

80 GUT-LOVING & delicious RECIPES

RECIPES & GUIDELINES



THE GOOD GUT GURU

Meg Lagerwey



H O W T O E A T



MINDFUL EATING

Digestion starts before your food even reaches your stomach. Unfortunately, many of us gobble down our food in front of the TV or at our desk, or with our phone in one hand and a fork in the other. But it's time to change those habits.

Putting these simple steps into practice is one of the most fundamental things you can do to improve and help your digestion. Once you start practising these little things, you will notice that eating mindfully makes such a difference.

Here are some of my top tips on how to eat:

Respect your food.

Food is something we often take for granted, yet without it we wouldn't be alive. Take time to respect and be grateful for the fact that you have food to eat. Respect your food by eating it on a plate or bowl (not out of an ice cream container while you stand next to the fridge).

Engage with what you're doing.

Before you dive right into your meal, stop, pause and engage with what is on your plate. Don't just mindlessly shovel the food into your mouth. I love taking time to say grace before I eat because it really gets me into the right frame of mind before eating. Taking a couple depth breaths before you eat is also advised.

Immerse all your senses.

Ever heard the saying we eat with our eyes? Well it's actually pretty true. Take the time to smell and admire your food so that your stomach can start preparing the gastric juices needed to break it all down.

CHEW!

Chewing your food at least 20 times per mouthful is SO important. What I find helps is to put my fork down in between bites.

Stop eating when you're full.

One thing we often struggle with is eating too much food, even though we aren't hungry anymore. By eating slowly, chewing properly and putting your fork down between bites, you'll notice how quickly you actually get full. This is what makes eating mindfully so beautiful!

Feel like skipping a meal? Here's why you shouldn't.

Unless you are practicing (and thriving on) intermittent fasting, then skipping meals is a NO-NO! Here are three reasons why:

Skipping meals and not consuming enough food during the day can literally make your head spin. You might start to feel dizzy, have low energy, and even feel like you might pass out. This is due to the drop in blood glucose. When we don't feed our brains, this can signal to the body that it's time to shut things down. This is why if you're going to practice intermittent fasting, you have to make sure you're doing it properly—on a set schedule—and that when you do eat, you're filling up on foods that will sustain you throughout the fasting periods.

Your blood sugar drops when you skip meals consistently. This can greatly affect your disposition. If you've ever been "hangry," then you know the feeling. Glucose is the number one fuel for our brains so when we don't have it, it can put us in a very bad mood. That's why if you're skipping meals and end up feeling hangry, don't grab the first snack you find, take time to prepare something nutritious and filling. When people have very low blood sugar, they tend to go for very fatty or sugary foods because their body starts to crave it.

Skipping meals can happen from time to time, but doing it consistently can negatively impact your health and lead to nutritional deficiencies.

You're also not able to perform at your best because all you can focus on is food. If you have trouble making time for meals because you have a busy schedule, consider meal prepping your meals before hand.



R E C I P E S

B R E A K F A S T S



Poached ClemenGold Chia Pudding

Gluten-free
Dairy-free
Refined Sugar-free

INGREDIENTS:

- 4 tbsp chia seeds
- 1/2 cup milk of choice
- 1 naartjie / ClemenGold
- Blueberries
- 2 tsps honey
- 1 tsp vanilla essence

METHOD:

Method for the Chia Seed Pudding

- Place 4 tbsp of chia seeds into a bowl
- Cover the chia seeds with your milk of choice. I used half a cup almond milk
- Wait 5 - 10 minutes for the chia seeds to expand
- You can add some vanilla essence & honey in here for a sweeter base
-

Then you just spoon the chia seeds into your favourite bowl, top with the poached ClemenGold, some frozen blueberries, and DIG RIGHT IN! YUMMY!

METHOD:

Method for the Poached ClemenGolds

- Place one peeled ClemenGold into a low-heated pan.
- Drizzle 2 tsps of honey and 1 tsp of vanilla essence into the pan
- Let the mixture sizzle and warm so that the flavours really get soaked up.

You can add a splash of water and honey here too if you want a sticker consistency



Strawberry Chia Pot (Meal Prep Idea)

Gluten-free

Dairy-free

Sugar-free

INGREDIENTS:

- 1 cup mixed frozen fruit that I cut and froze (mango, raspberries, pineapple and papaya)
- 1.5 cup milk of choice
- Then blend that all up
- Then add 2/3 cup chia seeds and mix it all up and wait about 20/30 mins until set

METHOD:

Blend the fruit and milk together and then add 2/3 cup of chia seeds to the mix and wait 20/30 mins for it to set.

I topped it on top of full cream yoghurt. You can use a dairy free alternative yoghurt.



Chia Power Bowl

Gluten-free
Dairy-free
Sugar-free
Vegan

INGREDIENTS:

- 2 tbsp chia seeds
- 1/2 cup coconut yoghurt
- 1 apple
- A handful of blueberries
- 3 tsp cinnamon
- Almond butter

METHOD:

Soak the chia seeds in hot water for 10 minutes, (just enough to cover the seeds). Add 2 tsps of almond butter into the mix while it soaks.

While it's soaking, chop up the apple and sauté it in 1/2 cup water and cinnamon.

Add the chia seeds into a bowl, add the yoghurt, apple and blueberries. Enjoy!



Easy Oat Crumpets

Gluten-free
Dairy-free
Sugar-free

INGREDIENTS:

- 2 bananas
- 2 eggs or egg replacement
- 1/2 cup of GF oats
- 1/2 tsp of baking powder

METHOD:

Blend all the ingredients together and fry them on a no-stick frying pan. Use two spatulas to flip them!

Top with your favourite things and dig in!



Apple & Chia Pudding

Gluten-free

Dairy-free

Refined sugar-free

Easily made vegan

INGREDIENTS:

- 4 tbsp chia seeds
- 1/2 cup soya milk
- 1/2 tsp cinnamon
- 1 tsp vanilla essence
- 1 medium apple
- 1 tsp honey

METHOD:

Soak the chia seeds in soya for 10 minutes, or overnight.

While it's soaking, chop and saute your apple in enough water to cover the pieces in a frying pan. When the apples are starting to get soft, drizzle with honey, cinnamon and vanilla essence,

Once soaked, spoon the chia seeds into a jar and top with the apply mix.

Enjoy!



Strawberries & Cream Chia Pot

Gluten-free
Dairy-free
Sugar-free

INGREDIENTS:

- 4 strawberries mashed up
- 1 tsp honey
- 1 tsp vanilla essence
- 3 tbsp chia seeds
- 1/2 cup milk of choice
- Mix it all up and let it soak for 2 hrs

METHOD:

Mush your strawberries and then just layer in the ingredients as you like.

Then top with yogurt (coconut or almond) and top with 2 cut strawberries





Blueberry & Mango Smoothie

Gluten-free

Dairy-free

Sugar-free

INGREDIENTS:

- A handful of frozen blueberries
- 1 small frozen banana
- 1/2 frozen mango
- 1/2 cup macadamia milk
- 2 tbsp yogurt
- 1 tbsp chia seeds

METHOD:

Throw all the ingredients into a blender and enjoy!



Decadent Protein Smoothie

Gluten-free
Dairy-free

INGREDIENTS:

- 1/4 cup raw oats
- 1 big banana
- 1 tsp flax seed powder
- 1 tsp almond butter
- 1 scoop pea protein (Noa & Co)
- 1 cup soya milk
- Handful of mixed nuts and seeds
- Blended all together and topped with cinnamon

METHOD:

In a blender, combine all the ingredients and blend until smooth.

Pour into your favourite glass and top with a sprinkle of cinnamon.



Rainbow Papaya Boats

Gluten-free
Dairy-free
Sugar-free
Vegan

INGREDIENTS:

- 1 ripe papaya
- Crunchy Homemade Granola
- Blueberries (I used frozen ones)
- Banana
- Coconut yoghurt (optional but delish)
- 1/2 banana

METHOD:

Cut the papaya and scoop out all of the seeds.

