

YOUR GUIDE TO

Elimination Diet

R E C I P E S



prep time:
XX minutes



cook time:
XX minutes



servings:
feeds XX



Recipes For an Elimination Diet Journey

Discover a variety of recipes in this booklet, each **thoughtfully created to support your journey through an elimination diet.**

These particular recipes exclude gluten, dairy, soy, eggs, "added sugars", caffeine and corn. These foods are commonly associated with digestive discomfort or sensitivities for many individuals. They can trigger issues including, but not limited to, bloating, gas, headaches, skin irritations, weight gain and brain fog.

Elimination diets are considered the gold standard for pinpointing food intolerances and sensitivities through dietary changes. ***They exclude specific foods, as above.***

These foods are eliminated for a short period of time before being slowly re-introduced, whilst monitoring the body's response.

It's important to only consider an elimination diet ***as a short-term strategy for uncovering food sensitivities.*** Whilst its limiting nature helps identify potential food sensitivities, it also excludes numerous food groups that provide vital nutrients for overall health.

Because of its ***limitations on nutritional intake,*** guidance from a nutrition coach can be incredibly beneficial during this journey. ***And for a deeper level of support, working with a registered dietitian*** can offer professional insights to ensure your nutritional needs are adequately met throughout the process.

An elimination diet has two phases: the "elimination" and the "reintroduction" phase.

Potential trigger foods or ingredients are excluded from the diet in the elimination phase. These may include but are not limited to gluten, dairy, soy, eggs, corn, coffee, and "added" sugars.

The duration of this phase can vary, often lasting anywhere from two weeks to two months. During this period, nourishing your body with various other nutrient-rich foods is essential, which is where our wholesome and flavourful recipes come in.

Following the elimination period is the reintroduction phase. In this stage, the foods removed during the elimination phase are slowly reintroduced back into the diet, one at a time. This approach allows you to carefully monitor any reactions or symptoms that may arise from each specific food. **It's crucial to note that some reactions might be immediate, while others may take longer to manifest.**

To help you determine possible food triggers, maintain a detailed food diary during the reintroduction phase.

In a detailed food diary, record what you eat, when you eat it, and any symptoms or reactions you experience. Over time, this food and symptom diary will help you understand how your body responds to different foods, helping you to identify patterns and possible food sensitivities.

As you embark on this journey, remember that everyone's experience with the elimination diet is unique. Be patient with your body, and make the necessary adjustments based on your body's responses.

Remember, this is about discovering what works best for you and your health.



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Elimination Diet *Recipes*

AESTHETIC BBL



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 1



Chocolate Raspberry Buckwheat Bowl

PLANT COUNT: 5

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PLANT COUNT:

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

PRO TIPS:

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

NUTRITION:

Amount per serving	
Calories	396
Fat	17g
Protein	16g
Total Carbs	50g
Net Carbs	36g
Sugar	8g
Fiber	14g



prep time:
5 minutes



cook time:
30 minutes



servings:
feeds 1



Chocolate Raspberry Buckwheat Bowl

PLANT COUNT: 5

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- 1/4 cup Buckwheat Groats (Cooked)
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- 1 tbsp Hemp Seeds
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LET'S GET COOKING:

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- 2 Once cooked, stir in the kefir, cacao powder, and collagen (optional).
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PRO TIPS:

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- **Protein Powder:** Use a chocolate vegan/plant-based protein powder for extra protein and a dense chocolate flavour if you're not using collagen.
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- **Cook in Advance:** Batch cook the buckwheat to quicken this breakfast option. You then have the option to enjoy it warmed up or cold!

PLANT COUNT:

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



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Cooking *Buckwheat*

PLANT COUNT: 1

WHAT YOU'LL NEED:

- 1 cup Buckwheat Groats
- 2 cups Water

LET'S GET COOKING:

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

PLANT COUNT:

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

PRO TIPS:

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

NUTRITION:

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



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Cooking *Buckwheat*

PLANT COUNT: 1

WHAT YOU'LL NEED:

- 1 cup Buckwheat Groats
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LET'S GET COOKING:

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prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Pineapple & Ginger Nourishing Smoothie

PLANT COUNT: 6

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PLANT COUNT:

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

PRO TIPS:

- **Kefir:** Fermented foods like kefir are rich in probiotics, **beneficial bacteria that help maintain a healthy gut flora balance.**
- **Turmeric:** The active ingredient in turmeric, curcumin, is thought to have antioxidant and anti-inflammatory properties, beneficial for gut health.
- **Additional Nourishment:** Add 1/2 tsp Spirulina to the mixture.

