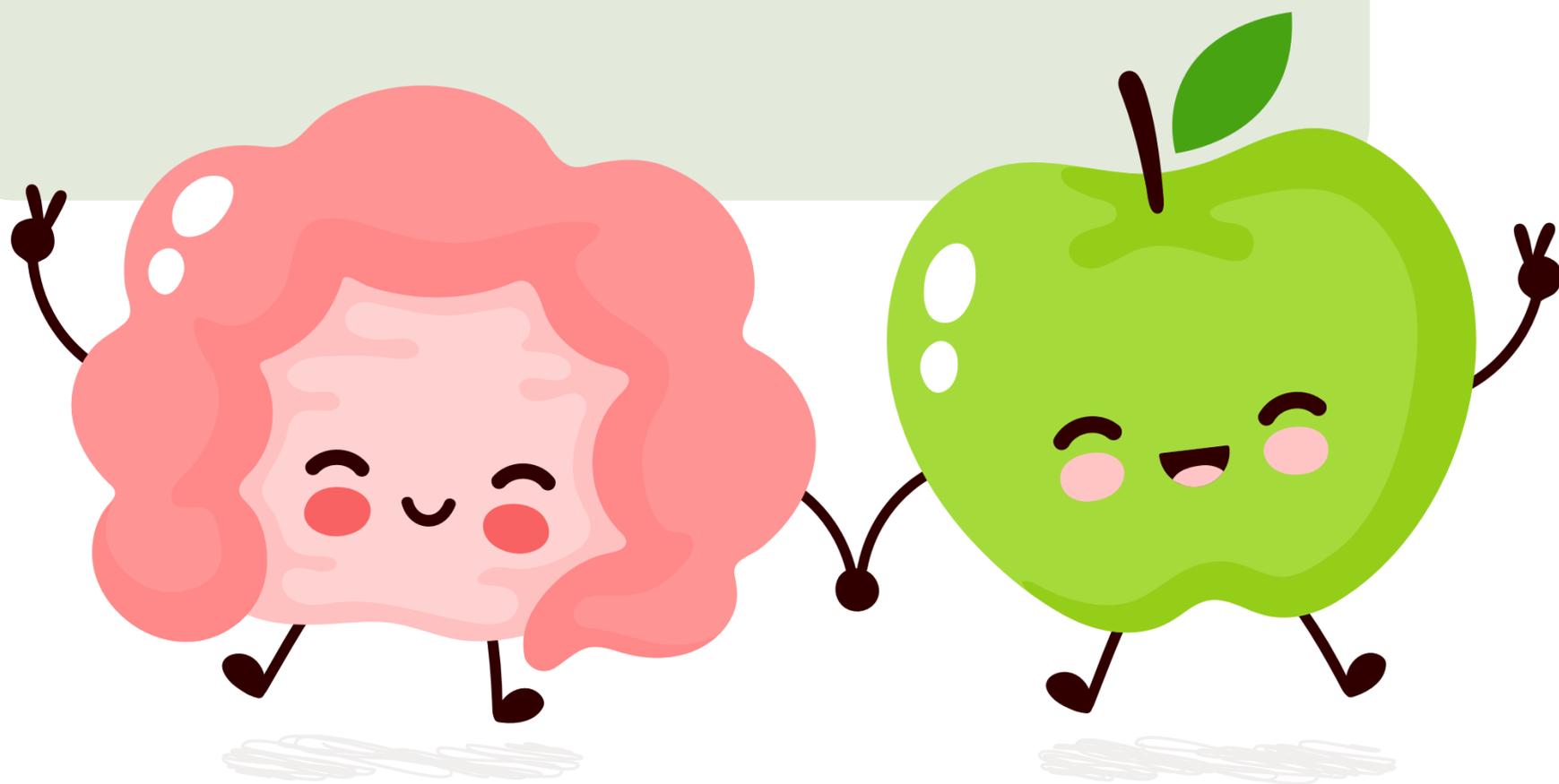


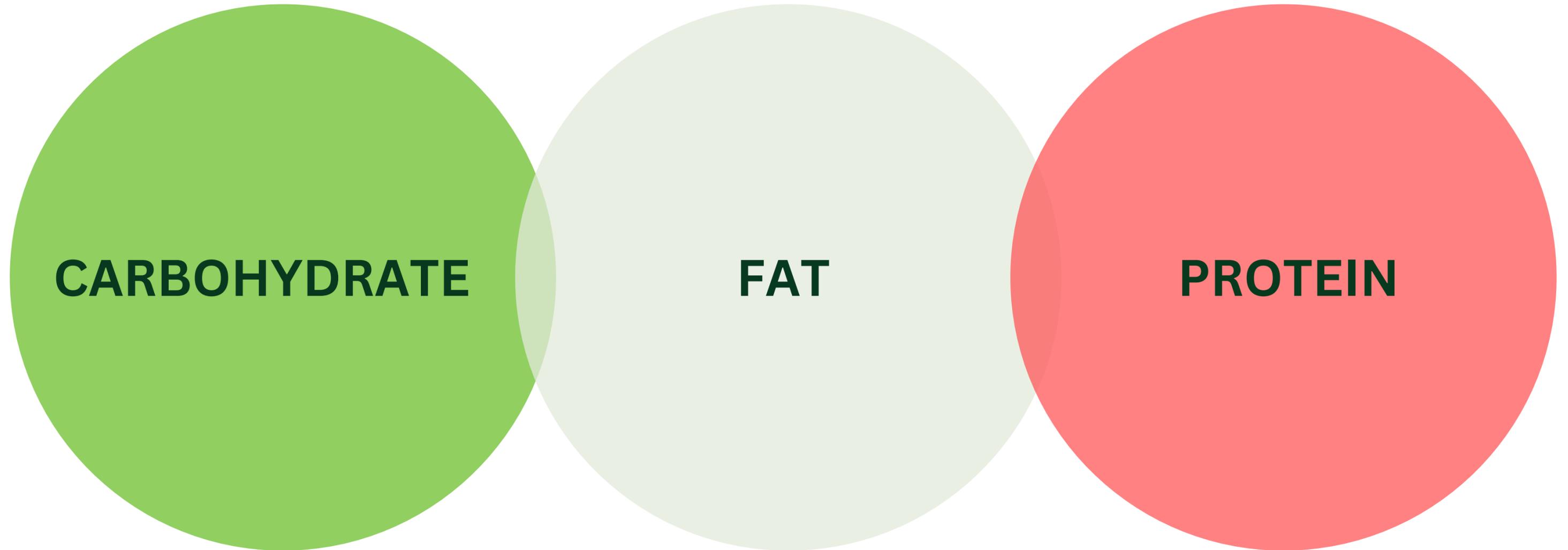
# Nutrition for the Gut



Hannah Colby, RD, LD, CLS  
Registered Dietitian



# Food in a Nutshell



**CARBOHYDRATE**

**FAT**

**PROTEIN**

# Macronutrients

## Carbohydrates

### SIMPLE

#### MONO - SACCHARIDES

Glucose  
Fructose  
Galactose

#### DI - SACCHARIDES

Sucrose  
Lactose  
Maltose

### COMPLEX

#### POLY - SACCHARIDES

Starch  
Fiber

### UNSATURATED

#### MONO - UNSATURATED

#### MONO - UNSATURATED

Omega  
3

Omega  
6

### FATS

#### FATTY ACIDS

#### SATURATED

## Proteins

### AMINO ACIDS

#### ESSENTIAL

HISTIDINE  
ISOLEUCINE  
LEUCINE  
LYSINE  
METHIONINE  
PHENYLALANINE  
THRONINE  
TRYPTOPHAN  
VALINE

#### NON - ESSENTIAL

(in most people)

