

Nutrient-Rich Recipes Supporting Gut and Immune Health

Vegan Chickpea Avocado Toast

🕒 20 min 🍽️ 4 servings

Per serving: 264 Kcal 11g Protein 11g Fat 35g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california
- **Cilantro**, 1/4 cup
- **Lime juice**, 1 tablespoon
- **Tomato**, 1 small
- **Chickpeas**, 1 can
- **Grain bread**, 4 slices
- **Onion**, 1 small
- **Cumin**, 1/2 teaspoon
- **Salt and pepper**, 1 tsp



Instructions

In a medium bowl, mash the chickpeas with a fork until slightly chunky.

Add the lime juice, cumin, salt, and pepper to the mashed chickpeas and mix well.

Toast the slices of bread until golden brown.

Spread the mashed chickpea mixture evenly on each slice of toast.

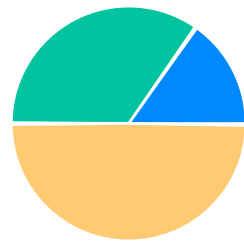
Slice the avocado and divide it among the toasts, placing the slices on top of the chickpeas.

Top with sliced red onion, diced tomato, and chopped cilantro.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1057.5	111.3	264.4
Protein [g]	42.3	4.5	10.6
Fat [g]	42.8	4.5	10.7
Carbs [g]	138.4	14.6	34.6
Fiber [g]	42.7	4.5	10.7
Net Carbs [g]	95.7	10.1	23.9



15 % Protein 35 % Fat 50 %
Carbs

Cilantro Chicken Meatballs with Roasted Carrots, Green Beans and Potato

🕒 35 min 🍽️ 4 servings

Per serving: 338 Kcal 24g Protein 16g Fat 26g Carbs

Ingredients

- **Salt**, 1/2 teaspoon
- **Paprika**, 1/2 teaspoons
- **Potatoes**, 2 potato medium (2-1/4" to 3-1/4" dia)
- **Cilantro**, 1/4 cup
- **Carrots**, 2 medium
- **Green beans**, 1/2 pound
- **Olive oil**, 2 tablespoon
- **Garlic**, 2 clove
- **Ground cumin**, 1/2 teaspoon
- **Pepper**, 1/4 tsp
- **Ground Chicken**, 1 pound



Instructions

Preheat the oven to 400°F (200°C).

In a large bowl, combine ground chicken, chopped cilantro, minced garlic, ground cumin, paprika, salt, and black pepper. Mix well until all ingredients are evenly incorporated.

Shape the mixture into meatballs, about 1 inch in diameter.

Heat olive oil in a large skillet over medium-high heat. Add the meatballs and cook until browned on all sides, about 5 minutes.

Transfer the meatballs to a baking sheet and place in the preheated oven. Bake for 15-20 minutes, or until cooked through.

While the meatballs are baking, prepare the roasted vegetables. Place sliced carrots, green beans, and cubed potatoes on a separate baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat evenly.

Add the vegetables to the oven and roast for 15-20 minutes, or until tender and slightly browned.

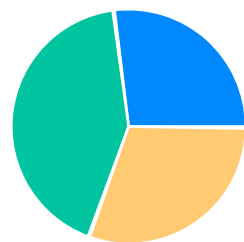
Once the meatballs and vegetables are cooked, remove from the oven.

Serve the meatballs with the roasted carrots, green beans, and potato. Garnish with chopped fresh cilantro.

Enjoy!


Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1350.9	107	337.7
Protein [g]	93.9	7.4	23.5
Fat [g]	65.3	5.2	16.3
Carbs [g]	104.9	8.3	26.2
Fiber [g]	19.1	1.5	4.8
Net Carbs [g]	85.8	6.8	21.5



27 % Protein 43 % Fat 30 % Carbs

Mixed Berry Granola Yogurt

 10 min

 2 servings

Per serving: 257 Kcal 16g Protein 10g Fat 26g Carbs

Ingredients

- Berries, 1/2 cups
- Greek yogurt, 1 cups
- Granola, 2 serving



Instructions

Wash the mixed berries and pat them dry with a paper towel. In a serving bowl or glass, layer the Greek yogurt at the bottom. Add a layer of mixed berries on top of the yogurt. Sprinkle the granola evenly over the berries. Repeat the layers until all the ingredients are used, ending with a final layer of mixed berries. Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	514.5	140.8	257.3
Protein [g]	31.4	8.6	15.7
Fat [g]	20.1	5.5	10.1
Carbs [g]	51.9	14.2	26
Fiber [g]	7.6	2.1	3.8
Net Carbs [g]	44.3	12.1	22.2