And then you can go wild with the toppings. You can add whatever toppings you like really - I love the blueberry and banana combo mixed with granola and 1 tbsp yoghurt.

YUM!



Summer Berries Smoothie

Gluten-free
Dairy-free
Sugar-free
Vegan

INGREDIENTS:

1 cup frozen mixed berries
3 tbsp coconut yogurt
1 tsp chia seeds
2 tbsp milk of choice

METHOD:

Blend it all up and enjoy!
You can also add a tbsp
vanilla protein powder if
you'd like a high protein
smoothie.

Enjoy!



Crunchy Homemade Granola

Gluten-free

Dairy-free

Refined Sugar-free

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup mixed seeds
- 1.5 cup mixed nuts
- 1/2 cup coconut flakes
- 1 tbsp olive oil
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/3 cup water .
- Coconut nectar or honey

METHOD:

Preheat the oven to 150° C

In a big bowl add the, mixed seeds, nuts and coconut flakes

In a small bowl add the olive oil, cinnamon, vanilla extract, water and 2 tbsp coconut nectar. Add the wet mixture to the dry mixture, making sure everything is coated evenly.

Spread the mix evenly over two trays and bake for 20 - 30 mins or until browned.



Creamy Oatmeal

Dairy-free
Sugar-free
Vegan

INGREDIENTS:

- 1/2 cup raw oats
- 2 tbsp chia seeds
- 1/2 cup water
- 1/2 cup almond / macadamia milk
- 1 banana
- 1/2 apple
- Almond nut butter
- 1/2 tsp cinnamon

METHOD:

Cook the oats and chia seeds on the stove in the water and milk. The secret to creamy oats is to add lots of liquid and cook it slowly. Stir continuously.

While the oats are cooking, chop the apple into cubes and saute it in a pan with enough water the cover the apple. Add the cinnamon into the water - you might need to add more water while you go to make sure the apple is soft and brown.

Then place it all on top of your oats and enjoy.



Happy Belly Breakfast Bowl

Gluten-free
Dairy-free

INGREDIENTS:

- 1/2 cup crunchy homemade granola
- 1 tbsp nut butter
- Handful of blueberries
- 1 nectarine
- 1 tbsp coconut yoghurt
- Chia seeds to top

METHOD:

Just like in the picture, throw it all together however you like and dig in!

You can choose and fruit and toppings you like!



Summer Berries Chia Pot

Gluten-free

Dairy-free

Sugar-free

INGREDIENTS:

- 1 cup frozen mixed berries (my bag had strawberries, blackberries, cherries and raspberries)
- 1.5 cups milk of choice (I used macadamia milk)
- 1 tsp honey

METHOD:

Blend the fruit, milk, honey together and then add 2/3 cup of chia seeds to the mix and wait 20/30 mins for it to set.

I topped it on top of full cream yoghurt. You can use a dairy free alternative yoghurt.



Nourished Smoothie

Gluten-free
Dairy-free
Sugar-free
Vegan

INGREDIENTS:

- 2 tbsp chia seeds
- 1/2 cup almond milk
- 1 big banana
- Cacao nibs (optional)

METHOD:

Soak the chia seeds in almond milk for 20 minutes,

While it's soaking, add all the ingredients together in a blender, except the chia seeds.

Once smooth, add the chia seeds into the mix and spoon into a jar. Enjoy!



Green Smoothie Bowl

Gluten-free
Dairy-free
Sugar-free
Vegan

INGREDIENTS:

- 2 cups frozen mango
- 1/2 cup almond milk
- 1 small banana
- 1 tsp spirulina
- 1 tsp hemp powder

METHOD:

Add all ingredients to a blender, and blend to create a thick and creamy texture.

Scoop into a bowl, and top with fruits and a drizzle of almond butter



Blueberry Baked Oats

Gluten-free
Dairy-free

INGREDIENTS:

- 1 cup oats
- 1/2 cup milk of choice
- 1 banana
- 2 eggs
- 1/2 tsp baking powder
- 1 tbsp coconut sugar
- Blueberries for the top

METHOD:

Blend it all together (not the blueberries) - pop it into a greased baking tin, then top with blueberries, and bake in the oven for 30 mins at 180 degrees celsius or until a skewer comes out clean

-
Top with yoghurt and dig in 😊 If you want a sweeter mix, add another tbsp coconut sugar.



Oh My Cacao

Gluten-free
Dairy-free
Refined sugar-free

INGREDIENTS:

- Gluten-free rolled oats
- Cacao powder
- Vegan pea protein (optional)
- Granola or nuts and seeds
- Peanut butter
- Raw honey

METHOD:

Cook one cup of rolled oats on the stove as directed.

Add 3 teaspoons of pure cacao powder, one scoop of protein, (optional) pop it into the blender and blend until smooth.

Then top it with your favourite granola (or seeds and nuts) and some peanut butter drizzle. If you've got a sweet tooth, add a touch of honey to the mix

MORE BREAKFAST IDEAS

GREEN GODDESS

Serves 4

- 1-2 cups full-fat coconut milk or almond milk
- 2 cups kale
- 2 cups spinach
- 1/2 avocado
- 2 frozen bananas, cut into chunks
- 1 tsp freshly grated ginger
- 1/2 tbsp chia seeds
- 2 tbsp collagen protein or pea protein

Place all ingredients in a blender and blend on high until smooth.

BERRYLICIOUS

Serves 1-2

- 1 ½ cups almond milk or coconut water / milk
- 1 cup romaine lettuce
- 1 cup kale
- ½ cup berries
- ½ avocado
- 2 tbsp chia seeds

Place all ingredients in a blender and blend on high until smooth.

NUTTY HEALING

SMOOTHIE:

Serves 1

- 200ml unsweetened almond milk
- 1/2 cup frozen berries
- 1/2 banana
- 1 tsp ground flaxseed

Place all ingredients in a blender and blend on high until smooth. Drink immediately with a glass of water on the side to aid digestion.

BANANA CHIA PUDDING

Serves 1

- 3 tbsp of chia seeds soaked in boiling water (just enough to cover the seeds)
- 1 banana
- 1 tsp cinnamon
- 1/2 cup almond milk
- 1 tbsp nut butter of choice
- 1 tbsp cocoa powder

Let the chia seeds soak for about 20 mins or until expanded. Mix in the milk and cinnamon. Top with diced banana and a good dollop of your favourite nut butter.

P.S. Chia seed puddings are my ultimate go-to brekkies. Be creative with this recipe - I would love to hear about some of your creations!

SWEET POTATO

PANCAKES

Serves 1 -2

- 2 roasted or boiled medium sweet potatoes
- 1 flax egg (1 tbsp ground flax seed + 2.5 tbsp water)
- 1 tbsp coconut oil

Mash the sweet potatoes and flax seed together in a blender. Melt the coconut oil in a pan. Place roughly 2 tbsp size serving of sweet potato mix in the hot pan. Flip the pancake when it start to bubble.

The "flip" works best when using 2 spatulas. Add as many gut pleasing toppings to each piece. Almond butter is my favourite!

SWEET POTATO PORRIDGE

Serves 4

- 4 sweet potatoes
- 2 tbsp collagen powder or pea protein
- 1/2 cup unsweetened shredded coconut
- 1.5 cups fresh or frozen berries
- 3/4 cup almond butter

Preheat oven to 200° C

Use a fork to poke holes in sweet potatoes. Then, line a baking sheet with foil and place it on the bottom rack of your oven. Place sweet potatoes directly on the rack right above your baking sheet. The baking sheet is just to catch any drippings from the sweet potatoes. Bake for 45 minutes.

Once sweet potatoes are cooked, remove from oven and let cool. Once cooled cut in half lengthwise. Scoop out the flesh and place in a mixing bowl. Add collagen and shredded coconut. Mash and mix with a fork. Dig in when you're ready!