ALANINE  
ARGININE  
ASPARAGINE  
ASPARTIC ACID  
CYSTEINE  
GLUTAMIC - ACID  
GLUTAMINE  
GLYCINE  
PROLINE  
SERINE  
TYROSINE

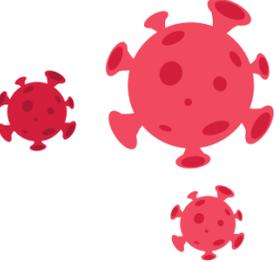
# DIETARY FIBER

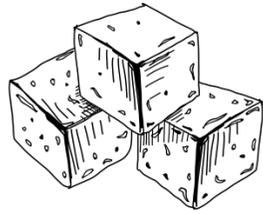


## How Much Do You Need?

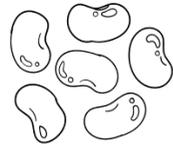
<i>Fruits</i>	<i>Vegetables</i>	<i>Whole Grains</i>	<i>Nuts &amp; Seeds</i>
			
<b>2</b>	<b>5</b>	<b>3</b>	<b>2</b>
pieces of fruit	portions	portions	portions

## Lowering Your Risk

Risk of Heart Disease	Risk of Type 2 Diabetes	Risk of Colon Cancer	Risk of Death from All Causes
			
↓ <b>19%</b>	↓ <b>15%</b>	↓ <b>8%</b>	↓ <b>7%</b>



**TOFU**  
**4.5 OZ. (125 G)**  
 1 gram



**BAKED BEANS**  
**1 CUP (250 G)**  
 10 grams

**CANNED CHICKPEAS**

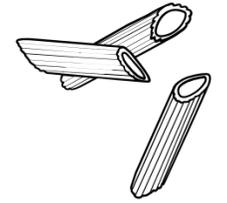


**1/2 cup (75g)**  
 5 grams



**WALNUTS**  
**14 halves (30g)**  
 2.5 grams

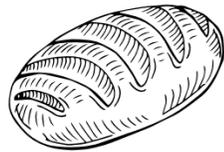
**WHOLE WHEAT PASTA (cooked)**



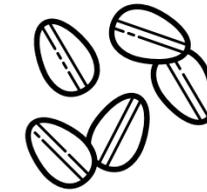
**1 cup (140 g)**  
 5.5 grams

**MULTIGRAIN BREAD**

**1 thick slice (40 g)**  
 3 grams



**BROCCOLI (cooked)**  
**1/1 CUP (75 g)**  
 2.5 grams



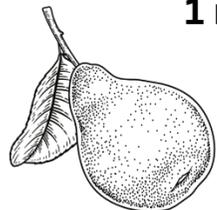
**OATS (raw)**  
**1/2 cup (90g)**  
 4 grams



**QUINOA (cooked)**  
**1/2 cup (90g)**  
 4 grams

**PEAR**

**1 medium (180 g)**  
 5.5 grams

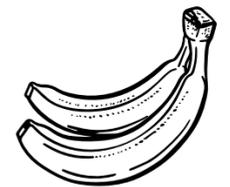
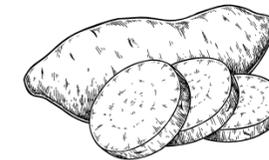


