Otherwise, the pasta will go "mushy".
- **Bone Broth:** Use bone broth instead of water to cook the pasta for additional gut nourishment.

NUTRITION:

Amount per serving	
Calories	251
Fat	6g
Protein	32g
Total Carbs	17g
Net Carbs	11g
Sugar	3g
Fiber	6g



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 2



Buddha Bowl With Satay Chicken

PLANT COUNT: 9

WHAT YOU'LL NEED:

- 1 tbsp Avocado Oil
- 1 tsp Ghee
- 8 ozs Chicken Breast (Cubed)
- 2 cups Purple Cabbage (Finely sliced)
- 2 cups Grated Carrot
- 2 cups Mixed Greens
- 1/2 cup Roasted Chickpeas
- 1 serving Satay Sauce (Recipe separate)

LET'S GET COOKING:

- 1 Add the avocado oil and ghee to a cast iron skillet and over medium heat, stir in the cubed chicken breast. Cook for 6-8 minutes or until the chicken is cooked through.
- 2 Once cooked, remove from the heat, add the satay sauce and stir well.
- 3 Add the cabbage, carrot, mixed greens to a bowl and sprinkle with the roasted chickpeas. Place the satay chicken on top and enjoy.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Red Cabbage Benefits:** Red cabbage, rich in essential nutrients, has been associated with a broad spectrum of health benefits. These include minimizing inflammation, promoting heart health, bolstering bone strength, optimizing digestive function, and potentially decreasing the risk of certain types of cancer. It's low in calories and offers an impressive amount of nutrients.

NUTRITION:

Amount per serving	
Calories	396
Fat	16g
Protein	34g
Total Carbs	31g
Net Carbs	22g
Sugar	11g
Fiber	9g



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 4



Satay Sauce

PLANT COUNT: 3

WHAT YOU'LL NEED:

- 1/4 cup Almond Butter
- 2 tbsps Lemon Juice
- 2 tbsps Tamari
- 2 tbsps Water

LET'S GET COOKING:

- 1 Add all ingredients to a small bowl and stir to mix well. Store in a covered glass container in the fridge until ready to serve.

PRO TIPS:

- **Leftover Satay Sauce:** Use as a dipping sauce with some of your favourite veggies.

NUTRITION:

Amount per serving	
Calories	103
Fat	9g
Protein	4g
Total Carbs	4g
Net Carbs	2g
Sugar	1g
Fiber	2g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
10 minutes



cook time:
40 minutes



servings:
feeds 4

Chipotle Salmon With Mango Salsa

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 1 cup Buckwheat Groats (Cooked)
- 1 lb Salmon Fillet
- 2 tbsps Avocado Oil
- 1/4 cup Red Onion (Finely diced)
- 2 Garlic (Cloves, minced)
- 2 tbsps Lime Juice
- 1 tsp Chipotle Powder (Reduce for less spice)
- 1 tsp Onion Powder
- 1 tsp Paprika
- 1 tsp Cumin
- Sea Salt & Black Pepper (To taste)

LET'S GET COOKING:

- 1 Cook the buckwheat as directed on the package, remove it from the heat, and set aside. Add the red onion, garlic, lime juice, paprika, cumin, salt and pepper to a glass bowl and stir into a thick paste.
- 2 Add the salmon to the chipotle marinade, cover and marinate in the fridge for one hour or leave it overnight for more flavour.
- 3 Once the salmon is marinated, heat a large skillet (cast iron or a large nonstick skillet) over medium-high heat with 1 to 2 tablespoons of avocado oil. Allow the skillet to heat up for a few minutes, then carefully transfer the salmon to the pan.
- 4 Spoon any remaining marinade over the top of the salmon to cook. Turn the heat to medium and cook for 4-5 minutes or until brown and crispy. Turn, and cook for another 4-5 minutes or until the salmon is cooked through.
- 5 Serve with cooked buckwheat and Mango Salsa (recipe separate).

PRO TIPS:

- **Smoked Paprika:** Add 1 tsp of smoked paprika for extra flavour.
- **Make it Spicy:** Add 1-2 tsp of red chilli flakes for a spicy kick.
- **Buckwheat Benefits:** Buckwheat is an excellent source of fibre, resistant starch and antioxidants. *It also offers a small amount of protein and is gluten-free.*
- **Bone Broth:** Use bone broth instead of water to cook the buckwheat for additional gut nourishment.

NUTRITION:

Amount per serving	
Calories	366
Fat	14g
Protein	30g
Total Carbs	34g
Net Carbs	29g
Sugar	1g
Fiber	5g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Cooking *Buckwheat*

PLANT COUNT: 1

WHAT YOU'LL NEED:

- 1 cup Buckwheat Groats
- 2 cups Water

Additional Gut Nourishment: Use bone broth instead of water to cook the buckwheat for additional gut nourishment.