DR WILL'S GUT- HEALING SMOOTHIE

Serves 1

Many of you will know that Dr. Will Bulsiewicz is my favourite gut health expert out there. Anyway, this is one of his favs:

- 1 green banana (green bananas are full of resistant starch which are fab for your gut bugs)
- A handful of mixed berries (fresh or frozen)
- 6 walnuts
- 2 tsp ground flaxseed
- 1/2 cup unsweetened almond milk
- 2 tbsp chia seeds

Blend it all together and you've got yourself a gut-loving smoothie! Feel free to add extra greens here too! Go wild - diversity is key!

SCRAMBLED EGG WITH SALMON

Serves 1

- 2 slices of wild Alaskan Smoked Salmon
- 2 medium eggs, beaten
- 1 tbsp extra virgin olive oil

Cut the slices of salmon into small strips. Heat the oil or butter in a pan over a medium, add the eggs and salmon and keep stirring, until the egg is set and the salmon has changed colour. Then dish and enjoy!

SOOTHING TURMERIC MILK DRINK

Serves 1

- 2 cups plain coconut milk
- 2 tsp turmeric
- 1/2 tsp cinnamon
- Pinch of black pepper
- 1 tsp raw honey
- 1/4 tsp ginger powder

Blend ingredients well in a blender. Pour into saucepan and heat for 3 to 5 minutes over medium heat until warm.

ALOE-MINT SMOOTHIE

Serves 1

- 1/2 cup frozen berries
- 1/2 medium avocado
- 2 caps. aloe vera juice
- 1 cup coconut water, or filtered water
- 2 tbsp virgin coconut oil
- 1 tbsp chia or flaxseed
- 1 sprig fresh mint leaves
- 1/4 inch fresh ginger root
- 2 tsp L-glutamine

Blend ingredients together in a blender and drink up!

DIY GRANOLA

Serves 7

- 1 cup rolled oats
- 20g coconut flakes
- 70g mixed seeds
- 70g almonds
- 1/2 tsp olive oil
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp vanilla extract
- 2 Medjool, blended into a paste with boiling water - about 1/3 cup water.
- 2 tsp ground ginger

Preheat oven to 150°C. In a large bowl, combine the oats, coconut flakes, seeds and almonds.

In a small bowl, mix together the olive oil, cinnamon, nutmeg, vanilla extract date paste and ginger. Then pour it over the dry mix and use your hands to make sure the mix is coated evenly.

Then spread the mix across two baking trays lined with baking paper. Pop it into the oven for 10 minutes, toss, then bake for another 10 minutes or until golden brown

Remove, let it cool and then keep it in an airtight container. Serve with live yoghurt, plant milk, or kefir.

If you prefer a chunky granola, add 30ml water and double the oil and dates, press into the tray and bake for an extra 5 - 10 minutes.

PEANUT & PEAR

SARMIES

Serves 2 -3

- 1 pear cut along its length into 6 slices
- 2 tbsp peanut butter
- 2 tbsp coconut yoghurt or normal live yoghurt if in week 5 & 6
- Mix seeds or goji berries, sliced dates... go wild [here](#)

Spread the peanut butter across the pear, top with yoghurt and add the seeds and toppings. Enjoy!

You could also try this with different fruit and different types of nut butters - almond and apple is a win, too!

ON-THE-GO

SCRAMBLED EGG

Serves 1

- 2 large eggs
- 2 tbsp plant milk
- 1 tbsp fresh herbs or spring onion
- 6 baby tomatoes, halved
- Mixed seeds (pumpkin, sesame, sunflower)

Line a large mug or bowl with a swirl of oil, add all the ingredients in a bowl, mix together and season to taste.

Cook on high in the microwave for 1 minute, stir, and redo for another minute or until the egg has set. Enjoy!

FIBRE BLAST BREKKIE

Serves 1

- 1/2 cup cooked quinoa or buckwheat
- 1 tbsp coconut flakes & a splash vanilla extract
- 2 tbsp coconut yoghurt or live yoghurt if in week 5 & 6
- 1/2 cup sliced pear or apple
- 100 ml plant milk of choice
- 1 tsp dried figs or nut of choice
- 1 tbsp almond butter or chia seeds.

Dish the base into a bowl and top all the other ingredients as desired! Yummo!

L U N C H &
D I N N E R



Sweet Potato Fries

Gluten-free
Dairy-free
Vegan

Tip:

To make this a well-rounded meal, add a grilled organic chicken breast and a side of green salad.

INGREDIENTS:

- 1 big sweet potato
- Coconut oil
- Homemade tomato sauce (optional)

METHOD:

Preheat the oven to 180°C. Cut the sweet potato into chip size slices.

Oil a tray with odour-free coconut oil and spread the chips out evenly on the tray.

Cook for 25 - 30 minutes until the chips are soft and browning.

Turn the heat up to 220°C for two minutes to get them crispy!

Keep an eye on them here - you don't want to burn them. Serve with some tomato sauce and dig in!



Roast Pepper & Tomato Soup

Gluten-free
Dairy-free

INGREDIENTS:

- 5 large tomatoes
- 2 red bell peppers
- 2 tbsp extra virgin olive oil
- 1 small onion
- 1 garlic clove
- 400ml chicken stock or water
- Sea salt and pepper
- Coconut milk & pumpkin seeds (optional)

METHOD:

Heat the oven to 220° C and put the tomatoes and peppers on a baking tray and drizzle 1 tbsp of olive oil over them. Roast for 20 - 30 mins, until the skins are blistering, then take them out of the oven

Place the peppers in a cold saucepan with a lid on and leave to cool for 15 mins. Then peel the peppers and remove the seeds and stalks.

When the tomatoes have cooled, pinch off the skins. Heat the remaining oil in a pan on medium heat and add the onions and garlic for 5 mins. Then add the tomatoes, pepper and stock and let it simmer for 5 mins. Then blend the mix together and top with pumpkin seeds and coconut milk.



Gut-healing Plate

Gluten-free

Dairy-free

Vegan

INGREDIENTS:

- 1/2 cup chickpeas
- Handful chopped purple cabbage
- 5 cherry tomatoes
- 2 radishes
- 5 black olives
- Handful of baby spinach
- Sesame seeds to top

METHOD:

Chop and prep the ingredients as you like. Throw it all together in a bowl and top with olive oil and balsamic vinegar or some lemon juice.

Enjoy!



Happy Belly Bowl

INGREDIENTS:

- 1 medium sweet potato
- 1 avo
- Half a can of chickpeas
- Tender stem broccoli
- 2 cups baby spinach
- Half a red pepper
- Spiral butternut
- Black sesame seeds to top

METHOD:

Preheat the oven to 180° C

Cut the potato into chip size and place them on a tray. No oil added.

Smash the avo together (you can add a squeeze of lemon here too)

Steam the broccoli and butternut spirals as desired and prep the other ingredients as you wish.

Don't forget to wash all your raw ingredients thoroughly! Place in your favourite bowl and decorate to your heart's desire!

Gluten-free
Dairy-free
Vegan

Fun fact:

Sweet potato is a source of beta carotene, chickpeas are full of protein, butternut is a source of fibre and potassium, avo is a source of Vit K and healthy fats, Broccoli + baby spinach are a source of folate and fibre! It's the perfect gut-loving bowl!



‘Everything but the kitchen sink’ - Quinoa Bowl

Gluten-free

Dairy-free

Vegan

INGREDIENTS:

(you can really throw together anything here)

- 1/2 cup raw quinoa
- 1/2 cucumber
- 2 tbsp pumpkin seeds
- 10 cherry tomatoes
- 1/4 red onion
- 2 tbsp olive oil
- 1 raw zucchini
- 1/2 orange pepper
- Pomegranate (optional)

METHOD:

Cook the quinoa as instructed (I generally find you need to add about 2 cups of water to 1/2 cup of quinoa) and stir consistently.

Prep and chop the other ingredients and then just pop everything into a bowl and enjoy!

Drizzle with olive oil or tahini and lemon juice.

YUM and super easy!