NUTRITION:

Amount per serving	
Calories	420
Fat	13g
Protein	29g
Total Carbs	47g
Net Carbs	37g
Sugar	27g
Fiber	10g



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Pineapple & Ginger Nourishing Smoothie

PLANT COUNT: 6

WHAT YOU'LL NEED:

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- 1/2 cup Frozen Cauliflower
- 1 cup Unsweetened Almond Milk
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 prep time:
 5 minutes


 cook time:
 30 minutes


 servings:
 feeds 1



Peach and Cinnamon Buckwheat Breakfast

PLANT COUNT: 5

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PLANT COUNT:

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

PRO TIPS:

- **Collagen Powder (Optional):** [Landish Marine collagen](#) was used to develop this recipe for additional protein and added benefits of collagen for gut health support. ***This is optional, and leave it out for a vegan breakfast.***
- **Protein Powder:** Use vanilla vegan powder for extra protein if you're not using collagen.
- **Kefir Benefits For Gut Health:** Kefir, both coconut and dairy, have probiotics (good bacteria) that have been shown to improve the balance of healthy bacteria in the gut microbiome. ***Choose plain/unsweetened.***
- **Hemp Seed Benefits: Incredibly nutritious.** They're rich in healthy fats, essential fatty acids and are an excellent source of plant-based protein.
- **Additional Nourishment:** Add 1/2 tsp Spirulina to the mixture.

NUTRITION:

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




 prep time:
 5 minutes


 cook time:
 30 minutes


 servings:
 feeds 1



Peach and Cinnamon Buckwheat Breakfast

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 1/4 cup Buckwheat Groats (Cooked)
- 1/4 cup Unsweetened Coconut Kefir
- 1/4 tsp Cinnamon
- 1 serving Collagen Powder (Optional)
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- **Hemp Seed Benefits: Incredibly nutritious.** They're rich in healthy fats, essential fatty acids and are an excellent source of plant-based protein.
- **Additional Nourishment:** Add 1/2 tsp Spirulina to the mixture.



prep time:
15 minutes



cook time:
1-2 hours



servings:
feeds 6



Banana Sorbet

PLANT COUNT: 2

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PLANT COUNT:

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

PRO TIPS:

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

NUTRITION:

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



prep time:
15 minutes



cook time:
1-2 hours



servings:
feeds 6



Banana Sorbet

PLANT COUNT: 2

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

- 1 Slice the bananas and freeze them until solid.
- 2 Blend the frozen banana slices, coconut milk, vanilla extract and cinnamon in a food processor until the mixture is smooth and creamy.
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PLANT COUNT:

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



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Green Smoothie

PLANT COUNT: 6

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PRO TIPS:

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

NUTRITION:

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

PLANT COUNT:

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



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 1

Green Smoothie

PLANT COUNT: 6

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PRO TIPS:

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- **No Pears:** Replace the pear with a green apple.
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PLANT COUNT:

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prep time:
15 minutes



cook time:
60 minutes



servings:
feeds 4

Chicken Pesto With Brown Rice Spaghetti

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 cup Brown Rice Pasta
- 2 tbsp Avocado Oil
- 1 lb Chicken Breast (Diced)
- 1 tsp Paprika
- 1 tsp Cumin
- Sea Salt And Black Pepper (To taste)
- 1 cup Basil Leaves
- 3 tbsp Walnuts
- 1 Garlic (Clove)
- 2 tbsp Lemon Juice
- 1/4 cup Nutritional Yeast

LET'S GET COOKING:

- 1 Cook the pasta as per packet instructions. Drain, rinse with cold water and set aside. **Rinsing will prevent the pasta from further cooking and getting "sticky".**
- 2 Add the diced chicken to a small bowl with the paprika, cumin, salt and pepper. Toss well to coat all of the chicken.
- 3 Heat a skillet to medium-high and add 1 to 2 tablespoons of avocado oil. Stir in the diced chicken and spices. Brown the chicken without stirring for 3 minutes. Stir, then continue cooking for another 3-4 minutes. Stir chicken well and cook for about 5 to 6 minutes more, until fully cooked. Turn off the heat and allow the chicken to rest.
- 4 **Make The Pesto:** Add the basil, walnuts, garlic, lemon juice and nutritional yeast to a food processor. Blend to a desired texture then place into a medium sized pan. Over a low heat, stir in the cooked spaghetti.
- 5 Once the pesto and spaghetti are heated through, divide into 4 servings, and top with the chicken mixture. Enjoy.

PLANT COUNT:

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

PRO TIPS:

- **No Brown Rice:** Replace with chickpea or lentil pasta.
- **Additional Nourishment:** Cook the pasta in bone broth instead of water.
- **Nut-Free Pesto-** Replace the walnuts with sunflower seeds or pumpkin seeds.
- **Vegan Option:** Replace the chicken with roasted chickpeas.
- **Fewer Carbs:** replace the pasta with Spaghetti Squash.

