



# 21 Simple Recipes for Gut Health

# Breakfast

A selection of 7 recipes for breakfast that your gut will thank you for eating.



# Berry Yogurt Parfait

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## Ingredients

- 1 cup plain Greek yogurt
- ½ cup mixed berries
- 2 tbsp granola
- 1 tbsp chia seeds

## Instructions

Layer yogurt, berries, granola, and chia seeds in a bowl or jar. Serve immediately.



# Overnight Oats with Kefir

## Ingredients

- ½ cup rolled oats
- ½ cup kefir
- 1 tbsp chia seeds
- ¼ cup diced fruit (e.g., apple, peach)

## Instructions

Combine oats, kefir, chia seeds, and diced fruit in a jar. Refrigerate overnight and enjoy in the morning.



# Spinach & Mushroom Omelette

## Ingredients

- 2 eggs
- ½ cup fresh spinach
- ¼ cup sliced mushrooms
- 1 tsp olive oil
- Salt and pepper, to taste

## Instructions

Sauté spinach and mushrooms in olive oil until wilted. Whisk eggs, pour over veggies, cook until set, fold in half, and serve.



# Chia Seed Pudding with Almond Milk

## Ingredients

- 3 tbsp chia seeds
- 1 cup almond milk
- 1 tsp maple syrup
- ¼ cup fresh fruit

## Instructions

Mix chia seeds, almond milk, and maple syrup. Refrigerate at least 4 hours (or overnight). Top with fresh fruit before serving.



# Avocado Toast on Sprouted Grain Bread

## Ingredients

- 2 slices sprouted-grain bread
- ½ avocado
- Salt, pepper, and chili flakes

## Instructions

Toast the bread. Mash avocado onto each slice, season with salt, pepper, and chili flakes. Serve immediately.



# Green Smoothie with Spinach and Banana

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## Ingredients

- 1 banana
- 1 cup fresh spinach
- ½ cup almond milk
- 1 tbsp flax seeds

## Instructions

Blend all ingredients until smooth. Pour into a glass and enjoy.



# Greek Yogurt Pancakes with Blueberries

## Ingredients

- 1 cup Greek yogurt
- 1 egg
- ½ cup flour
- ½ cup blueberries
- 1 tsp baking powder

## Instructions

In a bowl, mix yogurt, egg, flour, and baking powder until smooth. Fold in blueberries. Cook pancakes on a preheated griddle until golden.

# Lunch

A selection of 7 simple delicious recipes for lunch that your gut will thank you for eating.



# Quinoa & Roasted Veggie Salad with Kimchi

## Ingredients

- 1 cup cooked quinoa
- 1 cup roasted vegetables (e.g., bell pepper, zucchini, carrot)
- ¼ cup kimchi
- 2 tbsp olive oil
- Salt and pepper, to taste

## Instructions

Toss quinoa, roasted veggies, and kimchi with olive oil, salt, and pepper. Serve chilled or at room temperature.



# Lentil Soup with Carrots and Leeks

## Ingredients

- 1 cup dried lentils
- 2 carrots, chopped
- 1 leek, sliced
- 4 cups vegetable broth
- 1 tbsp olive oil
- Salt and pepper, to taste

## Instructions

Sauté carrots and leeks in olive oil until softened. Add lentils and broth, then simmer until lentils are tender.

Season to taste.



# Turkey & Avocado Lettuce Wraps

## Ingredients

- 4 large lettuce leaves
- ½ cup sliced turkey breast
- ½ avocado, sliced
- Salt and pepper, to taste

## Instructions

Layer turkey and avocado on lettuce leaves. Season with salt and pepper, roll up, and enjoy.



# Chickpea & Cucumber Salad

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## Ingredients

- 1 cup cooked chickpeas
- ½ cucumber, diced
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper, to taste

## Instructions

Toss chickpeas and cucumber with olive oil, lemon juice, salt, and pepper. Serve chilled.