Basil Pesto Chickpea Pasta

Gluten-free
Dairy-free
Vegan

INGREDIENTS:

- For the base:
- 1 pack chickpea pasta
- 1 punnet mushrooms
- Tender stem broccoli (as much as you like) ..
- For the sauce:
- Basil pesto - 2/3 tblspns
- 2 handfuls baby spinach
- Garlic & salt to taste
- 2 tblspns olive oil
- Fresh basil to top
- A handful of sprouts (optional)
- You could also add a couple tspn live yoghurt here

METHOD:

For the sauce:
In a blender, mix baby spinach, 1 tspn garlic, a splash of water, 2 tblspns olive oil, a tspn of salt, and basil pesto - add more spinach and salt to suit your taste, lemon juice could work well in here too.

For the base:
Cook the pasta - it should take about 6 minutes.

Sauté mushrooms in salt and olive oil. Blanch the broccoli for about 3 mins until bright green.

Toss it all into a dish and serve while hot!



Butternut and Sweet Potato Soup

Gluten-free
Dairy-free
Vegan

INGREDIENTS:

- 3 tbsp olive oil
- 1 red onion, chopped
- 1 garlic clove
- 1 chopped butternut (small)
- 1 chopped sweet potato (medium)
- 500 ml chicken stock or water
- Sea salt
- Black pepper
- Pumpkin seeds, coconut shavings & paprika for the topping (optional)

METHOD:

Heat the olive oil in a pan and fry the onion and garlic on a medium heat until soft. Add the butternut and sweet potato and the stock or water and simmer on a low heat for 20 mins until the butternut and potato are soft and easy to break up.

Then blitz the soup in a blender, add salt and pepper to taste. Sprinkle with seeds before serving.



Gut-lovin' bowl of goodness

Gluten-free
Dairy-free
Vegan

INGREDIENTS & METHOD:

- This one is a bit of a try it out for yourself kinda meal idea. I'll tell you what I've got in here and you can add and change as you like.
- In here I've got baby spinach & chickpeas as the base. - you can use quinoa here too as the base. Then I oven roasted some aubergine, zucchini, potato chips, red onion and broccoli.
- Then I topped with some raw purple cabbage for some crunch, a touch of goats cheese and a dollop of tahini and lemon mix.
- Absolutely delicious and so easy to whip up! Give it a go!



Harvest Bowl

Gluten-free
Dairy-free
Vegan

INGREDIENTS:

- 1 large sweet potato, sliced into chips
- Half a head of broccoli
- Handful of baby tomatoes
- Lettuce
- Half an avo
- Half a lemon
- 1 tsp tahini

METHOD:

Heat the oven to 180° C. Place the sweet potato chips on a baking tray and into the oven (no oil needed here). Let the chips cook for about 30 mins or until browned - you can flip them over at about 15 minutes.

While the chips cook, steam the broccoli in a steamer or in a strainer over some boiling water.

Then slice the tomatoes and prep the dressing by blending or mixing the avo, juice of half a lemon and 1 tspn of tahini.

Once the chips are ready, dish all the ingredients into a bowl and enjoy!



Crispy Chickpea Bowl

Gluten-free
Dairy-free
Vegan

INGREDIENTS:

- 1/2 can of chickpeas
- Olive oil
- Salt
- Pepper
- Handful chopped purple cabbage
- 1 chopped medium tomato
- A handful of lettuce
- Mixed sprouts to top
- 2 tbsp tahini and juice of half a lemon for the dressing

METHOD:

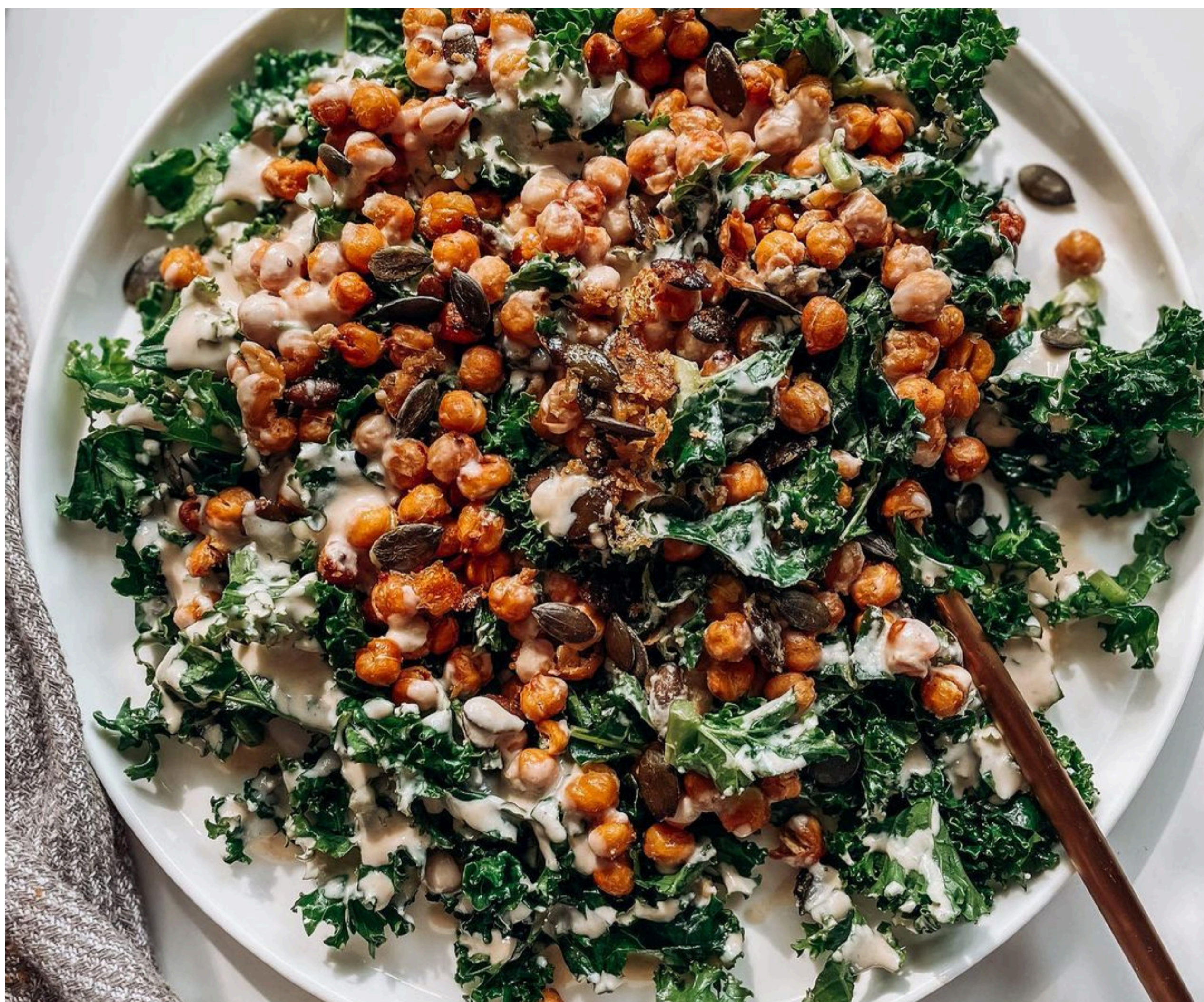
Drain your chickpeas and then drizzle in olive oil, salt and pepper. Then pop in the airfryer (or oven) for 14 mins at 180 degrees until very crispy .

While that's cooking, prep and cut your other ingredients and place them into a bowl.

For your dressing, mix together 2 tbsp tahini with juice of half a lemon and a splash of water (you want to get quite a runny mix).

Drizzle that over your food, top with your sprouts and dig in.

If you don't love the taste of tahini, olive oil and lemon juice is a good option too.



Kale and Chickpea Salad

Gluten-free

Dairy-free

Vegan

Sugar-free

INGREDIENTS:

This makes a big salad to share with a main meal.

- 2 cans chickpeas drained
- 1 tspn cayenne pepper
- 1 tspn salt
- A dash of olive oil
- 1 lemon
- 1 small pack of kale / spinach

For the dressing:

- 2 tbsp tahini
- Juice of half a lemon
- 2 cracks of salt
- 3 tsps water .