LET'S GET COOKING:

- 1 Rinse the buckwheat under cold water before cooking. Place into a medium-sized pan with the water, and bring it to a boil over high heat.
- 2 Once it is boiling, cover and lower heat. Let it simmer for about 20 minutes and most of the water has been absorbed.
- 3 Turn off the heat, stir well, cover and allow to rest. The remaining water will absorb without drying out the buckwheat. Once the water has been absorbed, stir and transfer it to a glass dish. Cover and store it in the fridge until you're ready to use.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- **Batch Cook:** Make this ahead of time and store in a glass container in the fridge.
- **Buckwheat Benefits:** Buckwheat is an excellent source of fibre, resistant starch and antioxidants. It also offers a small amount of protein and is gluten-free.

NUTRITION:

Amount per serving	
Calories	132
Fat	1g
Protein	5g
Total Carbs	31g
Net Carbs	26g
Sugar	0g
Fiber	5g



prep time:
10 minutes



cook time:
10 minutes



servings:
feeds 6



Mango Salsa

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 3 Mango (Peeled & Diced)
- 1 1/2 Red Bell Pepper (Diced)
- 3/4 cup Red Onion (Diced)
- 3/4 cup cilantro (Chopped)
- 3 Limes (Juiced)
- Sea Salt & Black Pepper (To taste)

LET'S GET COOKING:

- 1 Combine the diced mango, bell pepper, onion, and cilantro in a medium-sized bowl. Mix well, then drizzle with the lime juice and mix well again before serving. Season to taste with salt and pepper.

PRO TIPS:

- **More Flavour:** Let the salsa rest for 10 minutes or longer for the best flavour.
- **Serving Suggestions:** This salsa not only pairs perfectly with chipotle salmon but also tastes great with grilled chicken, tacos, or plain tortilla chips.
- **Sugar Content:** These are all-natural sugars, mainly from the mango.

NUTRITION:

Amount per serving	
Calories	122
Fat	1g
Protein	2g
Total Carbs	31g
Net Carbs	27g
Sugar	25g
Fiber	4g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
15 minutes



cook time:
60 minutes



servings:
feeds 4

Chicken Pesto With Spaghetti Squash

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 2 Spaghetti Squash
- 1/4 cup Avocado Oil (Divided)
- Sea Salt And Black Pepper (To taste)
- 1 lb Chicken Breast (Diced)
- 1 tsp Paprika
- 1 tsp Cumin
- 1 cup Basil Leaves
- 3 tbsp Walnuts
- 1 Garlic (Clove)
- 2 tbsp Lemon Juice
- 1/4 cup Parmigiano Reggiano

LET'S GET COOKING:

- 1 Add the diced chicken to a small bowl with the paprika, cumin, salt and pepper. Toss well to coat all of the chicken and set aside.
- 2 Line a baking sheet with parchment paper. Preheat your oven to 375°F. While the oven is heating, cut the spaghetti squash in half lengthwise. Using a spoon, scrape out and discard the seeds and any loose, stringy flesh from the centre of the squash. Drizzle the inside of each squash half with 2 tbsp of avocado oil. Then, sprinkle with salt and pepper.
- 3 Place the squash halves cut-side down on the prepared baking sheet. Roast in the oven for about 40-45 minutes or until the flesh is tender and easily scraped into spaghetti-like strands with a fork. Remove from the oven and let the squash cool while you prepare the pesto and chicken.
- 4 While the squash is cooling, prepare the pesto sauce. Add the basil, walnuts, garlic, lemon juice and parmesan to a food processor. Blend to a desired texture.
- 5 Heat a skillet to medium-high, add 1 to 2 tablespoons of avocado oil, and add the diced chicken and spices. Brown the chicken without stirring for 3 minutes. Stir, then continue cooking for another 3-4 minutes. Stir chicken well and cook until cooked through, about 5 to 5 minutes more.
- 6 Once the squash has cooled slightly, transfer the "spaghetti" strands to a large mixing bowl. Add in the pesto sauce and toss well. Divide between bowls and top with the cooked chicken. Taste for flavour, and add sea salt and black pepper if desired.

PRO TIPS:

- **Spaghetti Squash:** A nutritious, low-carb, low-calorie alternative to pasta. It's high in fibre which can help with regular bowel movements.
- **Antioxidants:** Spaghetti squash contains antioxidants, including beta-carotene and vitamin C.