NUTRITION:

Amount per serving	
Calories	478
Fat	15g
Protein	36g
Total Carbs	48g
Net Carbs	43g
Sugar	0g
Fiber	5g



prep time:
15 minutes



cook time:
60 minutes



servings:
feeds 4



Chicken Pesto With Brown Rice Spaghetti

PLANT COUNT: 6

WHAT YOU'LL NEED:

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- 2 tbsp Avocado Oil
- 1 lb Chicken Breast (Diced)
- 1 tsp Paprika
- 1 tsp Cumin
- Sea Salt And Black Pepper (To taste)
- 1 cup Basil Leaves
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- 1 Garlic (Clove)
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- 1/4 cup Nutritional Yeast

LET'S GET COOKING:

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PRO TIPS:

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- **Additional Nourishment:** Cook the pasta in bone broth instead of water.
- **Nut-Free Pesto-** Replace the walnuts with sunflower seeds or pumpkin seeds.
- **Vegan Option:** Replace the chicken with roasted chickpeas.
- **Fewer Carbs:** replace the pasta with Spaghetti Squash.

PLANT COUNT:

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



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

Pear & Chickpea Kale Salad

PLANT COUNT: 9

WHAT YOU'LL NEED:

- 8 cups Curly Kale (Stems removed, finely sliced, washed & dried)
- 1 tbsp Lemon Juice
- 1 tbsp Avocado Oil
- Sea Salt
- 1 cup Chickpeas (Cooked & drained)
- 2 Asian Pear (Thinly sliced)
- 1 cup Pomegranate Seeds
- 1 cup Quinoa (Cooked)
- 1 Avocado (Diced)
- 1/4 cup Hemp Seeds

Dressing:

- 1/4 cup Balsamic Vinegar
- 2 tbsp Avocado Oil

LET'S GET COOKING:

- 1 Cook the quinoa as directed on the packet, drain, rinse and set aside.
- 2 Add the thinly sliced kale to a large bowl and top with lemon juice and olive oil. Massage it for 2-3 minutes using your hands to soften the leaves. Add a pinch of salt near the end of massaging to add a little more flavour.
- 3 **For the dressing:** Add the balsamic, avocado oil, salt and pepper to a small bowl and stir until smooth.
- 4 Place the massaged kale into a large bowl and top with the cooked chickpeas, sliced pear, pomegranate seeds, cooked quinoa, diced avocado and hemp seeds. Drizzle with the balsamic dressing, and divide into 4 servings. Enjoy.

PLANT COUNT:

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

PRO TIPS:

- **Why Massage Kale:** Kale is quite tough and can be difficult to chew. Therefore massaging it for about 2-3 minutes with a bit of oil and/or lemon juice leaves it more tender and easier to chew and digest.
- **Crispy Chickpeas:** Add the cooked chickpeas to a bowl with 1 tsp paprika, 1 tsp garlic salt and 1 tbsp avocado oil. Toss to coat them evenly and cook in a cast iron pan (or fry pan) over medium heat for 10-15 minutes. Stirring frequently.
- **More Protein:** Add grilled chicken, turkey or salmon to this salad.
- **Additional Nourishment:** Use bone broth to cook the quinoa instead of water.

NUTRITION:

Amount per serving	
Calories	476
Fat	21g
Protein	16g
Total Carbs	61g
Net Carbs	46g
Sugar	14g
Fiber	11g



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

Pear & Chickpea Kale Salad

PLANT COUNT: 9

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- 1 tbsp Lemon Juice
- 1 tbsp Avocado Oil
- Sea Salt
- 1 cup Chickpeas (Cooked & drained)
- 2 Asian Pear (Thinly sliced)
- 1 cup Pomegranate Seeds
- 1 cup Quinoa (Cooked)
- 1 Avocado (Diced)
- 1/4 cup Hemp Seeds

Dressing:

- 1/4 cup Balsamic Vinegar
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LET'S GET COOKING:

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- 3 **For the dressing:** Add the balsamic, 2 tbsp avocado oil, salt and pepper to a small bowl and stir until smooth.
- 4 Place the massaged kale into a large bowl and top with the cooked chickpeas, sliced pear, pomegranate seeds, cooked quinoa, diced avocado and hemp seeds. Drizzle with the balsamic dressing, and divide into 4 servings. Enjoy.