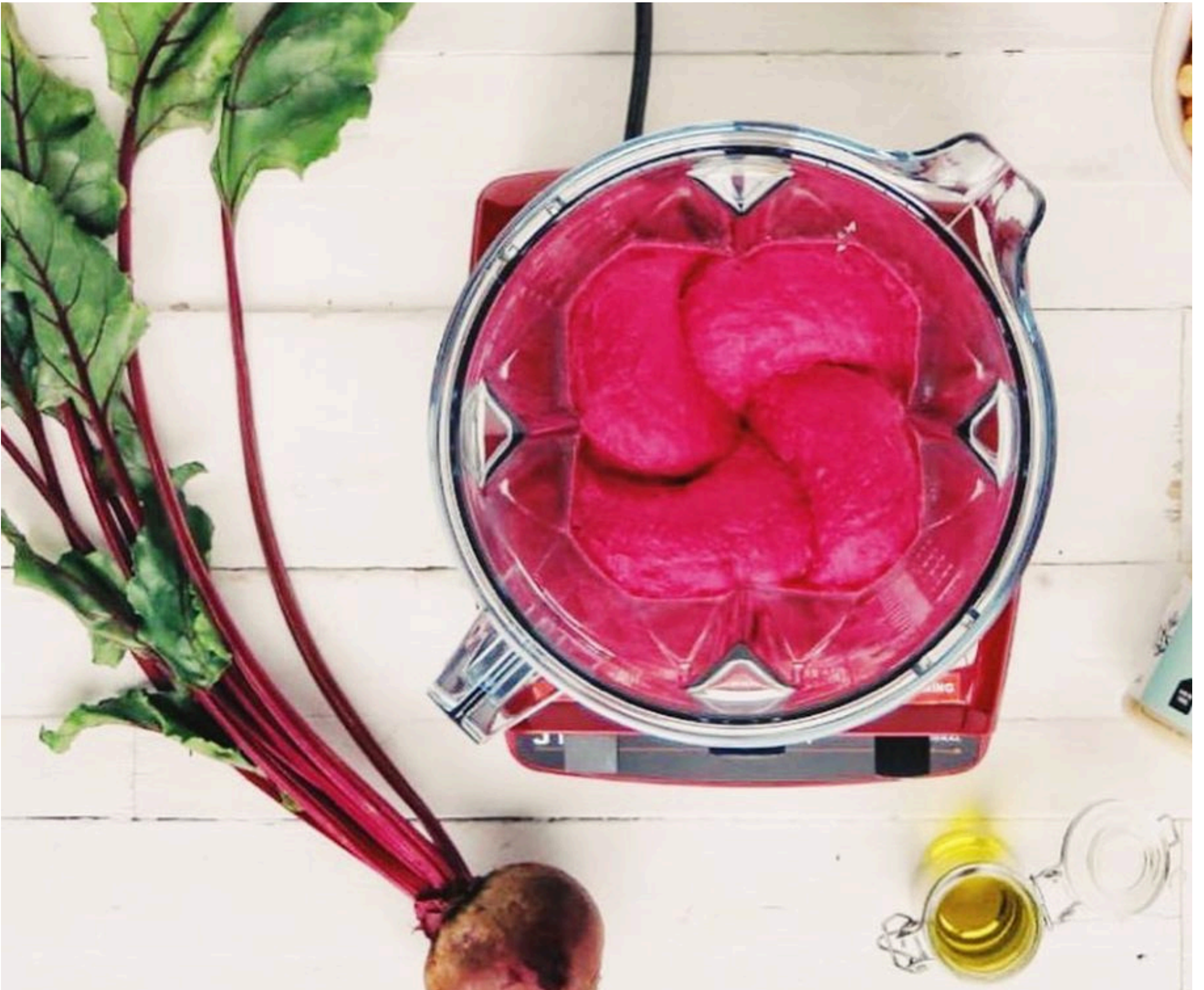
METHOD:

Preheat the oven to 180 degrees Celsius, toss the chickpeas in a bowl and coat with cayenne pepper, salt, and olive oil.

Pop them onto an oven tray and grill until crispy.

While they're in the oven, wash the spinach thoroughly and prep the tahini dressing.

Drizzle some lemon juice and salt over the spinach and then pop the roasted chickpeas on top and drizzle with the dressing



Beetroot “Hummus”

Gluten-free
Dairy-free
Vegan
Sugar free

INGREDIENTS:

- 4 large beetroots
- 1 garlic clove
- Juice of 1 lemon
- 1 tbsp tahini
- Sea salt and pepper

METHOD:

Preheat the oven to 180°C. Roast the beetroot in the oven for about 1 hour or until tender. Remove from the oven and leave until cool enough to chop and peel off the skins.

Put the beetroots with all the other ingredients in a blender and blitz until fully combined and smooth.

This is a great side to any dinner and also a great snack option with carrots, pepper and cucumbers.



Spaghetti & Broccoli Pasta Dish

Gluten-free
Dairy-free
Vegan

INGREDIENTS & METHOD:

- 1 pack gluten-free spaghetti (I like Lifestyle Foods GF range made with corn)
- Sauté as much tender stem broccoli as you like in olive oil, salt, basil leaves and lots of lemon.
- Finished with some dairy free salad cheese from Woolies, I've also tried it with pine nuts and pumpkin seeds and it's amazing!
- Super simple, but so fresh and delicious



Zoodle & Chicken Dish

Gluten-free
Dairy-free

INGREDIENTS:
(serves 4 -5)

- 3 packs of zucchini, sliced into thin slices
- 1 punnet mushroom
- 1 garlic clove
- One onion, chopped
- 6 chicken breasts, cut into slices
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste
- 400 ml chicken stock (optional)
- Handful of micro greens, sunflower seeds and basil leaves to serve

METHOD:

Heat 1 tsp oil in a pan over medium heat and fry the onion, garlic and mushrooms in one pan.

Then steam the zucchini noodles in a strainer or a steamer until soft.

Then, in another pan, heat the leftover oil in a pan and cook the chicken strips until they are just starting to cook through. Then add the mushroom, onion and garlic mix into the pan and let it simmer until the chicken is cooked. You can add 400ml chicken stock here if you'd like. Once the chicken is cooked, serve with some micro greens, sunflower seeds and basil leaves



Mediterranean Roast Veg

Gluten-free
Dairy-free
Vegan

Tip:

This dish is best served with a side of grilled chicken, fish, or quinoa.

INGREDIENTS:
(you can really go wild here)

- 1 large red onion
- 1 large zucchini
- 1 yellow pepper
- 20 cherry tomatoes
- 2 tbsp olive oil
- 4 carrots
- 1 large sweet potato
- Half a butternut

METHOD:

Heat the oven to 180° C and chop all the veggies as desired - like I said - you can really add whatever veg you'd like to here.

Place the veg onto a baking tray and drizzle with olive oil. Cook in the oven for about 50 minutes or until soft.

Dish onto a plate and serve with chicken or fish or eat as is!

More Lunch & Dinner Ideas

CHICORY & APPLE SALAD

Serves 1 -2

- 2 washed chicory heads, sliced (Woolies usually has chicory)
- 1 apple, peeled
- Handful of walnuts

For the dressing:

- 1/2 lemon
- 2 tbsp olive
- 1 garlic clove, chopped

Combine all the salad ingredients in a bowl. Mix the dressing ingredients in a glass and drizzle over the salad.

ROASTED BELL PEPPERS

Serves 2

- 3 peppers - red, yellow or green
- Dash of olive oil
- 1/2 a lemon
- Sea salt
- 2 tbsp sauerkraut or kimchi

Heat oven to 230°C. Put the peppers on a baking tray and bake for 20 - 30 mins until the skins are blistering.

Remove the skin and cut the peppers into thin slices and add sauerkraut. Drizzle with lemon juice and enjoy.