24 % Protein 35 % Fat 40 % 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
- Garlic, 2 clove
- Sweet potato, 1 sweetpotato, 5" long
- Miso paste, 1 tbsp
- Salt and pepper, 1 pinch



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.

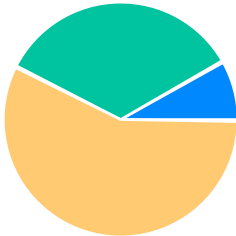
Spread the sweet potato cubes in a single layer on a baking sheet lined with parchment paper.

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

Vegetable Omelette with Sourdough Toast

🕒 15 min 🍽️ 1 serving

Per serving: 443 Kcal 22g Protein 15g Fat 55g Carbs

Ingredients

- Eggs, 2 medium
- Salt, 1 dash
- Olive oil, 1 tsp
- Onions, sliced, 1/4 cup, chopped
- Tomatoes, cubed, 1/4 cup
- Ground pepper, 1 pinch
- Bell peppers, sliced into strips, 1/4 cup
- Sourdough bread, 2 slice



Instructions

In a bowl, beat the eggs and season with salt and pepper.

Heat olive oil in a non-stick skillet over medium heat.

Add the bell peppers, onions, and tomatoes to the skillet and sauté for 2-3 minutes.

Pour the beaten eggs into the skillet and cook until the edges start to set.

Using a spatula, gently lift the edges of the omelet to let the uncooked eggs flow underneath.

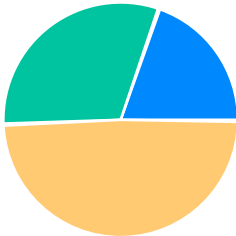
Once the omelet is cooked through, fold it in half and slide it onto a plate.

Toast the sourdough bread until golden brown.

Serve the vegetable omelette with sourdough toast on the side.

Macronutrient summary


	TOTAL	/100 G	/SERVING
Energy [kcal]	443	149.1	443
Protein [g]	21.9	7.4	21.9
Fat [g]	15.3	5.1	15.3
Carbs [g]	54.8	18.4	54.8
Fiber [g]	3.9	1.3	3.9
Net Carbs [g]	50.9	17.1	50.9



20 % Protein 31 % Fat 49 % Carbs

Chickpea and Quinoa Grain Bowl with Hummus Dressing

 15 min

 2 servings

Per serving: 525 Kcal 20g Protein 24g Fat 63g Carbs

Ingredients

- lemon juice, 2 tablespoons
- salt, 1 pinch
- cucumber, diced, 1 small
- olive oil, 2 tbsp
- chickpeas, drained and rinsed, 1 can
- hummus, 1/4 cup
- cooked quinoa, 1 cup
- ground black pepper, 1 pinch
- fresh parsley, chopped, 1/4 cup
- red onion, thinly sliced, 1/4 cup
- cherry tomatoes, halved, 1 cup



Instructions

In a large bowl, combine quinoa, chickpeas, cherry tomatoes, cucumber, red onion, and parsley.

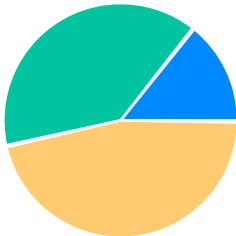
In a small bowl, whisk together hummus, lemon juice, olive oil, salt, and pepper to make the dressing.

Pour the dressing over the quinoa mixture and toss to combine.

Divide the mixture into serving bowls and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1050.4	93.7	525.2
Protein [g]	38.9	3.5	19.5
Fat [g]	47.3	4.2	23.7
Carbs [g]	126	11.2	63
Fiber [g]	32.4	2.9	16.2
Net Carbs [g]	93.6	8.3	46.8



14 % Protein 39 % Fat 46 % Carbs