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- **More Protein:** Add grilled chicken, turkey or salmon to this salad.
- **Additional Nourishment:** Use bone broth to cook the quinoa instead of water.



prep time:
15 minutes



cook time:
1 hour



servings:
feeds 4

Lemon Garlic Shrimp with Spaghetti Squash

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 2 Spaghetti Squash (Cut into 4 halves lengthwise, seeds removed)
- 3 tbsp Avocado Oil
- 6 Garlic (cloves, minced)
- 1 1/2 lbs Shrimp (Raw, deveined, peeled)
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped, to garnish)
- 1/4 tsp Black Pepper
- 1 tsp Paprika
- 1 tsp Cumin

LET'S GET COOKING:

- 1 Add the shrimp, garlic, lemon juice, sea salt, parsley, black pepper, paprika and cumin to a medium-sized bowl and stir to coat the shrimp evenly. Cover and marinate for 1 hour in the fridge.
- 2 Line a baking sheet with parchment paper. Preheat the oven to 375°F. While the oven is heating, cut the spaghetti squash in half lengthwise. Using a spoon, scrape out and discard the seeds and any loose, stringy flesh from the centre of the squash. Drizzle the inside of each squash half with 2 tbsp of avocado oil. Then, sprinkle with salt and pepper.
- 3 Place cut-side down on the baking sheet. Bake for 45 minutes or until it's easily shredded with a fork, then remove from the oven and let cool slightly while you prepare the shrimp.
- 4 Over medium-high heat, add the remaining avocado oil with the shrimp and marinade to a cast iron pan. Saute for 5-7 minutes or until they start turning pink. Flip them over and cook for another 5-7 minutes. Make sure that the shrimp reach an internal temperature of 145°F.
- 5 Prepare the Spaghetti Squash: Using a fork, shred the squash into "spaghetti" and divide it between bowls. Top with the shrimp, drizzle with the sauce from the pan, and a sprinkle of parsley. Enjoy!

PRO TIPS:

- **Side Dish:** Add a green salad for additional nourishment if desired.
- **No Spaghetti Squash:** Use spiral zucchini or brown rice spaghetti instead.
- **Additional Gut Nourishment:** Add 1/4 cup of kimchi or sauerkraut as a side.
- **Ghee:** Replace 1 tbsp of the avocado oil with ghee to cook the shrimp for additional gut nourishment and flavour.

NUTRITION:

Amount per serving	
Calories	363
Fat	11g
Protein	40g
Total Carbs	27g
Net Carbs	23g
Sugar	1g
Fiber	4g

PLANT COUNT:

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



prep time:
15 minutes



cook time:
1 hour



servings:
feeds 4

Lemon Garlic Shrimp with Spaghetti Squash

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 2 Spaghetti Squash (Cut into 4 halves lengthwise, seeds removed)
- 3 tbsp Avocado Oil
- 6 Garlic (cloves, minced)
- 1 1/2 lbs Shrimp (Raw, deveined, peeled)
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped, to garnish)
- 1/4 tsp Black Pepper
- 1 tsp Paprika
- 1 tsp Cumin

LET'S GET COOKING:

- 1 Add the shrimp, garlic, lemon juice, sea salt, parsley, black pepper, paprika and cumin to a medium-sized bowl and stir to coat the shrimp evenly. Cover and marinate for 1 hour in the fridge.
- 2 Line a baking sheet with parchment paper. Preheat the oven to 375°F. While the oven is heating, cut the spaghetti squash in half lengthwise. Using a spoon, scrape out and discard the seeds and any loose, stringy flesh from the centre of the squash. Drizzle the inside of each squash half with 2 tbsp of avocado oil. Then, sprinkle with salt and pepper.
- 3 Place cut-side down on the baking sheet. Bake for 45 minutes or until it's easily shredded with a fork, then remove from the oven and let cool slightly while you prepare the shrimp.
- 4 Over medium-high heat, add the remaining avocado oil with the shrimp and marinade to a cast iron pan. Saute for 5-7 minutes or until they start turning pink. Flip them over and cook for another 5-7 minutes. Make sure that the shrimp reach an internal temperature of 145°F.
- 5 Prepare the Spaghetti Squash: Using a fork, shred the squash into "spaghetti" and divide it between bowls. Top with the shrimp, drizzle with the sauce from the pan, and a sprinkle of parsley. Enjoy!

PRO TIPS:

- **Side Dish:** Add a green salad for additional nourishment if desired.
- **No Spaghetti Squash:** Use spiral zucchini or brown rice spaghetti instead.
- **Additional Gut Nourishment:** Add 1/4 cup of kimchi or sauerkraut as a side.
- **Ghee:** Replace 1 tbsp of the avocado oil with ghee to cook the shrimp for additional gut nourishment and flavour.