SASSY POTATO SALAD

Serves 4

- 750 grams small potatoes, washed and boiled
- 1/2 onion, chopped finely
- 1 tsp pure french mustard
- 4 tbsp olive oil
- 1 tbsp white wine vinegar
- 1/2 cup veggie stock in liquid form
- 1/2 tsp salt

Slice the potatoes into thin circles and place them in a bowl. In another bowl, mix the onions, mustard, oil, vinegar, stock and salt, then add the potatoes and let them soak. Served best with an organic meat side or a big plate of greens.

SNEAKY STEAK DINS

Serves 1 (grass-fed preferably)

- 1 tbsp coconut oil
- 1/2 onion, peeled
- 1 fillet grass-fed beef or game
- A pinch of salt
- Black pepper

If you've got a Weeber - go ahead and braai that badboy! If not, you can also do it in a pan by heating the oil in the pan and adding the onion and fry gently until soft and cooked. Add the steak and sauté on both sides until it's cooked to your liking. Serve with a generous portions of greens and Mediterranean Veg.

VEGGIE STIR FRY

Serves 1 - 2

- 1/2 cup onion, sliced
- 1 cup mushrooms, sliced
- 1 cup celery, diced
- 2 cups cabbage, sliced
- 1/4 tsp sea salt
- Few turns of black pepper
- You can also add peppers to the mix

Heat a pan for a minute or so until the pan is hot. Add the onion and cook for a couple of minutes. When the onions start to stick to the pan and turn brownish, add 2 tbsp of water, stir, and keep cooking.

Add another 2 tbsp of water when they start to stick and brown again. Cook the onions for about 6 or 7 minutes, adding water and stirring as needed. Add the mushrooms, celery, cabbage, sea salt and black pepper and stir.

Cook for an additional 4 or 5 minutes, stirring occasionally until the the veggies are soft to your liking.

ZUCCHINI SPAG-BOL

Serves 4

For the bolognese:

- 1/2 cup onion, sliced
- 500g organic grass fed lean beef mince
- 200g baby tomatoes, sliced
- 1 cup mushrooms, sliced
- Salt to taste
- Fresh chopped parsley to garnish

For the zucchini noodles (zoodles):

- 800g (or two punnets) zucchini
- 2 handfuls baby spinach leaves
- 2 tbsp pesto

For the pesto:

- 1 cup basil leaves, chopped
- 1/2 cup parsley leaves, chopped
- 30g pumpkin seeds
- 1 clove garlic, smashed
- 2 tbsp extra virgin olive oil
- Pinch sea salt

Method: For the bolognese:

Sauté onion until brown. Add mince and cook through for a few minutes over a high heat until brown. Add mushrooms and tomatoes and mix through. Cover and cook for 10 minutes, stirring occasionally. You can also add some tomato paste here if you'd like a saucier meal. Cook until meat is cooked through and season to taste with salt.

For the zoodles:

Run the zucchini along a mandolin to form nice long spaghetti strips. Or use a knife to cut them up into strips.

Toss zucchini in a pan over a medium heat for 1 - 2 minutes with a little pesto and spinach. Or you can steam cook the zucchini and add the spinach and pesto in after.

Dish the zoodles into serving bowls and top with bolognese sauce, and chopped parsley. Enjoy

TURMERIC ROASTED

CAULIFLOWER

Serves 2

- 2 tsp garlic powder
- 1 tsp turmeric
- 1/2 tsp curry powder
- 1/2 tsp ground cumin
- 1/8 tsp paprika
- 1/8 tsp cinnamon
- Salt and pepper, to taste
- 1 head of cauliflower
- Olive oil

Method:

Preheat oven to 215°C. Oil a tray with coconut oil and set aside.

Add all spices to a small bowl. Mix well and set aside. Rinse a whole head of cauliflower with water. Dry and drizzle with olive oil.

Then, pour the spice mixture over the head of the cauliflower. Use your hands to evenly rub the spices into the cauliflower

Wrap the cauliflower with tin foil and roast at 215°C for 20 minutes. Remove from oven and remove tin foil.

Place cauliflower back into the oven for 20-30 additional minutes or until golden brown. Serve with hummus, tahini, or any other tasty dip.

LEMON & ROSEMARY ROAST CHICKEN

Serves 4

- 1 organic chicken
- One bunch fresh rosemary
- 1/2 lemon
- 3 tbsp olive oil
- Salt and pepper to taste

Heat the oven to 160 °C. While it's heating up, strip the rosemary leaves off the stalks and chop finely. Put the chicken in a roasting pan or tray and squeeze the lemon juice over and if you're feeling up to it, put the squeezed lemon into the chicken's cavity. (It does make for a extra delicious meal)

Add the rosemary to the olive oil in a small bowl with the salt and pepper. Pour the mix over the chicken and massage it into the chicken. Put the chicken into the oven and roast for 90 minutes or until cooked. Then remove it and let it sit for 15 minutes while covered with tinfoil.

Serve the chicken with the juices formed in the pan - theres a lot of good gut-lovin stuff in there.

VEGGIE STOCK

makes 6 cups

- 1 tablespoon olive oil
- 5 cloves garlic, chopped and crushed
- 2 large onions, chopped
- 3 sticks celery, chopped
- 3 carrots, chopped
- 8 cups water
- Any frozen / fresh vegetable scraps you have (2-3 cups is a good amount)
- 2 bay leaves
- A few sprigs of parsley and thyme
- Salt and pepper to taste (omit these if you're making stock)

Heat the olive oil in a large pot over medium heat. Add the garlic, onions, celery, and carrots. Cook until softened, about 5 minutes, stirring often. Add the water, frozen vegetable scraps, bay leaves, parsley, and thyme.

Reduce heat to low and simmer, partially covered, for 45 minutes. Pour the broth through a fine mesh strainer into a large heat-proof bowl or pot; discard solids. Once the broth has cooled, transfer it to airtight plastic containers or freezer bags and store it in the freezer. (I usually freeze it in 2-cup portions so I don't have to thaw all the broth every time I use it.)

BUN-LESS BURGERS & CHIPS

Serves 4

For the burger:

- 500g grass-fed beef mince
- 1/2 onion
- Handful fresh parsley
- 1 egg (can use a flax egg here if you'd like)
- Salt and pepper to taste
- Coconut oil for frying
- 1 tomato
- Sauerkraut (optional for week 5 & 6)

For the chips:

- 4 medium sweet potatoes cut into wedges
- 2 tbsp coconut oil
- Paprika
- Sea salt

Heat the oven to 200 C and get the potatoes into the oven by sprinkling them with oil, salt and paprika. Cook in the oven until golden brown (maybe 30 -40 minutes).

While these are cooking you can start on the burgers. Using a wooden spoon, mix the meat with the onion, parsley, egg, salt and pepper. Then split the mix into four and form round burger shapes using your hands.

Put some coconut oil in a pan and fry the burgers on a medium heat to your liking.

Serve each burger with a side of chips, tomato and other green and colourful veg you'd like to add!

EASY AVO SALAD

Serves 1

- 1 avocado
- 1/2 yellow bell pepper
- 1/2 roma tomato
- Small handful coriander
- Juice of half a lemon
- 1 tsp olive oil
- 1 garlic clove, minced

Cut the avocado in half and dice. Chop the tomato and pepper, Chop the coriander and mix all ingredients together and drizzle with olive oil and lemon juice.

EGGPLANT, ONION & TOMATO STEW

Serves 1 - 2

- 1 eggplant, unpeeled, and diced
- 2 medium sized tomatoes, chopped
- 1 onion, chopped
- 1 jar tomato paste (get one with no added sugars and preservatives or just use a tomato and onion mix)
- 1 tsp cumin powder
- 1/2 tsp cayenne pepper
- 1 tsp salt
- 1/2 cup filtered tap water

Prepare the veggies by dicing the unpeeled eggplant, tomatoes, and onions into small pieces and then set them aside.

In a large pan, add the tomato paste, cumin, salt, cayenne pepper, and water and stir.

Add the veggies and bring to a boil. Reduce heat to simmer. Cover and cook for 20-25 minutes or until the eggplant are tender. Serve plain or with some cauli rice.

