

Our Family's Favorite Recipes





Microbiome Magic



1 servings



5 minutes

INGREDIENTS

- $\frac{3}{4}$ cup frozen strawberries + 2 fresh strawberries, sliced (for topping)
- $\frac{1}{2}$ frozen banana + $\frac{1}{2}$ fresh banana (for topping)
- $\frac{3}{4}$ cup plain Greek yogurt
- 1 tsp chia seeds
- 1 tsp of ground flax seeds
- $\frac{1}{3}$ cup coconut water (or more, as needed to blend)
- 1 crushed walnut (for topping)
- 1 tbsp coconut flakes (for topping)

DIRECTIONS

1. In a blender, mix frozen strawberries, $\frac{1}{2}$ frozen banana, Greek yogurt, chia seeds, flax seeds, and coconut water
2. Top with $\frac{1}{2}$ fresh banana, sliced strawberries, crushed walnut, and coconut flakes

This hydrating high protein smoothie is rich in probiotics, polyphenols, fiber, and omega-3s. It supports stable blood sugar levels, gut health, energy, and radiant skin



Rachel's Cottage Cheese Waffles



4 servings



15 minutes

INGREDIENTS

2 cups cottage cheese

1 cup oats blended into flour (or
oat flour)

4 eggs

1 tsp baking powder

$\frac{1}{2}$ tsp salt

1 tsp vanilla

2 tbsps melted butter

*2 cups frozen berries (for sauce)

DIRECTIONS

1. In a bowl, combine all ingredients except the melted butter
2. Blend using a handheld immersion blender until smooth
3. Add melted butter and stir to combine
4. Pour the batter into a preheated waffle iron. *No need to grease or spray the iron*
5. Cook until golden and crisp
6. Meanwhile, prepare the berry sauce. Place frozen berries in a small saucepan over low heat
7. Cover and cook gently until berries soften and release their juices
8. Blend into a smooth sauce using a handheld immersion blender
9. Pour warm berry sauce over waffles
10. Optional: sprinkle waffles with ground coconut, fresh berries, and pure maple syrup

These waffles are packed with protein, fiber, and antioxidants-supporting weight management, gut health, and overall wellness



5-Minute Pico Omelette



1



10 minutes

INGREDIENTS

2 eggs

2 tbsp of water

3 tbsp of fresh pico de gallo

1 tbsp chopped red bell peppers (optional)

1 handful of mixed greens

1 tbsp olive oil

1 tbsp balsamic vinegar

salt & pepper to taste

dry parsley flakes to taste

DIRECTIONS

1. In a small bowl, whisk the eggs with water
2. Stir in pico de gallo, bell pepper, and salt to taste
3. Heat a small nonstick pan over medium-low and add just enough water to coat the bottom (Alternatively, you can lightly spray the pan with avocado oil)
4. Pour in the egg & pico mixture
5. Season with pepper and parsley flakes. Cover with a lid, and cook on low until the eggs are done (about 3-5 minutes)
6. Meanwhile, toss the greens with olive oil and balsamic vinegar for a side dish
7. Serve the warm omelette with greens and enjoy

This fast and healthy breakfast is rich in protein and antioxidants. It's a great way to start a day



A Dish from Another Land



1



20 minutes

INGREDIENTS

2 eggs

¼ cup dry buckwheat groats

½ cup water

3-4 cremini (baby bella) mushrooms, chopped

a handful of broccoli sprouts

salt & pepper, to taste

1 tbsp olive oil

DIRECTIONS

1. Rinse the buckwheat and add it to a small pot with water. Add a pinch of salt
2. Bring to a boil, reduce heat, cover, and simmer for 15-20 minutes
3. Meanwhile, heat a bit of avocado oil (or ghee) in a skillet over medium heat
4. Add the mushrooms, season with salt and pepper, and cook for about 8 minutes or until done
5. In a separate pan, heat oil over medium heat and crack in the eggs. Cover to low, cover with a lid and let the eggs gently cook for a few minutes until they are done to your taste
6. Assemble your plate with buckwheat, mushrooms, and eggs. Top with broccoli sprouts and olive oil

This Eastern European breakfast staple is rich in protein, fiber, and antioxidants. It supports stable blood sugar, healthy digestion, and sustained energy



