



GUT-
HEALTHY
RECIPES



MEAL PLAN RECIPE BOOK

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Chicken Tenders

Level 1 | Side

4 servings | Prep: 15 min | Cook: 15 min

INGREDIENTS:

- 2 pieces Melba toast or Grissini
 - For gluten-free, we recommend either crackers by Yehuda or Edward & Sons Both gluten-free brands can be found at your local Whole Foods.
- ½ teaspoon Himalayan pink sea salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground cayenne pepper Optional.
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 lb. boneless, skinless organic chicken breast Tenderized (pounded) to about 3/8" thick and cut into strips.
- 1 tablespoon skim milk OR 1 egg, beaten

DIRECTIONS:

1. Preheat oven to 350° F.
2. Grind breading option (Grissini/Melba toast) in a food processor (or a blender). Add seasonings in and
3. mix.
4. Dip chicken in milk (or beaten egg) and toss to coat well. One at a time, place chicken strips in crumb/seasoning mix and coat both sides of chicken.
5. Place chicken in glass baking dish and bake 15 minutes, turning about halfway through.
6. Remove from oven and place the chicken in the broiler long enough to brown each side. Serve immediately.



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Eggroll in a Bowl

Level 1 | Entree

4 servings | Prep: 5 min | Cook: 10 min

INGREDIENTS:

- 1 lb. ground chicken, beef, bison, or chopped shrimp
- 1 yellow onion, diced
- 1 clove garlic, minced
- 1 tablespoon peppers (optional-habanero, jalapeño, Thai or chili), minced or dried/crushed
- 3 tablespoons Bragg Liquid Aminos
- 1 drop liquid stevia, to taste
- 2 tablespoons fresh parsley, chopped
- 1/2 teaspoon Himalayan Pink Salt
- 1/2 teaspoon ground black pepper
- 2 cups cabbage, shredded
- 1 teaspoon fresh ginger, minced
- 1/3 cup green onions, chopped

DIRECTIONS:

1. Heat a large skillet over medium-high heat and add chicken or alternative protein.
2. Add onion, garlic, and optional peppers to the skillet. Cook for 5-7 minutes (or until cooked through)
3. In a medium bowl, stir together Bragg Liquid Aminos, stevia, salt, pepper, fresh parsley & ginger.
4. Add above mixture to the pan, scrape off brown bits, and stir until well combined.
5. Add cabbage, and cook until the leaves are tender (5 minutes) - you can add a tablespoon of water to keep the meat from sticking
6. Remove from heat, top with green onions and serve.

Betr EGG ROLL IN A BOWL. Guys this is amazing Share ...





MEAL PLAN RECIPE BOOK

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Vegan Stuffed Bell Peppers

Level 1 | Entree

3 servings | Prep: 25 min | Cook: 35 min

Stuffed Peppers for Dinner

Share ...

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Just Keep Swimming.

INGREDIENTS:

- 3 medium bell peppers - red, orange, and yellow are the sweetest
- 1 cup cooked quinoa
- 1 cup cooked lentils
- 1 1/2 tablespoons olive oil, divided
- 1 onion, diced
- 1/2 cup whole cashews
- 2 large cloves of garlic, minced
- 1 teaspoon dried basil
- 1 tablespoon minced fresh thyme
- 3-4 sun-dried tomatoes rehydrated and chopped (optional)
- Generous handful of chopped kale
- 2 tablespoon water
- Salt & pepper, to taste

DIRECTIONS:

1. Preheat the oven to 400 degrees.
2. Cut the peppers in half through the stalks and scoop out the sides and any white membrane. Place the peppers, cut side up on a baking sheet, drizzle with 1/2 tbsp of the oil and bake for 20-25 minutes until the peppers are just tender.
3. Heat the remaining tbsp. of oil in a large frying pan over medium heat. Add the onion and cashews and cook, stirring, for about 5 minutes, or until the cashews are beginning to brown and the onion is translucent.
 - a. Add above mixture to the pan, scrape off brown bits, and stir until well combined.
4. Carefully spoon the filling mixture into the pepper halves and return to the oven for 10 minutes.



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Doc's Salad

Level 1 | Side

8 servings | Prep: 15 min | Cook: 0 min

INGREDIENTS:

- 1 lb. ground chicken, beef, bison, or chopped shrimp
- 1 yellow onion, diced
- 1 clove garlic, minced
- 1 tablespoon peppers (optional-habanero, jalapeño, Thai or chili), minced or dried/crushed)
- 3 tablespoons Bragg Liquid Aminos
- 1 drop liquid stevia, to taste
- 2 tablespoons fresh parsley, chopped
- 1/2 teaspoon Himalayan Pink Salt
- 1/2 teaspoon ground black pepper
- 2 cups cabbage, shredded
- 1 teaspoon fresh ginger, minced
- 1/3 cup green onions, chopped

DIRECTIONS:

1. Heat a large skillet over medium-high heat and add chicken or alternative protein.
2. Add onion, garlic, and optional peppers to the skillet. Cook for 5-7 minutes (or until cooked through)
3. In a medium bowl, stir together Bragg Liquid Aminos, stevia, salt, pepper, fresh parsley & ginger.
4. Add above mixture to the pan, scrape off brown bits, and stir until well combined.
5. Add cabbage, and cook until the leaves are tender (5 minutes) - you can add a tablespoon of water to keep the meat from sticking
6. Remove from heat, top with green onions and serve.





MEAL PLAN RECIPE BOOK

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Ginger Mahi Mahi

Level 1 | Entree

2 servings | Prep: 5 min | Cook: 20 min

INGREDIENTS:

- 1 lb Mahi Mahi
- 1 clove Garlic Minced
- 1 tsp Fresh ginger, minced
- 1 Medium tomato, sliced
- 1 Lemon, juiced

DIRECTIONS:

1. Prepare a large sheet of aluminum foil by lightly oiling the dull side with coconut oil.
2. Place mahi mahi on the center of the foil.
3. Top fish with garlic, ginger, and pepper, tomatoes and lemon juice.
4. Close up aluminum foil into a "pouch" so that the top and ends are sealed.
5. Bake at 350° F for 10-20 minutes (depending on thickness of the fish) or until fish flakes easily.

NOTE: Be careful opening the foil pouch as hot steam will escape.



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Baked Cinnamon Apples

Level 1 | Dessert

2 servings | Prep: 10 min | Cook: 20 min

INGREDIENTS:

- 1 Apple Peeled, cored, and sliced
- 1/2 Lemon Juiced
- 4 drop Vanilla crème liquid stevia
- 1 tbsp Water
- 1 TBSP Panko
- 1/2 tsp Ground cinnamon Plus a few dashes for cinnamon for the apples
- 1/4 tsp Nutmeg
- 1/4 tsp Pumpkin pie spice
- 1 tsp Non-fat organic milk

DIRECTIONS:

1. Preheat oven to 400° F.
2. Place apples in small baking dish.
3. Cover with juice of 1/2 small lemon, stevia, water, and few dashes of cinnamon.
4. Toss to coat apples.
5. Grind panko into a powder with cinnamon, nutmeg and pumpkin pie spice using a food processor or coffee grinder.
6. Add milk to toast powder in 1/4 tsp increments while slowly stirring until mixture forms a slightly moist crumbly topping.
7. Sprinkle crumble mixture on top of apples.
8. Cover dish and bake 20 mins.
9. Remove cover and broil 1-2 mins to crisp topping.
10. Serve immediately- as if you'd wanna wait to taste these!