KALE & BRUSSELS SPROUTS SALAD

Serves 6

For the salad:

- 4 cups kale, washed
- 4 cups Brussels sprouts
- 1/2 cup sliced almonds

For the dressing:

- 1/4 cup lemon juice (fresh)
- 1 tbsp Dijon or French Mustard
- 1 tbsp chopped shallots or small onion
- 1 tbsp lemon zest
- 1 tsp raw honey (optional)
- 1/4 cup olive oil
- Salt and pepper to taste

Remove the stalks for the kale and slice the leaves into strips. Halve the Brussels Sprouts and shred or grate them into thin slices. Mix all the ingredients for the dressing together in a bowl and assemble the salad as you wish! Easy peasy and full of prebiotics!

GREENS ON GREENS

Serves 2

- 2 tsp coconut oil
- 1 cm fresh ginger, peeled and chopped
- 1 garlic clove, chopped
- 1 leek, washed and chopped
- 170 grams sugar snap peas
- 100 grams (3 handfuls) washed spinach
- A splash of balsamic vinegar

Heat the oil with the ginger and garlic in a pan. Add the leek and stir until soft. Add the sugar snaps and spinach until the spinach is wilted (you can add more here if you'd like)

Add a splash of balsamic vinegar and serve.

ASPARAGUS & SALMON

Serves 1 -2

- 12 sticks asparagus, ends trimmed
- 2 Tbsp olive oil
- 1 Tbsp chopped fresh rosemary leaves
- 1 pinch kosher salt
- 1 pinch freshly ground black pepper
- Thinly sliced smoked salmon (1 slice per 3 pieces of asparagus)

Preheat the oven to 200°C. Put the asparagus on a foil-lined baking sheet. Drizzle with olive oil. Sprinkle with rosemary, salt, and pepper.

Roast until cooked and starting to brown around the edges, about 10 minutes. Remove from the oven and put them onto another baking sheet to cool

Once the asparagus have cooled, wrap 3 pieces of asparagus in a slice of smoked salmon and enjoy!

P.S. You might need to go easy on the asparagus if you're not used to eating it. Start out having 4 -6 small pieces first and then increase slowly from there.

AIR FRYER FISH

Serves 3 - 4

- 3 to 4 cod, halibut or tilapia fillets
- 3 tbsps extra virgin olive oil
- 2 tsps lemon juice
- 1 teaspoon garlic powder or crush garlic
- ¼ teaspoon fine sea salt
- Pinch paprika, optional
- Pinch coarse ground black pepper
- ½ teaspoon dried parsley, optional
- Garnish- lemon slices or fresh chopped parsley, chervil and/or chives

Pat the fish fillets dry with a paper towel. Brush both sides of the fillets with melted butter or olive oil. Sprinkle with lemon juice.

In a small bowl, whisk together the lemon pepper, garlic, salt, paprika, black pepper and parsley.

Generously season both sides of each fish fillet with the seasoning. Place fish on a plate or baking sheet while the air fryer preheats.

Preheat the air fryer to 180 degrees celsius. Once preheated, spray the basket with nonstick cooking spray. Arrange fish in the air fryer basket. (See notes for cooking from frozen.)

Close the air fryer basket and air fry for 6 to 14 minutes (see cook times below for specific fish). If desired, with two minutes left of cooking time, open the basket and add a sliced lemon to each fillet.

Close the basket and continue to cook for the remaining time or until the fish flakes easily with a fork.

Garnish with fresh herbs before serving. Serve with chips or side salad.

Cooking Times for Fish:

Cod (depending on thickness)

- Frozen: 12 to 14 minutes
- Thawed: 8 to 10 minutes

Halibut (depending on thickness)

- Frozen: 12 to 16 minutes
- Thawed 6 to 8 minutes

Tilapia (depending on thickness)

- Frozen: 10 to 12 minutes
- Thawed: 6-9 minutes

ROASTED SWEET POTATO SALAD

Serves 3 - 4

- 3 large sweet potatoes chopped evenly into bite-size chunks
- 1 tbsp avocado or olive oil
- 1 teaspoon salt
- 2 cups baby spinach
- 1/2 cup red onion, chopped very small
- 2 tbsp apple cider vinegar
- 2 tbsp lemon juice
- 1/3 cup dried cranberries
- 1 avocado, chopped in chunks
- ground black pepper, to taste
- 1-2 tbsp hemp seeds, optional

• Preheat oven to 180 C. Place sweet potato chunks into a large bowl and toss with oil and sea salt. Bake for 30 minutes or until cooked through, flipping once. Remove from oven and let the potato chunks cool. This step can be done ahead of time. Just keep the roasted potatoes in the fridge and complete step 2 the day you want to enjoy the salad.

• While the potatoes are roasting, add the chopped spinach, onion, dried cranberries, apple cider vinegar and lemon juice in a large bowl. Add cooled sweet potato chunks to the bowl and stir to combine. Gently stir in avocado. Add ground pepper to taste. Sprinkle on hemp seeds (if using). Serve immediately or store in the fridge until ready to serve. Can be eaten cold or at room temperature.

Probiotic Meal Ideas

SAUERKRAUT SALAD

Serves 4

- 450g sauerkraut (homemade or store bought)
- 1 cup diced, cooked beetroots
- 2 large carrots, grated
- 1 cup diced cucumber
- 2 cups diced cooked baby potatoes
- 4 tbsp fresh parsley
- 2 tspn sesame seeds

For the dressing: (optional):

- 1/3 cup olive oil
- 2 tbsp apple cider vinegar
- 1 tsp mustard
- Salt and pepper to taste

Drain the sauerkraut and chop it into smaller pieces if necessary. Then add it to a bowl with all the grated ingredients and mix it all together.

Whisk all the dressing ingredients in a small jug and mix it together with the other ingredients until the salad is well covered. Dish into your favourite bowl and sprinkle with sesame seeds and enjoy!

KEFIR SMOOTHIE

Serves 2

- 1 cup kefir
- 1/2 cup fruit fresh or frozen strawberries, peaches, blueberries, bananas
- 1 - 2 tbsp honey adjust to taste
- 1/2 cup ice cubes (optional but not advised)

Pop all the ingredients into a blender and blend until smooth! Enjoy!

KEFIR & PINEAPPLE SHAKE

Serves 1

- 200ml kefir
- 1 cup chopped pineapple
- 2cm fresh ginger, peeled
- 2 tsp chia seeds or ground flaxseeds

Add all the ingredients in a blender and blend until smooth. Drink immediately.

KIMCHI OMLETTE

Serves 1

- 1 avocado
- ¼ cup + 2 tablespoons kimchi
- 1 small onion, sliced
- 2 organic eggs
- 1 tablespoon olive oil
- sea salt
- 2 tspn coconut oil

Combine the kimchi, the sliced onion, and the eggs in small bowl. Beat with a fork until well combined. Heat the oil in a pan on medium heat and once it is hot, pour in the egg mixture and leave for about 5 - 10 seconds.

Then, using a spatula start pulling in the edges of the omelet and pouring the uncooked egg mixture out to the edges to cook. Continue doing this until the bottom is set and the entire omelet is almost cooked through.

Sprinkle the top with a pinch of sea salt and spoon the remaining two tablespoons kimchi down the center. Use a spatula to carefully fold up the omelet, remove it to a plate. Enjoy!

YOGHURT & BERRY PARFAIT

Serves 1

- 1/2 cup Greek yogurt with live cultures
- 2 tbsp sunflower seeds
- 2 tbsp shredded coconut optional
- Dash of cinnamon
- ¼ cup berries of choice

In a bowl or glass add yogurt. Top with 1 tbsp sunflower seeds, coconut, cinnamon and 1/8 cup berries.

Top with ½ cup yogurt, 1 tbsp sunflower seeds, coconut, cinnamon and 1/8 cup berries.

And ta-da - you have a parfait! Easy, hey?