PLANT COUNT:

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



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 2

Chicken Stuffed Avocado

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 tbsp Avocado Oil
- 10 ozs Chicken Breast (Chopped into small pieces)
- 1/4 tsp Chili Powder
- 1/4 tsp Cumin
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1 cup Cherry Tomatoes (Quartered, divided)
- Sea Salt & Black Pepper (To taste)
- 1/2 cup Tomato Sauce
- 1/3 cup Quinoa (Cooked)
- 2 tbsps Cilantro (Chopped, topping)
- 1 Avocado

LET'S GET COOKING:

- 1 Over medium heat, add 1 tbsp of avocado oil to a cast iron pan. Stir in the diced chicken and cook over medium heat for 5 minutes. Add all the dried spices, and 1/2 cup of the tomatoes, then cook for 5-6 minutes.
- 2 Stir in the tomato sauce and cooked quinoa and cook for a further 4-5 minutes or until the chicken is cooked through.
- 3 Once cooked, remove the pan from the heat. Cut the avocados in halves and scoop out the fleshy part. Dice this and set aside.
- 4 Divide the chicken mixture and fill the avocado shells with it. There will be too much filling, so serve the rest on the plate. Top each serving with the diced avocado, remaining cherry tomatoes and chopped cilantro.

PRO TIPS:

- **Quinoa Benefits:** A complete protein containing all essential amino acids, making it an excellent protein source for vegetarians and vegans. It's naturally gluten-free and is an excellent source of fibre & antioxidants. It's a low glycemic index, meaning it has a slow, gradual effect on blood sugar levels and can help regulate energy levels.
- **Choosing Tomato Sauce:** Check the label for "added" sugars.

NUTRITION:

Amount per serving	
Calories	529
Fat	28g
Protein	35g
Total Carbs	34g
Net Carbs	23g
Sugar	5g
Fiber	11g

PLANT COUNT:

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



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 2

Chicken *Stuffed Avocado*

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 tbsp Avocado Oil
- 10 ozs Chicken Breast (Chopped into small pieces)
- 1/4 tsp Chili Powder
- 1/4 tsp Cumin
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1 cup Cherry Tomatoes (Quartered, divided)
- Sea Salt & Black Pepper (To taste)
- 1/2 cup Tomato Sauce
- 1/3 cup Quinoa (Cooked)
- 2 tbsps Cilantro (Chopped, topping)
- 1 Avocado

LET'S GET COOKING:

- 1 Over medium heat, add 1 tbsp of avocado oil to a cast iron pan. Stir in the diced chicken and cook over medium heat for 5 minutes. Add all the dried spices, and 1/2 cup of the tomatoes, then cook for 5-6 minutes.
- 2 Stir in the tomato sauce and cooked quinoa and cook for a further 4-5 minutes or until the chicken is cooked through.
- 3 Once cooked, remove the pan from the heat. Cut the avocados in halves and scoop out the fleshy part. Dice this and set aside.
- 4 Divide the chicken mixture and fill the avocado shells with it. There will be too much filling, so serve the rest on the plate. Top each serving with the diced avocado, remaining cherry tomatoes and chopped cilantro.

PRO TIPS:

- **Quinoa Benefits:** A complete protein containing all essential amino acids, making it an excellent protein source for vegetarians and vegans. It's naturally gluten-free and is an excellent source of fibre & antioxidants. It's a low glycemic index, meaning it has a slow, gradual effect on blood sugar levels and can help regulate energy levels.
- **Choosing Tomato Sauce:** Check the label for "added" sugars.

PLANT COUNT:

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



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Cooking Quinoa

PLANT COUNT: 1

WHAT YOU'LL NEED:

- 1 cup Quinoa
- 2 cups Water

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

LET'S GET COOKING:

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

PLANT COUNT:

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

PRO TIPS:

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

NUTRITION:

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



prep time:
5 minutes



cook time:
20 minutes



servings:
feeds 4

Cooking *Quinoa*

PLANT COUNT: 1

WHAT YOU'LL NEED:

- 1 cup Quinoa
- 2 cups Water

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

LET'S GET COOKING:

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

PRO TIPS:

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

PLANT COUNT:

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



prep time:
15 minutes



cook time:
15 minutes



servings:
feeds 6



Hummus

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 1/2 cups Chickpeas (cooked)
- 4 (cloves. Add more for extra "garlicky" hummus)
- 1/3 cup Tahini
- 3 tbsps Lemon Juice
- 1 1/2 tsp Cumin
- 1/4 cup Chickpea Water
- Sea Salt & Black Pepper (To taste)
- 1/4 tsp Paprika (Sprinkling on top to serve - optional)
- 1 Red Bell Pepper (Sliced)
- 1 cup Snap Peas

LET'S GET COOKING:

- 1 Add the cooked chickpeas, garlic, tahini, lemon juice and cumin to a food processor.
- 2 While blending, add the chickpea water 1 tbsp at a time. Be careful not to make it too watery.
- 3 Blend until a creamy consistency, then add salt and pepper to taste. Sprinkle with paprika to serve, and use 1/4 cup to enjoy with vegetables as a snack.