NUTRITION:

Amount per serving	
Calories	419
Fat	23g
Protein	31g
Total Carbs	25g
Net Carbs	21g
Sugar	0g
Fiber	4g

PLANT COUNT:

- **Aim for 30 different plant-based foods each week for gut nourishment and diversity.**

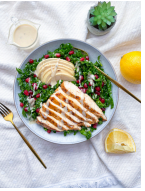
GUT NOURISHING

Sample

M E A L P L A N



Meal Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	Pineapple & Ginger Nourishing Smoothie 	Pineapple & Ginger Nourishing Smoothie 	Chocolate Raspberry Buckwheat Bowl 	Chocolate Raspberry Buckwheat Bowl 	Strawberry Delight 	Strawberry Delight 	Peach and Cinnamon Buckwheat Breakfast 
MORNING SNACK	Banana Sorbet 	Green Smoothie 	Banana Sorbet 	Green Smoothie 	Banana Sorbet 	Green Smoothie 	Banana Sorbet 
LUNCH	Pear & Chicken Kale Salad With Tahini Dressing 	Miso Shrimp With Black Bean Pasta 	Pear & Chicken Kale Salad With Tahini Dressing 	Quinoa Bowl With Eggs and Greens 	Quinoa Bowl With Eggs and Greens 	Pear & Chicken Kale Salad With Tahini Dressing 	Pear & Chicken Kale Salad With Tahini Dressing 
AFTERNOON SNACK	Green Smoothie 	Hummus With Miso 	Green Smoothie 	Hummus With Miso 	Green Smoothie 	Hummus With Miso 	Green Smoothie 
DINNER	Miso Shrimp With Black Bean Pasta 	Buddha Bowl With Satay Chicken 	Buddha Bowl With Satay Chicken 	Chipotle Salmon With Mango Salsa 	Chipotle Salmon With Mango Salsa 	Chicken Pesto With Spaghetti Squash 	Chicken Pesto With Spaghetti Squash 
EVENING SNACK	Hummus With Miso 	Banana Sorbet 	Hummus With Miso 	Banana Sorbet 	Hummus With Miso 	Green Smoothie 	Hummus With Miso 
WATER							

Shopping *List*

PRODUCE

- ☐ 4 Asian Pear
- ☐ 4 Avocado
- ☐ 4 Banana
- ☐ 1 1/4 cup Lemon Juice
- ☐ 4 limes
- ☐ 3 Mangoes
- ☐ 1 Peach
- ☐ 8 Pears
- ☐ 2 cups Pomegranate Seeds
- ☐ 1 cup Raspberries
- ☐ 12 cups Spinach
- ☐ 1 cup Basil Leaves
- ☐ 3/4 cup Cilantro
- ☐ 2 Cucumbers
- ☐ 16 cups Curly Kale
- ☐ 12 Garlic Cloves
- ☐ 1 tbsp Ginger
- ☐ 4 cups Grated Carrot
- ☐ 2 cups Mint Leaves
- ☐ 4 cups Mixed Greens
- ☐ 1 Orange Bell Pepper
- ☐ 4 cups Purple Cabbage
- ☐ 2 1/2 red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 1 cup Sugar Snap peas
- ☐ 2 Spaghetti Squash

FISH, MEAT, EGGS

- ☐ 4 lbs Chicken Breast
- ☐ 1 lb Salmon Fillet
- ☐ 1 lb Shrimp
- ☐ 4 Eggs

NUTS & SEEDS

- ☐ 1/3 cup Ground Flaxseed
- ☐ 3/4 cup Hemp Seeds
- ☐ 2 tbsp Sliced Almonds
- ☐ 1/4 cup Walnuts

SPICES/DRIED HERBS

- ☐ 1 tsp Chipotle Powder
- ☐ 3/4 tsp Cinnamon
- ☐ 1 1/3 tbsp Cumin
- ☐ 2 tsp Garlic Powder
- ☐ 1 tsp Onion Powder
- ☐ 1 1/2 tbsp Paprika
- ☐ Sea Salt
- ☐ Black pepper
- ☐ 1/4 tsp Turmeric

BOX, CAN, JAR

- ☐ 100 grams Black Bean Spaghetti
- ☐ 1/2 cup Coconut Milk
- ☐ 2 cups Cooked Chickpeas
- ☐ 1 cup Roasted Chickpeas
- ☐ 2 Servings Strawberry Protein Powder
- ☐ Vanilla Protein Powder

Other

- ☐ 2 tbsp Cacao Nibs
- ☐ 2 tbsp Cacao Powder
- ☐ 1/4 cup Dark Chocolate Chips
- ☐ 1 tsp Vanilla Extract
- ☐ Collagen Powder

CONDIMENTS & OILS

- ☐ Avocado Oil
- ☐ Miso Paste
- ☐ Tahini
- ☐ Ghee

COLD

- ☐ 2/3 cup Cottage Cheese
- ☐ 4 Eggs
- ☐ 2 cups Kefir
- ☐ 1/2 cup plain Greek Yoghurt
- ☐ 10 cups Unsweetened Almond Milk

FROZEN

- ☐ 1 cup Frozen Cauliflower
- ☐ 1 1/2 cups Frozen Pineapple
- ☐ 1 1/2 cups Frozen Strawberries

NOTES