CARROT & KEFIR SALAD *STUCK FOR GRAIN-FREE ALTERNATIVES?*

Serves 4

- 5 large carrots, grated
- 1 tsp coconut oil
- 1 tbsp olive oil
- 1/2 tsp salt
- 160 ml kefir
- A handful of chopped walnuts
- 2 garlic cloves, chopped

Sauté the grated carrots in coconut oil in a pan over medium heat. Stir in the salt and wait for the mixture to cool, then stir in the kefir, walnuts and garlic and serve at room temperature.

GUT HEALING SOUP - ASIAN-STYLE

Serves 1

- 1 tbsp coconut oil
- 1 garlic clove, chopped
- 1 cm fresh ginger, chopped and peeled
- 2 spring onions, sliced
- 120g organic or wild salmon, cut
- 2 pak choi (bok choy), sliced (optional, but advised - you could use some asparagus rather)
- 1 tsp fermented miso - often found in the fridge at health shops
- 250ml veggie stock
- Juice of 1 lime
- 1 tsp fish sauce.

Heat the coconut oil in a pan on medium heat and sauté the garlic, ginger and spring onions. Add the salmon and cook through. Add the pak choi or asparagus and stir until soft. Add the rest of the ingredients and simmer for a few minutes. Serve while hot.

OVEN BRAISED LEEKS

Serves 4

- 4 large leeks
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon herbs of choice
- ½ teaspoon ground pepper
- ¼ teaspoon salt

Preheat oven to 180°C. Trim roots and dark green from the tops from leeks, leaving 5 to 8 inches of white and light green parts. Cut the leeks in half lengthwise (or in quarters, if large). Rinse well and then lay the leeks in a single layer, on their sides on a baking tray. Drizzle with oil and sprinkle with herbs, pepper and salt. Cover with foil and bake until very tender. This will take about 50 minutes to 1 hour. Uncover and continue baking until lightly browned, about 10 minutes more.

While we know that whole-grains offer a great source of fibre for the gut, a diet high in grains can become an irritant for the gut lining in some people, so sometimes it's nice to mix things up a bit!

This provides the perfect opportunity for you to add loads of colourful, nutritious and gut-friendly alternatives to your plate. Here are some quick swaps.

Cauliflower instead of rice.

Cut the hard stems off the cauliflower and shred the florets into tiny pieces - or put it in a food processor or blender. Sauté the shredded cauliflower in a pan with a drizzle of olive oil until soft, then serve with salt. You can also add some chopped herbs in here if you'd like.

Zucchini instead of spaghetti.

You can either spiralize the zucchini or slice them into thin slices and sauté them in olive oil or steam them in a steamer or strainer over boiling water.

Mixed veg instead of cous-cous

Either buy mixed ready-chopped veg or chop up a mix of your favourite veg and bake them in the oven. Go wild here - DIVERSITY IS KEY!

Sweet potato instead of grains.

Sweet potatoes are one of my all time favourite veg because they are so versatile and they are full of vitamin A, which helps support the gut lining. Chop, dice, or slice them and they are good to add to any meal!

S I D E S &
T R E A T S



Sauerkraut

INGREDIENTS:

- 1 medium cabbage
- 2 tbsp mineral-rich salts
- 1 tbsp caraway seeds
- 1/2 red chili, deseeded and finely chopped (optional)

METHOD:

You will need: a large glass or ceramic bowl, a large wide jar with lid, some muslin cloth and a rubber band,

Clean everything to give the beneficial bacteria the best chance to thrive. Clean your hands thoroughly, too.

Shred the cabbage into very thin strips and place in a large bowl. Add the salt and massage thoroughly to help release liquid from the cabbage until you get a mushy texture. This usually takes around 15 - 20 minutes, until you get a pool of liquid in the bottom of the bowl. Now add the caraway seeds and chilli, if using.

Place the cabbage in jar and pack down as much as possible. Top with the liquid from the bowl so that it completely covers cabbage.

Cover the jar with muslin cloth and a rubber band so the kraut can breathe. Press down every few hours, making sure the liquid covers the cabbage.

After 24 hours, cover the jar with a lid and keep it at room temperature for a further 3 - 4 days minimum. Your kraut should then be ready to eat, but you can leave it for longer for extra flavour and fermentation. When it tastes the way you want it to, store it in the fridge.



Basic Kimchi

Gluten-free
Sugar free

INGREDIENTS:

- 1 cabbage, roughly chopped
- 3 tbsp salt
- 3 garlic cloves, crushed
- 1 tbsp ginger, finely grated
- 1 - 2 red chillies, finely chopped
- ½ tspn chilli flakes
- 2 tbsp fish sauce
- 3 tbsp white vinegar

METHOD:

Place the 1 roughly chopped cabbage in a bowl and sprinkle over salt. Toss and cover with clingwrap. Allow to stand for at least 3 hours, tossing every 30 minutes. Rinse the cabbage, then place in a clean bowl.

Pound the 3 garlic cloves, 1 tbsp of finely grated ginger, 1-2 finely chopped red chillies and ½ tspn chilli flakes in a mortar and pestle or blend to form a paste.

Add fish sauce and vinegar and pound into a paste. Coat the cabbage in the paste and store in an airtight container.



Homemade Hummus *- Flop-proof!*

Gluten-free
Sugar-free
Vegan

INGREDIENTS:

- 2 cans chickpeas
- Juice of 2 fresh lemons
- 1 heaped tspn salt (add more if you like)
- 2 tbsp olive oil
- 2 tbsp tahini
- A splash of water

METHOD:

Mix all the ingredients together in a blender - add more lemon or salt if you like a tangy taste.

Blend until creamy and smooth.

Top with paprika and a drizzle of olive oil - voila



Airfyer Chickpeas

Gluten-free
Sugar-free
Vegan

INGREDIENTS:

- 1 can chickpeas drained
- 1 tspn cayenne pepper
- 1 tspn salt
- A dash of olive oil

METHOD:

Drain your chickpeas and then drizzle in olive oil, salt and pepper.

Then pop in the airfryer (or oven) for 14 mins at 180 C until very crispy .



Avo, Cacao, Maca Mousse

Gluten-free

Refined sugar free

INGREDIENTS:

- Half an avo
- 1 frozen banana- if you don't like banana, just add a whole avo instead of half
- 1 tbsp organic cacao powder
- 1/4 almond milk
- 1 tbsp honey
- 1 tspn maca powder (optional)

METHOD:

Add all the ingredients together in a blender, blend for 1-2 mins until thick and creamy.

Eat straight away or let them chill in the fridge until the cravings kick in.



Sweet Potato Brownies

Gluten-free
Refined Sugar-free
Vegan

INGREDIENTS:

- 2 medium sized sweet potatoes- roasted and mashed
- 11 dried pitted dates - soaked in hot water to soften
- 1/2 cup almond butter
- 3 tbsp cacao powder

METHOD:

Prep the sweet potatoes and throw all the ingredients together into a blender and blend until smooth. I also threw in a handful of mixed nuts to give the mix some extra crunch. Bake for 20 minutes on 180°C and then take them out the the oven to cool before cutting.

This is probably the easiest sweet potato brownie recipe you'll find



Vegan Chocolate Bark

Gluten-free
Refined Sugar-free

INGREDIENTS:

The base of this recipe is so simple, all you need is:

- 2 tbsp of coconut oil,
- 2 tbsp of cacao powder
- 1/2 tsp raw honey.
- 8 pitted dates (optional)
- Almonds (optional)

METHOD:

Melt all those ingredients together in a pot and then let the games begin.

Add some sliced dates, almonds, brazil nuts if you'd like.

Pop the mixture into a tupperware until they turn hard and then break them up & enjoy!



Gut-lovin' no bake date balls

Gluten-free
Refined Sugar-free
Vegan

INGREDIENTS:

- Half a cup chopped dates
- 3 heaped tsp cacao powder
- 2 tbsp cinnamon macadamia nut butter
- 2 tbsp coconut oil
- 1/2 cup rolled oats
- Desiccated coconut for the end product (optional but advised)

METHOD:

Soften the dates in hot water and then add all the ingredients in a blender (don't add the water from the dates).

Blend until smooth, roll them into balls and cover them in coconut shavings.

So easy and SO delicious. You can store them in the fridge