**TOMATO (raw)**

**1 medium (120 g)**  
 1.5 grams

**SWEET POTATO (baked with skin)**

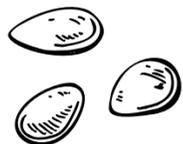
**1 medium (180 g)**  
 6 grams



**BANANA**  
**1 Small (100 g)**  
 2.5 grams

**PUMPKIN SEEDS**

**1 tablespoon (9 g)**  
 0.5 gram



**FLAXSEED**

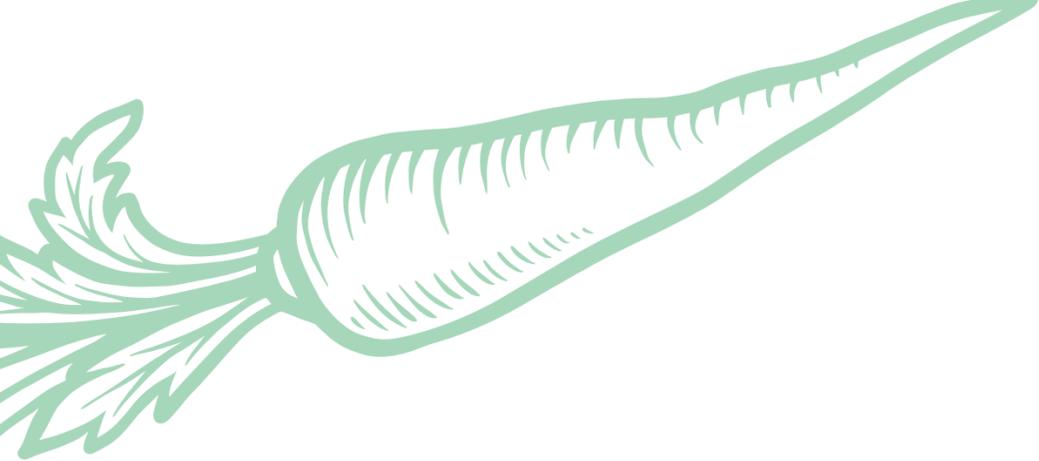
**1 tablespoon (10 g)**  
 3 grams



**ALMONDS**

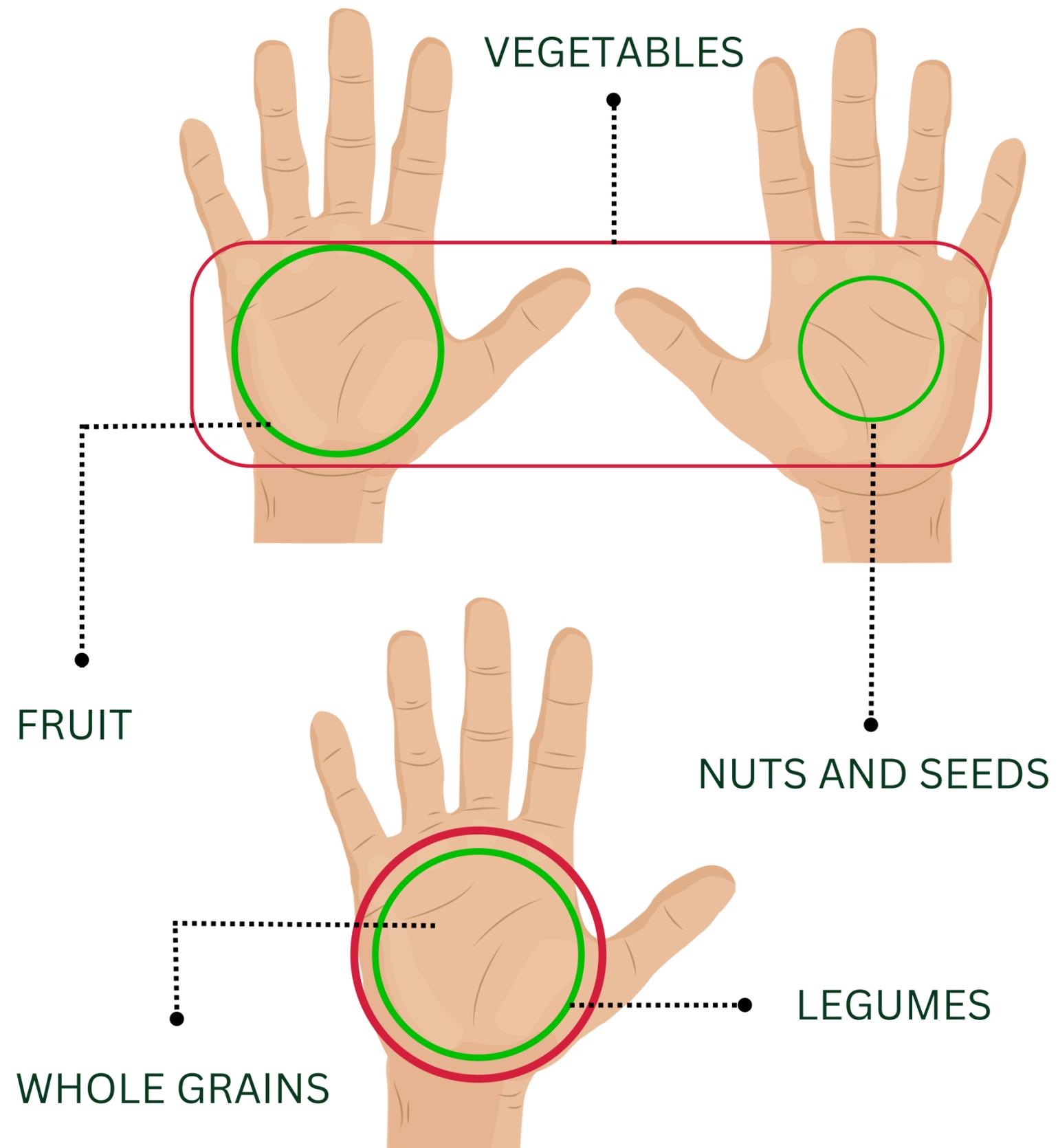
**23 nuts (30 g)**  
 3.3 grams





# The Practical Stuff

1. Increase slow and gradually.
2. Don't forget to hydrate.
3. Make them irresistible.



# Ways to Boost Your Fiber Intake



1

Add flavor and texture to your favorite soup by stirring in cooked barley or legumes

2

Sprinkle mixed seeds on your breakfast - whether it's cereal, toast, or eggs, it's always a winner.

3

Love meat lasagna? Why not replace a third of ground meat with cooked lentils for a twist your GM will love, too?

4

Don't waste your time or fiber - keep the skin on your fruit and vegetables.

5

Baking muffins? Replace one third of the flour with quick oats!

6

Up the fiber in your take - out and add a side portion of vegetables or mixed salad with whatever you're having.

7

Add low - sugar granola to your yogurt - a delicious crunch with no cooking necessary.

8

Boost your Bolognese sauce by adding lentils or legumes, or by grating in onion, carrots, and zucchini.

9

Making meatballs? replace a third of the meat with uncooked oats, lentils, or legumes.

10

In a rush? Frozen vegetables are a convenient and nutritious addition to any meal.

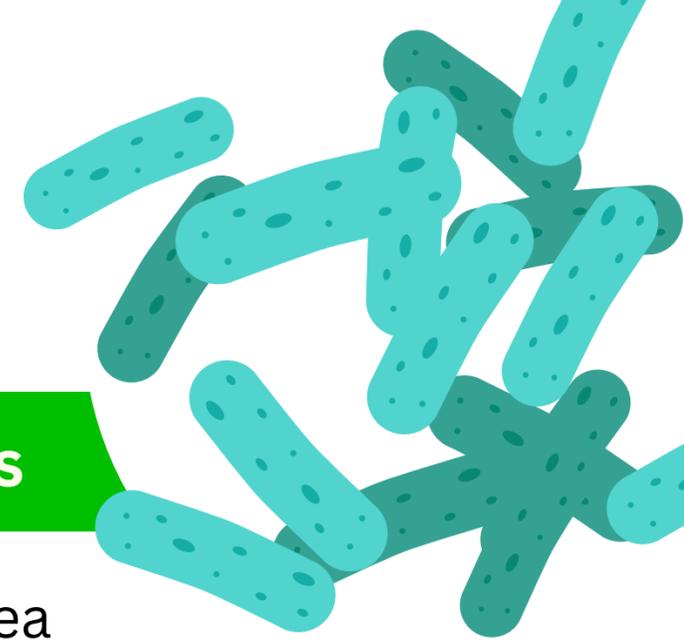
11

Banish those hungry feelings with a small handful of nuts, seeds, and dried fruit.

12

Make the switch from white to whole - grain and seeded bread - your GM will thank you!

# Prebiotics



## Fruit

Apricots  
Dates  
Dried figs  
Dried mango  
Grapefruit  
Nectarines  
Persimmons  
Pomegranates  
Prunes  
Watermelon

## Vegetables

Artichokes  
Asparagus  
Beets  
Brussels sprouts  
Chicory root  
Fennel bulb  
Garlic  
Leeks  
Okra  
Onions

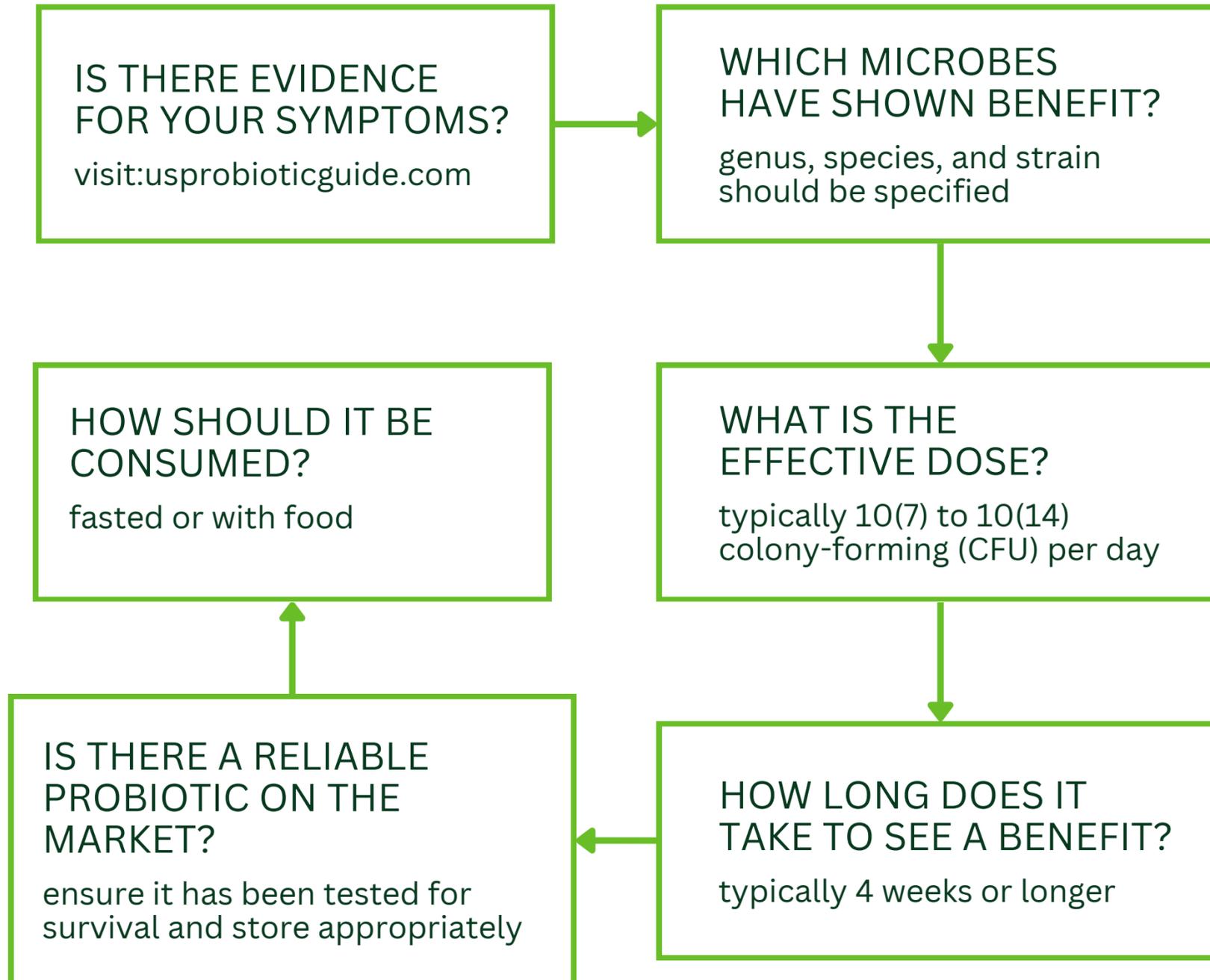
## Grains & Nuts

Almonds  
Amaranth  
Barley  
Cashews  
Freekeh  
Hazelnuts  
Pistachios  
Rye  
Spelt  
Wheat berries

