

## Recipes with Prebiotic and Probiotic Ingredients

### Banana Cinnamon Yogurt Overnight Oats

🕒 10 min    🍽️ 1 serving

*Per serving:* 630 Kcal 24g Protein 9g Fat 134g Carbs

#### Ingredients

- **Vanilla extract**, 1/4 teaspoons (1 g)
- **Banana, sliced**, 1 medium (7" to 7-7/8" long) (118 g)
- **Greek yogurt**, 1/2 cup (103.4 g)
- **Cinnamon, ground**, 1/2 cups (62.5 g)
- **Rolled oats**, 1/2 c (40.5 g)
- **Chia seeds**, 1 tbsp (12 g)
- **Honey**, 1 tbsp (21 g)
- **Reduced fat milk, 2%**, 1/4 cup (61 g)



#### Instructions

In a mason jar or container, combine rolled oats, Greek yogurt (make sure it's with live culture), low fat milk, honey, chia seeds, cinnamon, and vanilla extract. Stir well to combine.

Add sliced banana on top of the oat mixture.

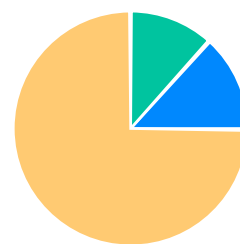
Cover the jar and refrigerate overnight or for at least 4 hours.

In the morning, give the oats a stir.

Enjoy cold or heat in the microwave for a warm breakfast.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	629.6	150.1	629.6
Protein [g]	23.7	5.7	23.7
Fat [g]	9.1	2.2	9.1
Carbs [g]	133.9	31.9	133.9
Fiber [g]	44.5	10.6	44.5
Net Carbs [g]	89.4	21.3	89.4



13 % Protein 12 % Fat 75 %  
Carbs

# Asparagus, Garlic, and Tempeh Stir-Fry with Brown Rice

🕒 20 min 🍽️ 1 serving

*Per serving:* 476 Kcal 24g Protein 19g Fat 57g Carbs

## Ingredients

- Olive oil, 1 teaspoons (4 g)
- Asparagus, 1/2 cup (67 g)
- Sesame oil, 1 teaspoon (4 g)
- Garlic, 2 clove (6 g)
- Tempeh, 1/2 cup (83.4 g)
- Soy sauce, 1/2 tablespoon (7.6 g)
- Brown rice, 1 cup (195 g)
- Salt and pepper, 1 pinch (0.1 g)



## Instructions

In a skillet, heat olive oil over medium heat.

Add minced garlic and sauté until fragrant.

Add chopped asparagus and tempeh, and stir-fry for 5-7 minutes until asparagus is tender.

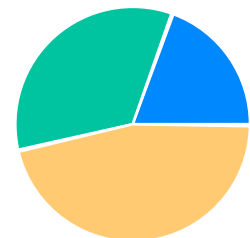
Add cooked brown rice, soy sauce, sesame oil, salt, and pepper. Stir well to combine.

Cook for an additional 2-3 minutes, stirring constantly.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	476.2	129.7	476.2
Protein [g]	24.1	5.6	24.1
Fat [g]	18.7	5.1	18.7
Carbs [g]	57.2	15.6	57.2
Fiber [g]	5.1	1.4	5.1
Net Carbs [g]	52.1	14.2	52.1



20% Protein 34% Fat 46% Carbs

# Kimchi Egg Fried Rice with Lean Pork

🕒 20 min 🍽️ 1 serving

*Per serving:* 393 Kcal 25g Protein 11g Fat 48g Carbs

## Ingredients

- Egg, 1 medium (44 g)
- Sesame oil, 1 teaspoon (4 g)
- Garlic, 1 clove (3 g)
- Soy sauce, 1 tbsp (18 g)
- Salt and pepper, 1 serving (0.5 g)
- Kimchi, 1/4 cup (28.7 g)
- Rice, 1 cups (158 g)
- Lean pork, sliced thinly, 2 ounce (56.7 g)



## Instructions

In a pan, heat some oil over medium heat.

Add minced garlic and sliced lean pork. Cook until pork is browned.

Add chopped kimchi. Cook for another 2-3 minutes.

Push the ingredients to the side of the pan and crack an egg into the center. Scramble the egg until cooked.

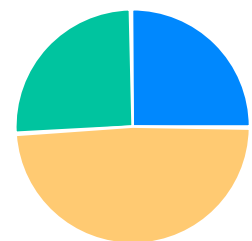
Add cooked white rice to the pan and mix well with the other ingredients.

Season with soy sauce, sesame oil, salt, and pepper. Cook for another 2-3 minutes, stirring occasionally.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	393	125.6	393
Protein [g]	24.5	7.8	24.5
Fat [g]	11.1	3.5	11.1
Carbs [g]	47.5	15.2	47.5
Fiber [g]	1.3	0.4	1.3
Net Carbs [g]	46.2	14.8	46.2



25% Protein 26% Fat 49% Carbs

# Miso-Glazed Garlic Sweet Potatoes

🕒 35 min 🍽️ 1 serving

*Per serving:* 221 Kcal 5g Protein 9g Fat 33g Carbs

## Ingredients

- Olive oil, 1/2 tablespoon (7.5 g)
- Garlic, 2 clove (6 g)
- Sweet potato, 1 sweetpotato, 5" long (130 g)
- Miso paste, 1 tbsp (17 g)
- Salt and pepper, 1 pinch (0.1 g)



## Instructions

Preheat oven to 400°F (200°C).

Wash and scrub the sweet potato, then cut it into small cubes.

In a small bowl, mix together the miso paste, minced garlic, olive oil, salt, and pepper.

Toss the sweet potato cubes in the miso mixture until well coated.

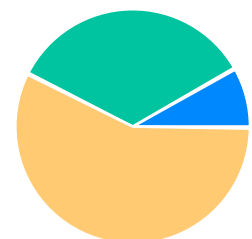
Spread the sweet potato cubes in a single layer on a baking sheet lined with parchment paper.

Bake for 20-25 minutes, or until the sweet potatoes are tender and caramelized.

Serve hot and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	220.7	137.4	220.7
Protein [g]	4.6	2.9	4.6
Fat [g]	8.6	5.4	8.6
Carbs [g]	32.5	20.2	32.5
Fiber [g]	4.9	3.1	4.9
Net Carbs [g]	27.6	17.2	27.6



8 % Protein 34 % Fat 58 % Carbs

# Kombucha Lemonade

🕒 5 min 🍷 2 servings

*Per serving:* 62 Kcal 0g Protein 0g Fat 17g Carbs

## Ingredients

- Lemon juice, 1/4 cup (63.6 g)
- Mint leaves, 5 sprig (5 g)
- Honey, 1 tbsp (21 g)
- Ice cubes, 1 cup (236.4 g)
- kombucha, 1 cup (250 g)



## Instructions

In a pitcher, combine the kombucha, lemon juice, and honey. Stir well to combine.

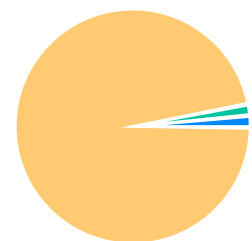
Add the ice cubes to the pitcher and stir again.

Pour the kombucha lemonade into glasses and garnish with lemon slices and mint leaves.

Serve immediately and enjoy!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	123.8	21.5	61.9
Protein [g]	0.5	0.1	0.3
Fat [g]	0.2	0	0.1
Carbs [g]	33.9	5.9	17
Fiber [g]	0.6	0.1	0.3
Net Carbs [g]	33.3	5.8	16.7



1 % Protein 1 % Fat 97 % Carbs