Golden Pineapple Chickpea Curry



2



30 minutes

INGREDIENTS

- 1 ½ cup soaked chickpeas (or 1 can, rinsed & drained)
- 1 cup fresh pineapple chunks (or 1 can, rinsed & drained)
- 1 inch piece fresh ginger, shredded
- 1 tsp red miso (optional)
- 1 cup finely chopped tomatoes
- 1 tbsp mild curry powder
- 1 tbsp ground coriander
- ½ tsp ground cumin
- ½ tsp turmeric
- ⅓ tsp cayenne pepper
- 1 tbsp lemon juice

DIRECTIONS

1. Soak chickpeas overnight or for at least 8 hours
2. Pressure cook in an instant pot for 15 minutes, or until tender. (Skip steps 1-2 if using canned)
3. In a pot, combine tomatoes with ginger and miso. Simmer on low for 2-3 minutes
4. Add cooked chickpeas, pineapple, and spices. Pour in enough water to fully cover the ingredients
5. Stir well and season with salt to taste
6. Cover and simmer on low for 20 minutes. Add lemon juice
7. Serve alone or with rice
8. Garnish with fresh herbs

This nourishing curry is rich in plant-based protein, fiber, antioxidants, and anti-inflammatory spices. It supports gut health, immunity, and natural detox



J & K Compromise Tacos



2



30 minutes

INGREDIENTS

For the Tacos:

2 cups cooked chicken breast, diced

6 corn taco shells

½ cup mango, diced

½ cup red cabbage, shredded

a handful of chopped romaine lettuce

¼ cup pico de gallo

For the Sauce

½ cup plain Greek yogurt

1 clove garlic, minced

1 tsp lemon zest

1 tsp lemon juice

½ tsp cumin

¼ tsp paprika

1 tbsp chopped cilantro

salt and pepper, to taste

DIRECTIONS

1. Make the sauce. In a small bowl, whisk together all sauce ingredients until smooth. Set aside
2. Prepare the chicken: Use chicken leftovers if available. Otherwise, preheat the oven to 350F. Season chicken breasts with salt and pepper. Top with a spoonful of pico de gallo (optional). Place chicken breasts on parchment paper and bake for 30 minutes or until fully cooked. Then dice
3. Warm up the taco shells in a skillet or oven
4. Assemble the tacos. Layer shells with red cabbage, chicken, mango, and greens
5. Drizzle with yogurt sauce and enjoy

*The sauce was created exclusively by my friend, a Michelin-starred chef, specifically for this recipe. Enjoy every bite

These tacos are packed with lean protein and a rainbow of fruits and vegetables, providing essential nutrients, antioxidants, and fiber



Lean Turkey Burgers



4



40 minutes

INGREDIENTS

- 1 lb 93% lean ground turkey
- 2 cups green cabbage
- 1 carrot
- 2 cloves garlic, minced
- 2 eggs
- 2 tbsp Greek yogurt
- 2 tbsp sprouted whole wheat flour
- 1 tbsp chili powder
- 1 tbsp dry parsley flakes
- salt & pepper, to taste

DIRECTIONS

1. Preheat the oven to 350F
2. Finely shred all vegetables using a food processor
3. In a large bowl, combine turkey, eggs, yogurt, flour, and shredded vegetables
4. Add salt, pepper, chili powder, and dry parsley flakes
5. Form mixture into patties and place them on a parchment-lined baking sheet
6. Bake (no oil needed) for 30 minutes or until fully cooked through
7. Serve with a salad and enjoy

These high protein and fiber rich patties make a great snack and also freeze well



Collagen Elixir



10



24 hours

INGREDIENTS

- 1 whole chicken (3-4 lbs), preferably organic or pasture raised
- 1 large onion (if skin is clean, leave it on)
- 2 carrots, chopped
- 2 celery stalks, chopped
- 4 cloves of garlic, smashed (no need to peel)
- 2 inch piece fresh ginger, sliced
- 1 inch fresh turmeric root, sliced (or 1 tsp ground turmeric)
- 1 tbsp apple cider vinegar
- 1 bay leaf
- filtered water to cover the chicken (about 12-14 cups)
- sea salt to taste (add after cooking, not during simmering)