## Others

Black tea  
Chamomile tea  
Dandelion tea  
Fennel tea  
Green tea  
Legumes (black beans, butter beans, chickpeas, etc.)  
Quince pasta  
Silken tofu

# Probiotics



## Probiotic prescriptions

To help you get the most out of this new area, I've developed a guide, in collaboration with colleagues Dr Dimidi and Dr Gill, describing the probiotic prescriptions you may like to consider for conditions where there is a body of evidence (i.e. there has been a supportive meta-analysis) suggesting at least some benefit. When considering taking a probiotic it's worth keeping in mind that even the area with the most convincing evidence (antibiotic-associated diarrhoea), following the prescription still doesn't guarantee it will work for you – it's up to you to weigh up the risk (typically financial cost) versus the benefit. If you are interested in giving it a try, remember to assess what you're looking to change, e.g. a symptom, before and then again after taking the specific probiotic for the duration outlined below. This way you can get a more objective idea of whether it is worth your time and money.

Condition	Prescription*
<b>Irritable bowel syndrome</b> (for overall symptoms, including tummy pain, bloating and flatulence)	<b>Strain:</b> <i>Lactobacillus plantarum</i> 299v <b>Dose:</b> 10 billion CFU per day <b>Form:</b> Capsule <b>Duration:</b> 4 weeks <b>Timing:**</b> Daily
<b>Antibiotic Associated Diarrhoea</b>	<b>Strain:</b> a) <i>Lactobacillus rhamnosus</i> GG or b) <i>Saccharomyces boulardii</i> <b>Dose:</b> a) 6 billion CFU, twice per day; b) 5 billion CFU, twice per day <b>Form:</b> Powder <b>Duration:</b> Whilst taking antibiotics, plus for an additional week after <b>Timing:</b> 2 hours after breakfast and dinner
<b>Constipation</b>	<b>Strain:</b> a) <i>Lactobacillus plantarum</i> LP01 and <i>Bifidobacterium breve</i> BR03; or b) <i>Bifidobacterium lactis</i> BS01 <b>Dose:</b> 5 billion CFU per day <b>Form:</b> Powder <b>Duration:</b> 4 weeks <b>Timing:</b> First thing in the morning
<b>Respiratory tract infections</b> eg. Common cold	<b>Strain:</b> <i>Lactobacillus rhamnosus</i> GG and <i>Bifidobacterium lactis</i> BB-12 <b>Dose:</b> 2 billion CFU per day <b>Form:</b> Powder <b>Duration:</b> 12 weeks <b>Timing:</b> Once daily

\*based on one placebo-controlled trial. Additional probiotic strains have also shown benefit, see usprobioticguide.com.  
\*\* Sometimes studies don't give the exact detail of when the probiotic was taken i.e. time and whether it's with food. In such case follow the instructions on the product label.

# Fermented Foods

## Benefit 1

### CONTAIN LIVE MICROBES

linked with a wide range of health benefits

## Benefit 2

### IMPROVES TASTE, TEXTURE, AND DIGESTIBILITY

Fermenting may also slow the gluten content in some sourdough breads, and lactose (milk sugar) in dairy products.

## Benefit 3

### CAN INCREASE CONCENTRATIONS OF VITAMINS

such as folate, riboflavin and B12

## Benefit 4

### CONTAIN BENEFICIAL COMPOUNDS

such as organic acids, which may help to reduce blood pressure, improve blood sugar, and support the immune system. Brain-messenger molecules such as gamma-aminobutyric acids (GABA), which are known to have a calming effect on the brain, are also found in some fermented foods.

## Benefit 5

### MAY REMOVE/REDUCE TOXINS AND ANTINUTRIENTS

fermentation can significantly reduce phytic acid, which, although not harmful per se, can inhibit the absorption of other nutrients such as zinc.



French creme fraiche (soured cream)



Ethiopian injera (teff flatbread)



Japanese natto (soybeans)



Korean kimchi (usually cabbage)

Slavic kvass (a non-alcoholic rye drink)



Mexican pozol (a corn drink)



# Fermented Foods



Indian dhokla (steamed breakfast cakes)

Indonesian tempeh (soybean cake)



# SOURDOUGH STARTER

## Each day for 7 days

- 1/4 cup bread flour
- 1/4 cup (60 ml) lukewarm filtered or dechlorinated water

## Equipment

- One 16-ounce (or 400 ml) glass jar
- Cheesecloth (to cover)
- Rubber band



## Instructions:

**Day 1:** Place the flour in the glass jar, then stir in the water gradually, to prevent clumping. Cover with the cheesecloth and secure with a rubber band. Leave overnight at room temperature (ideally 68 to 75 degrees Fahrenheit).

**Day 2:** In the morning, stir and cover again. That evening, stir before discarding all but 1 tablespoon of your floury mix, now known as the "starter." Add fresh flour and water, repeating step 1.

**Days 3 to 7:** Repeat step 2.

**Day 8:** In the morning, stir. Your start should appear fluffy, with a network of bubbles throughout, and have a slightly sour, yeasty smell. This means it's ready to be used in your sourdough recipes. If there are only a few bubbles, continue feeding your starter for a few more days until it becomes more active.

## STORAGE TIP

Store your starter in the fridge, sealed with an airtight lid. As you use your starter, replace with equal parts flour and water to ensure you maintain it - you don't want to have to start again from scratch. At a minimum, feed your starter once a week with 1 tablespoon flour and 1 tablespoon water. Mix well and leave on the kitchen counter, covered with the cheesecloth, for 1 to 2 hours before returning to the fridge with the lid secured.

# SOURDOUGH WRAPS

## Ingredients:

- 1 cup whole wheat flour
- 1/2 cup plus 2 tablespoons filtered or dechlorinated water
- 1 teaspoon active sourdough starter
- Pink of salt
- Oil, for frying



## Instructions:

- In a glass jar or ceramic bowl, whisk the flour, the water, and the sourdough starter together. Cover with a clean cloth secured with a rubber band and leave at room temperature (ideally, 68 to 75 degrees Fahrenheit), out of direct sunlight, for 6 to 8 hours (plus or minus a few hours, depending on the temperature), or until the batter becomes fluffy, with a network of bubbles throughout. If you prefer a sourer wrap, leave for longer. When ready for cooking, stir in the salt.
- Warm a little oil in a nonstick frying pan over medium heat. Add 1/2 cup of the matter to the pan and swirl around to form an even layer.
- Cook for about 1 minute, until there are bubbles in the wrap and you can lift to flip easily.
- Cook on the other side for 1 minute or until slightly brown. Wrap in a clean kitchen towel to keep in the moisture until ready to serve. Best eaten warm.