# Brown Rice Bowl with Steamed Broccoli and Tempeh

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## Ingredients

- 1 cup cooked brown rice
- 1 cup steamed broccoli
- ½ cup tempeh, cubed
- 1 tbsp soy sauce

## Instructions

Combine rice, broccoli, and tempeh in a bowl. Drizzle with soy sauce and serve.



# Mixed Greens Salad with Sauerkraut and Seeds

## Ingredients

- 2 cups mixed salad greens
- ¼ cup sauerkraut
- 1 tbsp sunflower seeds
- 2 tbsp vinaigrette dressing

## Instructions

Toss greens, sauerkraut, and seeds with vinaigrette.  
Serve immediately.



# Vegetable Stir-Fry with Miso Sauce

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## Ingredients

- 1 cup mixed vegetables (e.g., snap peas, carrots, bell peppers)
- 1 tbsp miso paste
- 1 tsp rice vinegar
- 1 tsp sesame oil

## Instructions

Stir-fry vegetables in sesame oil until tender-crisp. Whisk in miso paste and rice vinegar, heat through, and serve.

# Dinner

A selection of 7 simple tasty recipes for dinner that will fill you up and your gut with thank you for eating.



# Grilled Salmon with Steamed Asparagus

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## Ingredients

- 1 salmon fillet
- 1 tsp olive oil
- Salt and pepper, to taste
- 1 cup asparagus spears

## Instructions

Brush the salmon with olive oil, season with salt and pepper, and grill for 4–5 minutes per side. Steam asparagus until tender. Plate together.



# Baked Chicken Bone Broth Soup with Vegetables

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## Ingredients

- 2 cups chicken bone broth
- 1 carrot, sliced
- 1 celery stalk, chopped
- ½ cup shredded cooked chicken
- Salt and pepper, to taste

## Instructions

Combine broth, carrots, celery, and chicken in a pot. Simmer until vegetables are tender. Season and serve.



# Miso-Glazed Cod with Bok Choy

## Ingredients

- 1 cod fillet
- 1 tbsp miso paste
- 1 tsp honey
- 1 cup bok choy
- 1 tsp sesame oil

## Instructions

Mix miso and honey; brush over cod. Bake at 180 °C (350 °F) for 12–15 minutes. Sauté bok choy in sesame oil until tender.



# Lentil & Sweet Potato Curry

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## Ingredients

- 1 cup lentils
- 1 sweet potato, diced
- 1 tbsp curry powder
- 4 cups vegetable broth
- 1 tbsp coconut oil

## Instructions

Sauté sweet potato in coconut oil for 3–4 minutes. Add lentils, curry powder, and broth; simmer until tender. Serve warm.



# Zucchini Noodle Pasta with Pesto and Cherry Tomatoes

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## Ingredients

- 2 zucchinis, spiralized
- 2 tbsp pesto
- ½ cup cherry tomatoes, halved

## Instructions

Toss zucchini noodles with pesto and cherry tomatoes. Serve immediately.



# Beef & Vegetable Stir-Fry with Ginger

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## Ingredients

- 200 g beef strips
- 1 cup mixed vegetables (e.g., bell pepper, broccoli, carrot)
- 1 tsp grated fresh ginger
- 1 tbsp soy sauce
- 1 tsp sesame oil

## Instructions

Stir-fry beef and vegetables with ginger in sesame oil.  
Add soy sauce, toss, and serve hot.



# Baked Trout with Garlic, Lemon & Roasted Brussels Sprouts

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## Ingredients

- 1 trout fillet
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 lemon, sliced
- 1 cup Brussels sprouts, halved

## Instructions

Place trout on a baking sheet, drizzle with olive oil, sprinkle garlic, and top with lemon slices. Toss Brussels sprouts with a bit of oil and spread around the fish. Bake at 180 °C (350 °F) for 15–20 minutes, until the trout flakes easily.