DIRECTIONS

1. Place the whole chicken in your crockpot (leave the skin on for extra collagen)
2. Add onion, carrots, celery, garlic, ginger, turmeric, and any optional herbs
3. Pour in the apple cider vinegar, then fill with filtered water until the chicken is fully covered
4. Set your crockpot on LOW and cook for 24 hours
5. The longer it simmers, the more collagen and minerals are extracted
6. After 4 hours, if you want to save the meat, carefully remove the chicken, shred the meat, and return the bones, skin, and cartilage to the pot. Continue simmering
7. Once done, strain the broth through a fine mesh sieve or cheesecloth and salt
8. Let it cool, then store in glass jars in the fridge (up to 5 days) or freeze (up to 3 months)

This chicken bone broth is rich in collagen, gelatin, and anti-inflammatory compounds like ginger and turmeric, making it a nourishing elixir that soothes your gut lining and supports digestion



Kale Salad You'll Love



4



15 minutes

INGREDIENTS

- 1 bunch of kale, washed
- 2 carrots, sliced into circles
- 2 cups shredded red cabbage
- $\frac{1}{2}$ thinly sliced red onion
- 2 tbsp raw pumpkin seeds
- 1 tbsp olive oil
- Dressing:**
- 1 cup raw cashews
- $\frac{3}{4}$ cup water
- 2 tbsp rice vinegar
- juice of 1 lemon
- 1 tbsp dried dill
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp chilli powder
- $\frac{1}{8}$ cayenne pepper

DIRECTIONS

1. Wash and chop the kale, then place it in a large bowl. Add a drizzle of olive oil and massage the leaves for about 1 minute until tender
2. Add the carrots, cabbage, and red onion. Sprinkle with pumpkin seeds
3. In a high speed-blender, blend all the dressing ingredients until creamy (If you don't have high speed-blender, soak the cashews in warm water for 15 minutes first)
4. Drizzle the dressing over the salad and enjoy

*We love serving it with roasted chickpeas or baked fish for a balanced meal

This salad is a powerhouse of antioxidants, healthy fats, fiber, and plant-based protein. It's amazing for your skin and hormonal balance



Easy Instant Pot Beef Stew



2



40 minutes

INGREDIENTS

- 1 lb beef stew meat
- 3 carrots, diced
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 celery stick, chopped
- 2 bay leaves
- 1 tsp of red miso
- 3 cups of water
- salt & pepper to taste

DIRECTIONS

1. Add all the ingredients to your Instant Pot
2. Ensure there is enough water to cover the meat
3. Cook on the “Stew Meat ” (or just on high) setting for 35 minutes
4. Let the pressure release naturally, then serve with rice or sourdough bread and a side of salad

This is one of those meals that's easy to make, and everyone likes



Anna's Amazing Beet Salad



2



10 minutes

INGREDIENTS

2 medium cooked beets, cooled & diced

1 cup cooked & cooled quinoa

1 handful of chopped spinach

1 tbsp diced cilantro

2 tbsp diced red onion

1 diced avocado

½ apple, peeled and diced

1 tbsp goat cheese

juice of 1 lime

onion powder, garlic, salt, red pepper flakes –
to taste

DIRECTIONS

1. In a large bowl, gently toss the spinach, quinoa, beets, apple, avocado, and onion
2. Add cilantro, lime juice, and seasonings to taste
3. Top with crumbled goat cheese before serving

**Your body will love this nutrient-dense salad. It supports blood sugar balance, bone and skin health, and much more. Enjoy it on it's own or pair it with your favorite protein **



Mediterranean Lemon Chicken Bake



5



1 hour

INGREDIENTS

Marinade

2 lb boneless chicken thighs

¼ cup lemon juice

3 tbsp olive oil

6 cloves garlic

2 tsp dijon mustard

2 tbsp honey

1 ½ tsp paprika

1 tbsp oregano

salt and pepper to taste

Bake

24 oz bag of baby potatoes, cut in half

4 carrots, diced

1 red onion, diced

DIRECTIONS

1. Mix marinade ingredients in a bowl, add chicken and coat well. Marinate for at least 1 hour
2. Preheat oven to 375F
3. Place potatoes, carrots, and onion in a large baking dish
4. Arrange marinated chicken over the vegetables and drizzle with any remaining marinade
5. Cover baking dish with a lid, or foil, and bake for 30 minutes. Remove the lid and bake another 30 minutes, or until chicken and potatoes are fully cooked
6. Remove from the oven and garnish with fresh oregano
7. Serve with a side salad and enjoy