*What's the deal with sourdough and fermented bread? The delicious taste and chewiness aside, sourdough fermentation has been shown to lower the blood sugar response to bread and also to increase the bioavailability of nutrients (meaning that more nutrients are freed up for absorption). Better still, the microbes found in sourdough starter have been shown to produce bioactive compounds with impressive antioxidant activity. Winning on all fronts.*

# PROBIOTIC YOGURT

## Ingredients:

### Yogurt

- 2 + 1/2 cups whole milk
- 1 tablespoon milk powder (optional: for an extra-thick yogurt)
- 2 tablespoons live plain yogurt (check the label for a yogurt that contains "live cultures" or "probiotics")

### Blueberry Chia Jam (optional)

- 1 cup blueberries (or berry of choice)
- 1 Medjool date, chopped
- 1 tablespoon chia seeds

### Equipment

- One 24 - ounce ovenproof jar
- Sterilized thermometer



## Instructions:

- To make the yogurt, place the milk and milk powder, if using, in a saucepan over medium - low heat and gently simmer until it reaches around 115 degrees Fahrenheit.
- Put the live yogurt (the source of the microbes) in an ovenproof jar and slowly stir in the warmed milk so that the yogurt is evenly dispersed.
- To create the warm environment that makes the yogurt microbes flourish - their preferred temperature is around 105 degrees Fahrenheit, then turn it off. Turn on the oven light, then place the open jar in the oven. The light will keep the oven at a consistent temperature of around 105 to 115 degrees Fahrenheit. Leave the jar in the oven for 8 to 12 hours. The longer the incubation period, the thicker and tarter the yogurt.
- Carefully remove the jar of yogurt from the oven. Allow it to cool on the kitchen counter before placing it in the fridge to set.
- To make the blueberry chia jam, put the blueberries in a small saucepan, then add the date and 1/2 cup water. Bring it to a gentle simmer (but don't boil). Using the back of a spatula, squish the blueberries and date, then simmer for 10 minutes.
- Stir in the chia seeds and continue to simmer until the mixture starts to thicken (2 to 3 minutes). Remove from the heat and let cool.
- To serve, stir in a scoop of the jam with each serving of yogurt.

**STORAGE TIP:** The yogurt keeps in the fridge for up to a week. The chia jam keeps in the fridge for up to 2 weeks.

# Phytochemicals – Top Polyphenol Foods

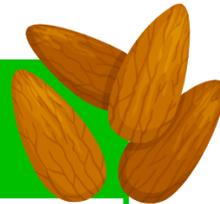
## Drinks

Filtered Coffee  
Black Tea  
Red Wine  
Green Tea  
Cocoa



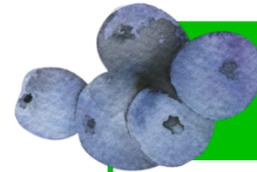
## Nuts and Seeds

Flaxseed  
Chestnuts  
Hazelnuts  
Pecans  
Almonds



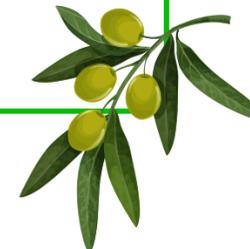
## Fruit

Blueberry  
Black currant  
Plum  
Cherry  
Blackberry  
Strawberry  
Raspberry  
Prune  
Apple



## Fats

Extra virgin olive oil  
Canola oil



## Vegetables & Legumes

Black olives  
Green olives  
Artichoke heads  
Roasted soybeans  
Chicories  
Red onion  
Spinach  
Black beans  
White beans  
Broccoli  
Asparagus



# Top Fifteen Herbs & Spices



**SAGE**



**CAPERS**



**CELERY SEEDS**



**CLOVES**



**THYME**



**OREGANO**



**PEPPERMINT**



**ROSEMARY**



**SPEARMINT**



**STAR ANISE**



**BASIL**



**CARAWAY SEEDS**



**CINNAMON**



**CURRY POWDER**



**GINGER**

# Additional Nutrients

## WHAT ABOUT OMEGA -3?

This type of fat, found in oily fish such as salmon and plant sources such as walnuts and flaxseeds, has been shown to increase SCFA - producing bacteria such as Roseburia. Perhaps the gut - brain axis explains the link between omega - 3 and improvement in mood disorders.

With this in mind, here are **three** recipes that can help you boost your Omega -3 intake

### QUINOA SUSHI ROLLS



### LEMON CURD TARTLETS WITH CHIA AND CASHEW CRUST



### RAW CARROT CAKE BALLS



# RAW CARROT CAKE BALLS

## Ingredients:

- 4 Medjool dates, pitted
- 1/2 cup almond meal
- 1/4 cup rolled oats
- 1 large carrot, grated
- 1/4 cup coconut flakes
- 2 tablespoons ground flaxseed
- 1 teaspoon ground allspice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon grated fresh ginger, if you like extra zing!
- 1 teaspoon vanilla extract
- 1/4 cup walnuts



## Coating (choose 1) - optional

- Unsweetened shredded coconut
- Poppy seeds
- Crushed nuts
- Melted dark chocolate

## Instructions:

- Place the dates, almond meal, and oats in a food processor and blend until everything is roughly combined.
- Add the carrots, coconut flakes, flaxseed, allspice, cinnamon, ground ginger, fresh ginger, and the vanilla and blend again. The mixture should be moist but not so wet that you can't roll it (if it's too wet, add an extra sprinkle of oats).
- Using a walnut half as the center, form a ball around it with the mixture. Leave naked or roll in your coating of choice. Transfer to a large plate or baking sheet. Repeat until all the dough has been used up.
- Transfer the balls to the fridge to firm up at least 2 hours before eating.

A handful of walnuts a day for 3 weeks has shown to increase microbes that produce the beneficial short-chain fatty acid butyrate. The walnuts also decreased specific compounds that are linked with colon cancer.

# QUINOA SUSHI ROLLS

## Ingredients:

- 1 teaspoon white miso paste
- 1 tablespoon ground flaxseed
- 1 tablespoon hot water
- 2/3 cup cooked quinoa
- 2 nori sheets
- 2 tablespoons yogurt
- 1/2 carrot, julienned
- 1/2 cucumber, julienned
- 1/2 red bell pepper, julienned
- 1/8 red onion, julienned
- 1/2 avocado, sliced
- 2 ounces smoked salmon (or protein of choice), sliced



## Extras

- Sesame seeds
- Light soy sauce, or dipping sauce of choice

## Instructions:

- Place the miso, flaxseed, and hot water into a small mug and stir to combine, then pour it over the quinoa and stir through. Place in the fridge for 10 minutes to thicken.
- Cover a bamboo sushi rolling mat (or folded kitchen cloth) with a large piece of plastic wrap. Place a nori sheet on top of the mat and spread 1/3 cup of the quinoa across three quarters of the nori sheet. Leave a quarter of the nori roll free to help seal it (step 5). Press the quinoa firmly into the mat using the bottom of a cup.
- Spread 1 tablespoon of the yogurt over the quinoa, 2 inches in from the edge.
- Lay half of the strips of carrot, cucumber, pepper, onion, avocado, and salmon, if using, on top of the yogurt.
- To roll, start with the edge closest to the filling. Tightly roll the end over the filling, pressing as you go. Press the edges together at the end, using a tiny bit of water on the sheet's edge to help seal it.
- With a sharp knife, cut into pieces, then sprinkle with sesame seeds. Repeat with the remaining nori sheet and the remaining ingredients, then serve with pickles and a dipping sauce.

Regular consumption of seaweed has been shown to modify your GM's genetic potential, meaning they develop the ability to digest parts of the seaweed. This is something that an untrained GM can't do.