PLANT COUNT:

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

PRO TIPS:

- **Chickpea Water:** Save the chickpea water (whether canned or cooking your own) and add a tablespoon at a time to the hummus until you get the desired consistency you like. I usually add 3-4 tbsp to mine as I dislike it being too thick.
- **Leftovers:** Store in an air-tight container in the fridge for up to 3-4 days.

NUTRITION:

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



prep time:
15 minutes



cook time:
15 minutes



servings:
feeds 6



Hummus

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 1/2 cups Chickpeas (cooked)
- 4 (cloves. Add more for extra "garlicky" hummus)
- 1/3 cup Tahini
- 3 tbsps Lemon Juice
- 1 1/2 tsp Cumin
- 1/4 cup Chickpea Water
- Sea Salt & Black Pepper (To taste)
- 1/4 tsp Paprika (Sprinkling on top to serve - optional)
- 1 Red Bell Pepper (Sliced)
- 1 cup Snap Peas

LET'S GET COOKING:

- 1 Add the cooked chickpeas, garlic, tahini, lemon juice and cumin to a food processor.
- 2 While blending, add the chickpea water 1 tbsp at a time. Be careful not to make it too watery.
- 3 Blend until a creamy consistency, then add salt and pepper to taste. Sprinkle with paprika to serve, and use 1/4 cup to enjoy with vegetables as a snack.

PRO TIPS:

- **Chickpea Water:** Save the chickpea water (whether canned or cooking your own) and add a tablespoon at a time to the hummus until you get the desired consistency you like. I usually add 3-4 tbsp to mine as I dislike it being too thick.
- **Leftovers:** Store in an air-tight container in the fridge for up to 3-4 days.

PLANT COUNT:

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



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 2



Strawberry Yoghurt Spirulina Bowl

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Unsweetened Coconut Kefir
- 1/2 tsp Spirulina
- 1/4 tsp Cinnamon
- 1 cup Strawberries (Sliced)
- 2 tbsps Hemp Seeds
- 2 tbsps Walnuts)

LET'S GET COOKING:

- 1 Place the yoghurt, kefir, spirulina, cinnamon and honey into a bowl and whisk until blended and creamy.
- 2 Serve and top with sliced strawberries, walnuts and hemp seeds.

PRO TIPS:

- **Spirulina Benefits:** Spirulina is a type of blue-green algae that grows in both salt and fresh water. It is highly nutritious and a great protein, copper, and B vitamins source. It has powerful antioxidant and anti-inflammatory properties.
- **No Spirulina:** Leave it out, and add fresh greens like spinach & zucchini or frozen cauliflower - 1/4 to 1/2 cup. To blend into a creamy dish, these must be placed into a blender with the yoghurt and kefir.

NUTRITION:

Amount per serving	
Calories	202
Fat	14
Protein	7g
Total Carbs	16g
Net Carbs	12g
Sugar	6g
Fiber	4g

PLANT COUNT:

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



prep time:
5 minutes



cook time:
5 minutes



servings:
feeds 2



Strawberry Yoghurt *Spirulina* Bowl

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Unsweetened Coconut Kefir
- 1/2 tsp Spirulina
- 1/4 tsp Cinnamon
- 1 cup Strawberries (Sliced)
- 2 tbsps Hemp Seeds
- 2 tbsps Walnuts)

LET'S GET COOKING:

- 1 Place the yoghurt, kefir, spirulina, cinnamon and honey into a bowl and whisk until blended and creamy.
- 2 Serve and top with sliced strawberries, walnuts and hemp seeds.

PRO TIPS:

- **Spirulina Benefits:** Spirulina is a type of blue-green algae that grows in both salt and fresh water. It is highly nutritious and a great protein, copper, and B vitamins source. It has powerful antioxidant and anti-inflammatory properties.
- **No Spirulina:** Leave it out, and add fresh greens like spinach & zucchini or frozen cauliflower - 1/4 to 1/2 cup. To blend into a creamy dish, these must be placed into a blender with the yoghurt and kefir.

PLANT COUNT:

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



prep time:
10 minutes



cook time:
40 minutes



servings:
feeds 4

Chipotle Salmon With Mango Salsa

PLANT COUNT: 5

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PRO TIPS:

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

NUTRITION:

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

PLANT COUNT:

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



prep time:
10 minutes



cook time:
40 minutes



servings:
feeds 4



Chipotle Salmon With Mango Salsa

PLANT COUNT: 5

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PRO TIPS:

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

PLANT COUNT:

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



prep time:
10 minutes



cook time:
10 minutes



servings:
feeds 4



Mango Salsa

PLANT COUNT: 5

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PRO TIPS:

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

PLANT COUNT:

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

NUTRITION:

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



prep time:
10 minutes



cook time:
10 minutes



servings:
feeds 4



Mango Salsa

PLANT COUNT: 5

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PRO TIPS:

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

PLANT COUNT:

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



prep time:
10 minutes



cook time:
1 hour



servings:
feeds 4

Lentil Pesto *With* Spaghetti Squash

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 2 Spaghetti Squash
- 1 cup Basil Leaves
- 1/4 cup Walnuts
- 1/4 cup Nutritional Yeast
- 3 tbsp Avocado Oil
- Sea Salt & Black Pepper (To taste)
- 1/4 cup Shallot (Finely diced)
- 1 cup Cremini Mushrooms (Chopped)
- 2 cups Lentils (Cooked)

LET'S GET COOKING:

- 1 Add the fresh basil, walnuts, nutritional yeast, 1 tbsp of avocado oil, salt and pepper to a food processor (or blender) and puree into a pesto.
- 2 Line a baking sheet with parchment paper. Preheat your oven to 375°F. While the oven is heating, cut the spaghetti squash in half lengthwise. Using a spoon, scrape out and discard the seeds and any loose, stringy flesh from the centre of the squash. Drizzle the inside of each squash half with 2 tbsp of avocado oil. Then, sprinkle with salt and pepper. Place cut-side down on the baking sheet.
- 3 Bake for 45 minutes or until it's easily shredded with a fork, then remove from the oven and let cool slightly while you prepare the lentils.
- 4 Add 1 tbsp avocado oil to a saucepan, and stir in the chopped shallots. Cook for 2-3 minutes, then add the mushrooms. Cook for 4-5 minutes, then add the minced garlic and cooked lentils. Stir in half of the pesto and turn the heat to low. Simmer for 10 minutes.
- 5 **Prepare the Spaghetti Squash:** Using a fork, shred the squash into "spaghetti" and place it into a large bowl with the remaining pesto. Mix well, then divide into 4 servings. Top with the lentil mixture, and enjoy.

PRO TIPS:

- **No Lentils:** Replace with chicken.
- **Nut-Free Pesto:** Replace the walnuts with either sunflower seeds or pumpkin seeds.
- **Extra Nourishment and Flavour:** Add 1 tbsp of "Nutty" Parmesan to serve. *Recipe separate.*

NUTRITION:

Amount per serving	
Calories	360
Fat	13g
Protein	18g
Total Carbs	58g
Net Carbs	44g
Sugar	3g
Fiber	14g

PLANT COUNT:

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



prep time:
10 minutes



cook time:
1 hour



servings:
feeds 4

Lentil Pesto *With* Spaghetti Squash

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 2 Spaghetti Squash
- 1 cup Basil Leaves
- 1/4 cup Walnuts
- 1/4 cup Nutritional Yeast
- 3 tbsp Avocado Oil
- Sea Salt & Black Pepper (To taste)
- 1/4 cup Shallot (Finely diced)
- 1 cup Cremini Mushrooms (Chopped)
- 2 cups Lentils (Cooked)

LET'S GET COOKING:

- 1 Add the fresh basil, walnuts, nutritional yeast, 1 tbsp of avocado oil, salt and pepper to a food processor (or blender) and puree into a pesto.
- 2 Line a baking sheet with parchment paper. Preheat your oven to 375°F. While the oven is heating, cut the spaghetti squash in half lengthwise. Using a spoon, scrape out and discard the seeds and any loose, stringy flesh from the centre of the squash. Drizzle the inside of each squash half with 2 tbsp of avocado oil. Then, sprinkle with salt and pepper. Place cut-side down on the baking sheet.
- 3 Bake for 45 minutes or until it's easily shredded with a fork, then remove from the oven and let cool slightly while you prepare the lentils.
- 4 Add 1 tbsp avocado oil to a saucepan, and stir in the chopped shallots. Cook for 2-3 minutes, then add the mushrooms. Cook for 4-5 minutes, then add the minced garlic and cooked lentils. Stir in half of the pesto and turn the heat to low. Simmer for 10 minutes.
- 5 **Prepare the Spaghetti Squash:** Using a fork, shred the squash into "spaghetti" and place it into a large bowl with the remaining pesto. Mix well, then divide into 4 servings. Top with the lentil mixture, and enjoy.

PRO TIPS:

- **No Lentils:** Replace with chicken.
- **Nut-Free Pesto:** Replace the walnuts with either sunflower seeds or pumpkin seeds.
- **Extra Nourishment and Flavour:** Add 1 tbsp of "Nutty" Parmesan to serve.
Recipe separate.