**This is one of our family's favorite recipes. It's hearty, wholesome, and a crowd pleaser **



Light Lemon Cod Dinner



2



25 minutes

INGREDIENTS

- 2 cod fillets
- 1 bunch asparagus, ends trimmed
- 1 lemon (zested and juiced)
- 1 tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp paprika
- ¼ tsp oregano
- salt & pepper, to taste

DIRECTIONS

1. Preheat oven to 400F
2. Line a baking sheet with parchment paper
3. Arrange asparagus in a single layer on one side of the baking dish
4. Place cod fillets on the other side
5. In a small bowl, mix together the juice of half a lemon, zest of the whole lemon, garlic powder, paprika, oregano, olive oil, salt, and pepper
6. Spoon or brush the mixture evenly over the cod and asparagus
7. Bake for about 15-18 minutes, or until the cod flakes easily with a fork and the asparagus is tender
8. Serve with fresh lemon slices

Cod is one of the most easily digestible animal proteins, making it an ideal dinner choice for many, especially for those who are watching their weight or have sensitive digestion



Why Not Cookies



4

🕒 20 minutes

INGREDIENTS

- ¾ cup blanched almond flour
- ½ cup oat flour (or finely ground rolled oats)
- ¼ tsp baking soda
- pinch of salt
- ¼ tsp cinnamon (optional)
- 1 egg white
- 2 tbsp maple syrup
- 2 tbsp plain Greek yogurt
- 1 tbsp melted coconut oil
- 1 tsp vanilla extract
- 1 cup of fresh berries
- zest of 1 lemon
- unsweetened coconut flakes to sprinkle on top (optional)

DIRECTIONS

1. Preheat the oven to 350F and line a baking sheet with a parchment paper
2. In a bowl, mix almond flour, oat flour, baking soda, salt, and cinnamon
3. In another bowl, whisk the egg white, maple syrup, yogurt, coconut oil, and vanilla
4. Combine wet and dry ingredients. Gently fold in berries and lemon zest
5. Scoop dough onto the baking sheet and gently press into cookie shapes
6. Bake for 12–14 minutes until lightly golden at the edges
7. Let cool for 5 minutes on tray, then transfer to rack
8. Sprinkle with unsweetened coconut on top if desired

Packed with fiber, healthy fats, and antioxidants, these cookies make a delicious occasional treat you can feel good about



Nourish & Glow Muffins



10



30 minutes

INGREDIENTS

- 1 ½ cups blanched almond flour
- ½ tsp kosher salt
- ¾ tsp baking soda
- 2 ½ tsp ground cinnamon
- ½ tsp ground cloves
- ¼ tsp ground nutmeg
- 4 large eggs
- ¾ cup mashed banana
- *2 tbsp honey (optional)
- 1 tsp vanilla
- ½ cup dark chocolate chips

DIRECTIONS

1. Preheat the oven to 350F and line 10–12 muffin cups
 2. In a bowl, whisk together the eggs, mashed banana, vanilla, and optional honey
 3. In a separate bowl, combine the almond flour, salt, baking soda, cinnamon, cloves, and nutmeg
 4. Stir the dry ingredients into the wet until fully combined
 5. Fold in the chocolate chips
 6. Divide the batter evenly into muffin cups
 7. Bake for 22 minutes, or until a toothpick inserted comes out clean
 8. Cool for 10 minutes, then remove from the pan
- *Store in an airtight container in the refrigerator for up to 5 days

Made with healthy fats, naturally sweetened with banana, and spiced to support digestion, these muffins are without refined sugar or added oil



Gut Tonic



1



10 minutes

INGREDIENTS

1 grapefruit

1 tbsp cornstarch

$\frac{1}{2}$ cup + $\frac{1}{4}$ cup water (divided)

a few drops of vanilla extract

1 tsp of honey

DIRECTIONS

1. Peel the grapefruit and remove the pulp. Place the pulp in a blender with $\frac{1}{2}$ cup of water and blend until smooth
2. Pour the grapefruit mixture into a small saucepan and gently heat over medium heat
3. In a separate bowl, mix the cornstarch with the remaining $\frac{1}{4}$ cup of water until fully dissolved
4. Slowly add the cornstarch mixture to the heated grapefruit blend, stirring constantly until the mixture thickens
5. Continue to cook for 3 more minutes, stirring constantly
6. Remove from the heat. Add honey and a few drops of vanilla extract. Let cool slightly and serve warm

This light tonic, from Eastern Europe, may help soothe digestion and support gut health