# LEMON CURD TARTLETS WITH CHIA AND CASHEW CRUST

## Ingredients:

### Chia and Cashew Crust

- 1/2 cup cashews
- 2.5 tablespoons chia seeds
- 1/3 cup unsweetened shredded coconut
- 1/3 cup plus 1 tablespoon rolled oats
- 4 Medjool dates, pitted and chopped
- Oil, for greasing

### Lemon Curd Filling

- 1 teaspoon lemon zest, plus extra for garnish
- 1/4 cup plus 2 teaspoons fresh lemon juice, plus more as needed
- 3 tablespoons honey, or sweetener of choice
- 1 tablespoon arrowroot starch
- 2/3 cup plus 2 teaspoons yogurt

## Instructions:

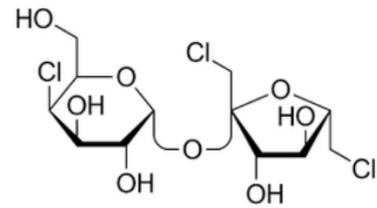
- Preheat the oven to 325 degrees Fahrenheit.
- To make the crust, place all the ingredients in a blender with 1/4 cup water and blend until roughly combined. With your hands, roll the mix together to form a sticky dough and allow to rest for 10 minutes in the fridge.
- While the dough is resting, grease a mini muffin pan with your oil of choice.
- Once the dough has firmed up, press a tablespoonful into each mold. Use your fingertip to evenly spread the dough across the base and sides.
- Bake for 15 minutes, or until golden brown. Set aside to cool.
- Meanwhile, to make the lemon curd filling, combine the lemon zest, lemon juice, honey, and arrowroot in a small saucepan over low heat. Stir vigorously with a wooden spatula until the mix becomes a thick gel.
- Remove from the heat and let cool for 1 to 2 minutes, then stir in the yogurt. Taste as you go, and adjust the lemon to taste.
- Allow the tartlet crusts to cool completely before dolloping the curd into each one. Refrigerate for at least 4 hours to set. Garnish with extra lemon zest.

Makes 16 mini tarts

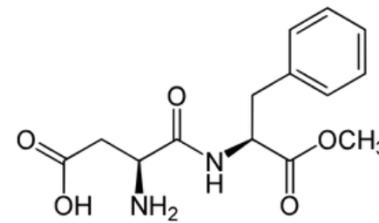
For a nut free option, omit the cashew, up the oats to 3/4 cup and add one extra date.

# Food Additives

## SUCRALOSE



## ASPARTAME



## EMUSLIFIERS



# Food Additives

## SALT (SODIUM CHLORIDE)



*Foods containing more than 1.5 grams of salt or 0.6 grams of sodium per 100 grams are considered high in salt.*

## CUT THE HABIT

Refill your saltshaker on the dinner table with pepper and mixed herbs.

## TAKE IT SLOWLY

Reducing salt gradually over a few months allow your taste buds to adapt and become more sensitive to salt.

## SAY NOT TO PREMADE SAUCES

Instead, experiment with fresh herbs and spices to bring out the flavors in your dish.

# Breaking Down Barriers

## ACCESS

Depending on where you live, you may be limited by the range of plant-based foods available. Let's work with what you've got!

### Tips:

- Modify recipes according to what you have - don't let a few ingredients stop you from making a dish
  - Consider the occasional bulk buy online, particularly of dried foods such as whole grains, legumes, nuts and seeds.
  - Try growing your own fresh herbs, spices, and sprouts.
- 

## TIME

We all have those crazy periods when we tend to push homemade meals way down our priority list. But let me challenge this way of thinking! **Isn't it exactly during these periods when you be on top of your game? Can you really afford to get ill when you're so busy? So how do we fix it?**

### Tips:

- Frozen vegetables are underrated. They should be a staple in every busy person's freezer.
- Meal - prep for the week ahead or set up a cooking schedule with your partner.
- Make a list of quick meals

## COOKING

I know the thought of cooking can be intimidating.

### Tips:

- YouTube can be a great source for quick and basic cooking tips, like how to boil the perfect egg or use a mandoline slicer.
- 

## TASTE

Eating wholesome food can be terrible bland, but so can most foods if you don't dress them right.

### Tips:

- Cooking is all about flaunting a food's assets' a quick dressing or fifteen minutes in the oven with some olive oil can take a food from a 5/10 to a 10/10
- 

## BUDGET

Don't let your diet diversity goals stop you from buying in bulk to save.

### Tips:

- Team up with a friend and split your purchases or freeze half the portion - most fruit and vegetables last several months in the freezer.



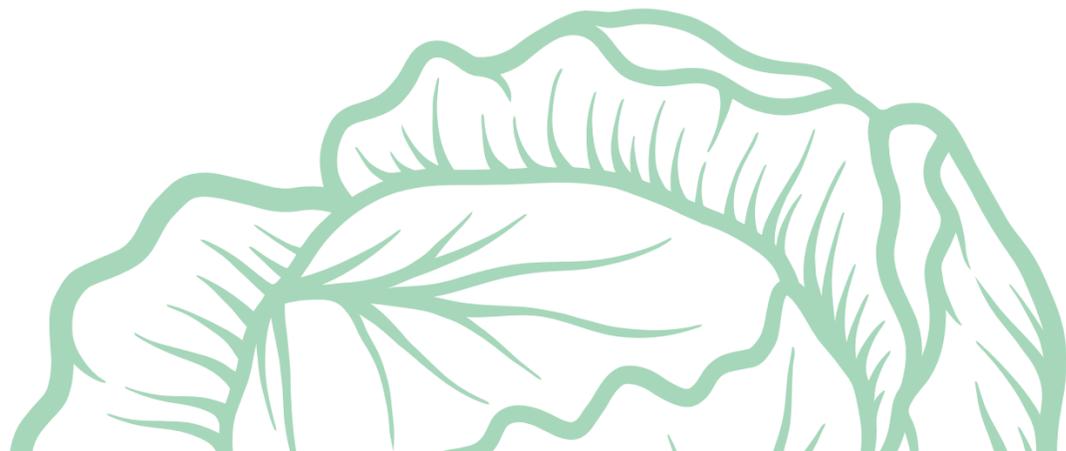
# Piecing It All Together

OK, so what does the ultimate gut - health diet look like?

**The truth is, there is NO SINGLE GUT - HEALTH DIET!**

If you only take one thing away, this is it:

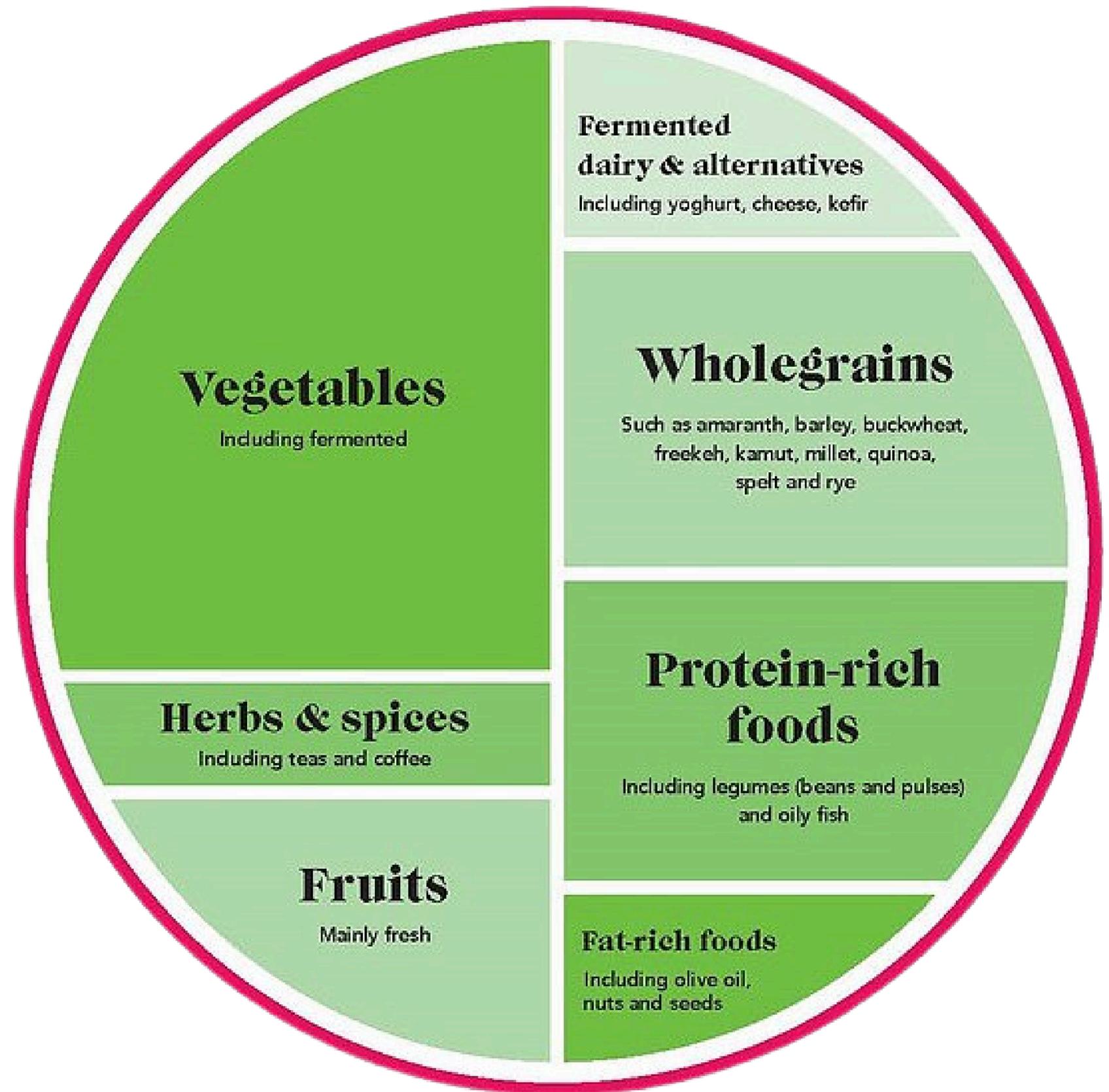
The power of plant diversity is key, and the more the merrier!



# Gut Health on a Plate!

As a starting guide, to the right is an example of what good gut - health eating might look like. This reflects seven guiding principles that support good gut health.

Remember, this is just a guide for you to tweak according to your (and your microbes) preferences.



# 7 PRINCIPLES

## **MOSTLY PLANTS**

From fiber to prebiotics and polyphenols, there is no question that plants are our GM's favorite food.

## **DIVERSITY ALL THE WAY**

it's all about feeding and maintaining our diversely skilled team and microbes. Remember, they all prefer different plant-based foods.

## **WHOLE AND NATURAL VERSUS REFINED AND "PERFECT"**

Less waste, more nutrients!

## **HERB AND SPICE UP YOUR LIFE**

There's a whole other world of flavors waiting for your taste buds (and GM) to discover

## **GET AMONG LEGUMES**

This underrated "superfood" group, loaded with prebiotics and fiber, is cost efficient, nutrient dense, and widely available.

## **DABBLE IN FERMENTED FOOD**

It really is the ultimate way to engage with our microbial residents, not to mention the incredible flavors and textures that result.

## **TASTE, EXPLORE, PAUSE, AND ENJOY**

Food is about more than just our health; it's also about community, culture, and experiences. Focusing only on the health aspect can sabotage our relationship with food and linked to high rates of gut issues.





# Meal Planning - Building the Foundation

When it comes to dietary changes, for most people, slow and steady wins the race. With this in mind, to achieve your diversity target, I find that starting by adding just one or two new varieties each week is the best way to manage and achieve your goal.

**WEEK 1:**  
**PLANT - BASED FOODS TO TRY**

**WEEK 2:**  
**PLANT - BASED FOODS TO TRY**

**WEEK 3:**  
**PLANT - BASED FOODS TO TRY**

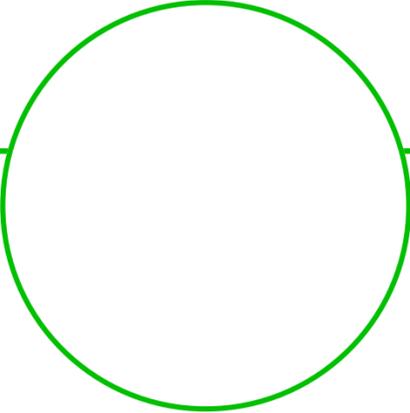
**WEEK 4:**  
**PLANT - BASED FOODS TO TRY**

EXAMPLE	BREAKFAST	LUNCH	DINNER	SNACKS*	DRINKS
<b>MONDAY</b>	Two Minute Scramble	Mix - and - Match Sliders	Creamy Pistachio and Spinach Pesto Pasta with Chicken	Naked fruit with peanut butter Popcorn	Water, 100 oz. Ollipop 8 oz. Ryze 16 oz.
<b>TUESDAY</b>					
<b>WEDNESDAY</b>					
<b>THURSDAY</b>					
<b>FRIDAY</b>					
<b>SATURDAY</b>					
<b>SUNDAY</b>					
<b>PLANT POINTS**</b>					

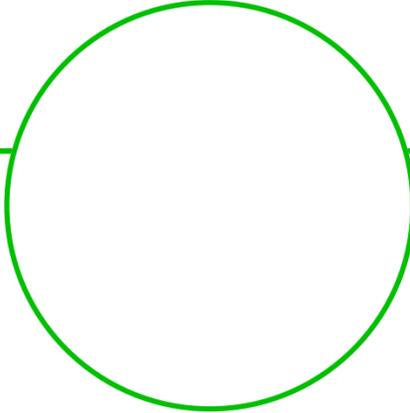
\*Remember to be realistic: Include some of your favorites

\*\* Did you reach your thirty different plant - based foods? Remember, that our GM craves plant diversity.

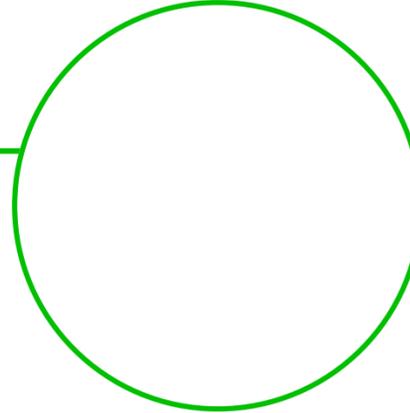
# Plant - Based Diversity Planner



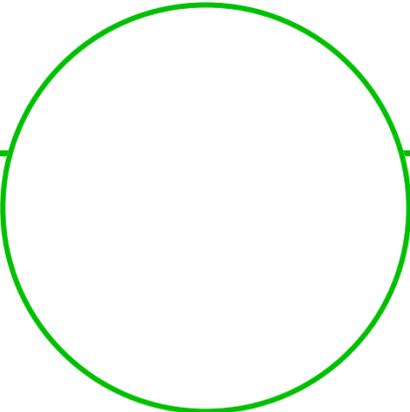
**Fruit**  
*(e.g., apple, banana)*



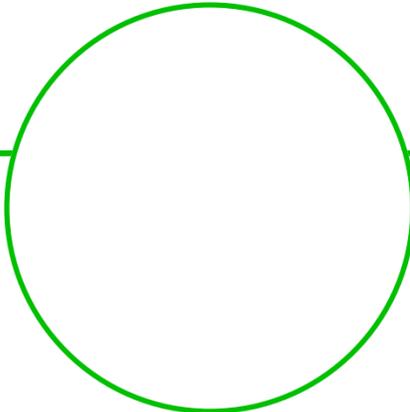
**Vegetable**  
*(e.g., carrot, broccoli)*