PLANT COUNT:

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



prep time:
20 minutes



cook time:
24 hours



servings:
feeds 4

Bone Broth

PLANT COUNT: 4

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PLANT COUNT:

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

PRO TIPS:

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

NUTRITION:

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



prep time:
20 minutes



cook time:
24 hours



servings:
feeds 4

Bone Broth

PLANT COUNT: 4

WHAT YOU'LL NEED:

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

LET'S GET COOKING:

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

PRO TIPS:

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

PLANT COUNT:

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

ELIMINATION DIET

Sample

MEAL PLAN



prep time:
XX minutes



cook time:
XX minutes



servings:
feeds XX

AESTHETIC BBL

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Meal Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	<p>Chocolate Raspberry Buckwheat Bowl</p> 	<p>Chocolate Raspberry Buckwheat Bowl</p> 	<p>Pineapple & Ginger Nourishing Smoothie</p> 	<p>Pineapple & Ginger Nourishing Smoothie</p> 	<p>Pineapple & Ginger Nourishing Smoothie</p> 	<p>Peach and Cinnamon Buckwheat Breakfast</p> 	<p>Peach and Cinnamon Buckwheat Breakfast</p> 
MORNING SNACK	<p>Banana Sorbet</p> 	<p>Green Smoothie</p> 	<p>Banana Sorbet</p> 	<p>Green Smoothie</p> 	<p>Banana Sorbet</p> 	<p>Green Smoothie</p> 	<p>Banana Sorbet</p> 
LUNCH	<p>Chicken Pesto With Brown Rice Spaghetti</p> 	<p>Chipotle Salmon With Mango Salsa</p> 	<p>Chicken Pesto With Brown Rice Spaghetti</p> 	<p>Pear & Chickpea Kale Salad</p> 	<p>Pear & Chickpea Kale Salad</p> 	<p>Lemon Garlic Shrimp With Spaghetti Squash</p> 	<p>Chicken Stuffed Avocado</p> 
AFTERNOON SNACK	<p>Strawberry Yoghurt Spirulina Bowl</p> 	<p>Strawberry Yoghurt Spirulina Bowl</p> 	<p>Hummus</p> 	<p>Strawberry Yoghurt Spirulina Bowl</p> 	<p>Green Smoothie</p> 	<p>Hummus</p> 	<p>Green Smoothie</p> 
DINNER	<p>Chipotle Salmon With Mango Salsa</p> 	<p>Pear & Chickpea Kale Salad</p> 	<p>Pear & Chickpea Kale Salad</p> 	<p>Lentil Pesto With Spaghetti Squash</p> 	<p>Lentil Pesto With Spaghetti Squash</p> 	<p>Chicken Stuffed Avocado</p> 	<p>Lemon Garlic Shrimp With Spaghetti Squash</p> 
EVENING SNACK	<p>Hummus</p> 	<p>Banana Sorbet</p> 	<p>Hummus</p> 	<p>Banana Sorbet</p> 	<p>Hummus</p> 	<p>Strawberry Yoghurt Spirulina Bowl</p> 	<p>Hummus</p> 
WATER							

Shopping List

PRODUCE

- 4 Asian Pear
- 5 1/4 Avocado
- 4 Banana
- 1/2 cup Lemon Juice
- 2 limes
- 2 Mangoes
- 2 Peaches
- 5 Pears
- 2 cups Pomegranate Seeds
- 1 cup Raspberries
- 2 cups Strawberries
- 5 cups Spinach
- 2 cups Basil Leaves
- 2 cups Cherry Tomatoes
- 3/4 cup Cilantro
- 1 1/4 Cucumbers
- 16 cups Curly Kale
- 13 Garlic Cloves
- 1 1/2 tsp Ginger
- 1 1/2 cups Mint Leaves
- 1/4 cup Parsley
- 1 3/4 Red Bell Pepper
- 3/4 cup Red Onion
- 1/3 cup Shallot
- 3/4 cup Sugar Snap Peas
- 4 Spaghetti Squash

FISH, MEAT, EGGS

- 2 1/4 lbs Chicken Breast
- 1 lb Salmon Fillet
- 1 1/2 lb Shrimp

NUTS & SEEDS

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

SPICES/DRIED HERBS

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

BOX, CAN, JAR

- 1 cup Brown Rice Spaghetti
- 1/2 cup Coconut Milk
- 3 1/2 cups Cooked Chickpeas
- 2 cups Lentils
- 2 2/3 cups Quinoa
- 1 tsp Spirulina
- Vanilla Protein Powder
- Collagen Powder
- Tomato Sauce

Other

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

CONDIMENTS & OILS

- Avocado Oil
- Balsamic Vinegar
- Tahini
- Ghee

COLD

- 2 1/4 cups Unsweetened Coconut
- Kefir
- 1 3/4 cup Unsweetened Coconut
- Yoghurt
- 8 cups Unsweetened Almond Milk

FROZEN

- 1 1/2 cups Frozen Cauliflower
- 2 1/4 cups Frozen Pineapple

NOTES