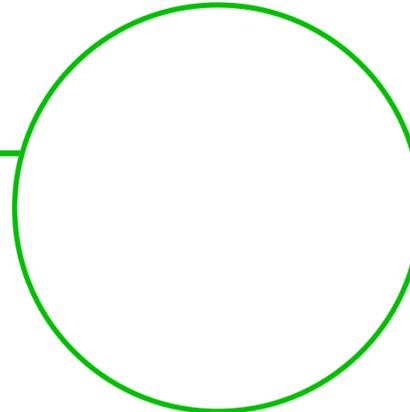
**Whole Grains**  
*(e.g., wheat, quinoa)*



**Legumes**  
*(e.g., chickpeas, lentils)*



**Nuts & Seeds**  
*(e.g., almonds, sunflower seeds)*



**Herbs & Spices**  
*(e.g., rosemary, black pepper)*

WRITE TOTAL HERE:



*Total number of plant points  
(one portion counts as one point; herbs and spices count as a quarter point)*



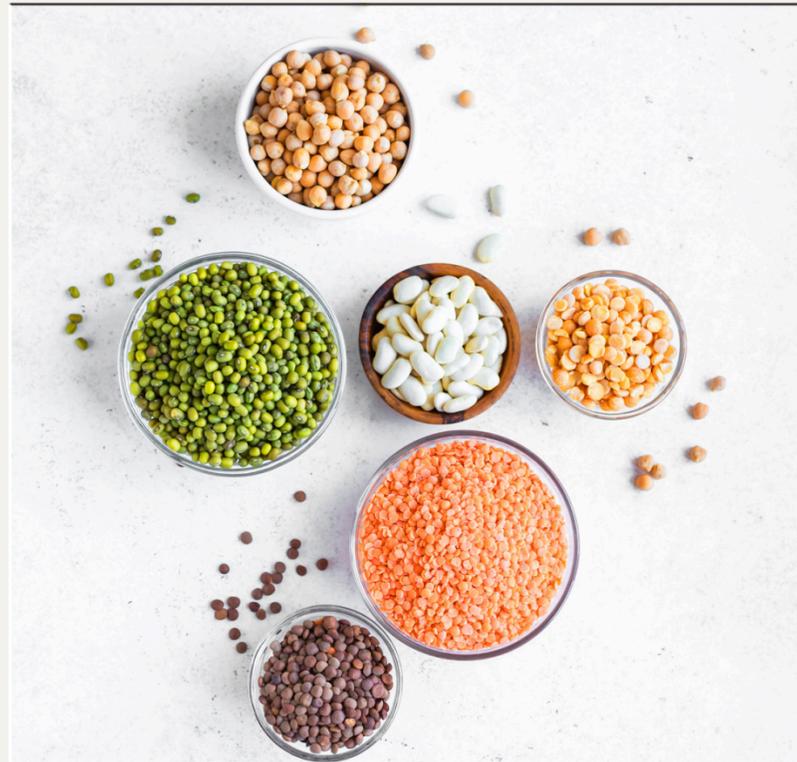
**Less than 10**  
*LET'S GET DIVERSIFYING*

**10 -9**  
*HOW CAN YOU ADD MORE DIVERSITY?*

**20-29**  
*NEARLY THERE*

**30+**  
*WELL DONE!*

# HERB AND SPICE UP YOUR LIFE!



**LEGUMES**

Cayenne, Cumin, Parsley, Red Pepper Flakes, Sage, Thyme



**STIR - FRY**

Basil, Bay Theaves, Celery Seed, Cinnamon, Curry, Dill, Fennel, Garlic, Ginger, Oregano, Parsley, Red Pepper Flakes, Rosemary, Smoked Paprika, Thyme



**SALAD DRESSINGS**

Basil, Celery Seed, Chives, Dill, Fennel, Horseradish, Mint, Mustard, Pregano, Paprika, Parsely, Pepper, Saffron



## BREADS & CRACKERS

Basil, Caraway, Cardamom,  
Coriander, Cumin, Dill, Orange  
Peel, Oregano, Poppy Seeds,  
Rosemary, Saffron, Sage,  
Thyme



## FRUITS

Allspice, Anise, Cardamom,  
Cinnamon, Cloves, Coriander,  
Ginger, Mint

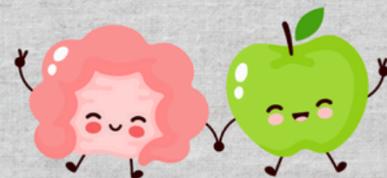


## SALAD DRESSINGS

Allspice, Anise, Cardamom,  
Cinnamon, Cloves, Fennel, Ginger,  
Lemon Peel, Mace, Nutmeg, Mint,  
Orange Peel, Rosemary

♥  
**RECIPE  
 BOOK**

*Gut Health*



Not ready for fermenting? Replace the kefir with your milk of choice and leave in the fridge overnight.

**FERMENTED  
 OVERNIGHT OATS**



...wer, pumpkin,  
 ...conut  
 ...ener of choice  
**and Zucchini**  
 ...small zucchini, grated  
 ...teaspoons cocoa powder  
 ...tablespoon dark chocolate shavings  
 ...ents for the overnight oats and toppings of choice  
 ...ids.  
 ...allow the kefir microbes to work their magic,  
 ...erved! Pop the second jar in the fridge for

**TWO - MINUTE  
 SCRAMBLE**



**Ingredients:**  
 ...spoon olive oil  
 ...e eggs, whisked  
 ...espoons milk  
 ...espoon fresh herbs or scallions, finely  
 ...ped  
 ...e grainy bread, roughly chopped  
 ...rry tomatoes, halved  
 ...ground black pepper  
 ...d seeds (flaxseed, sunflower, pumpkin  
 ...esame) - optional  
**Instructions:**  
 ...one large mug (or bowl) with the oil, then add the eggs, milk, herbs, bread  
 ...toes. Season with salt and pepper and shake in the mixed seeds, if using. R  
 ...egg will rise when cooking so ensure the mug or bowl is no more than half f  
 ...on high in the microwave for 1 minutes. Stir. Return to the microwave for  
 ...te or until the egg has set.

**DIY GRANOLA**



**Ingredients:**

- Generous 1 cup rolled oats
- 1/2 cup almonds, chopped
- 1/2 cup mixed seeds, such as flaxseed, sunflower, pumpkin and sesame
- 1/3 cup coconut flakes
- 1 + 1/2 teaspoons olive oil
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon vanilla extract
- 2 Medjool dates, stirred into a paste with 1 tablespoon boiling water, or sweetener of choice
- 2 teaspoon ground ginger (optional)

**Toppings**

- One (15 oz.) can lentils, drained and rinsed
- 1 medium raw beet, grated
- 1/4 cup dried goji berries
- 5 dried figs, sliced
- 8 dried apricots, sliced

**Instructions:**

- Preheat the oven to 325 degrees Fahrenheit. Line two baking sheets with parchment paper.
- In a large bowl, combine the oats, almonds, seeds, and coconut.
- In a small bowl, mix together the oil, cinnamon, nutmeg, vanilla, and dates, and the ginger, if using, before pouring over the dry ingredients. Using your hands, mix together to coat evenly. Set aside.
- Thinly spread the mix across the prepared baking sheets. Pop in the oven for 10 minutes, or until golden. If you are including the lentils or beet, pat dry before laying on separate baking sheets, and place in the oven alongside the granola mix (20 minutes for the beet, 30 minutes for the lentils, or until dry and crisp).
- Remove the granola from the oven and sprinkle on your toppings of choice. Allow to cool before placing in an airtight container, where it will keep for two weeks.

The phytochemical betalain that is found in beets is what you have to thank for turning your cereal milk pink. Better still, betalain has been shown to be a powerful antioxidant and anticancer properties, at least in animal studies.



Thanks

