



# RECIPES TO AID DIGESTION

**MANY DIGESTIVE ISSUES CAN BE PREVENTED OR REVERSED BY EATING A HEALTHY, BALANCED DIET OF WHOLE FOODS INCLUDING FRESH VEGETABLES, FRUIT, ORGANIC MEATS, AND NATURAL FATS, IN PLACE OF PROCESSED FOOD, ARTIFICIAL INGREDIENTS AND SUGAR.**

# LEMON TURMERIC CHICKEN SALAD

SERVES 2-3

## INGREDIENTS

- 1 lb. Boneless skinless chicken breasts
- 1 medium sweet potato
- 1 tsp. sea salt
- 1 tsp. turmeric
- zest of 1 lemon, plus a drizzle of lemon juice
- 1 tbsp. coconut oil
- 6 cups fresh spinach or any other salad greens
- 1 cup sliced red bell peppers



## INSTRUCTIONS

Roast the medium sweet potato at 350°F for one hour, let cool and then cut into rounds.

While the sweet potato is baking, set a large skillet on medium heat. Season the chicken on both sides with 1 teaspoon sea salt, turmeric, lemon zest, and lemon juice. Once the skillet is hot, add 1 tablespoon coconut oil and add the chicken to the pan.

Flip the chicken after about 6-8 minutes, then cook for another 6-8 minutes or until fully cooked through. Slice cooked chicken into strips.

## DRESSING INGREDIENTS

- 1/4 cup Extra virgin olive oil
- juice of 2 lemons
- 1/4 tsp. sea salt
- 1/8 tsp. freshly cracked black pepper

## DRESSING INSTRUCTIONS

In a small bowl, whisk together 1/4 cup olive oil, lemon juice, 1/4 teaspoon sea salt, and black pepper.

Add the spinach to a large salad bowl. And toss with dressing.

Place the sweet potato, chicken, and bell peppers on top.

## NUTRITIONAL INFO (PER 1 BOWL):

<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>	<b>Sodium</b>	<b>Sugar</b>
316	13g	20.75g	24g	284.5mg	4g



## GRASS-FED BEEF AND VEGGIE BURGERS

SERVES 4

### INGREDIENTS

- 3/4 pound grass fed ground beef
- 1 medium carrot, peeled
- 1 medium zucchini
- 2-4 garlic cloves, minced
- ¼ cup chopped fresh parsley
- ¼ teaspoon salt
- Black pepper
- 1 tablespoon coconut oil

### INSTRUCTIONS

Grate carrots and zucchini into a mixing bowl.

Melt half of the coconut oil into a hot pan and add garlic, carrots, zucchini, salt, and pepper. Sauté for about 2 minutes, add parsley, and continue to cook for several more minutes until vegetables have softened.

Combine cooked vegetables with ground beef. Mix to combine and form into patties.

Add the remaining oil back to the pan, and cook over medium high heat for 3-4 minutes each side (or if grilling: grill over medium high heat for 3-4 minutes on each side)

Serve on sweet potato toast or Bibb lettuce wraps and top with lettuce, tomato, avocado, etc.

\*To make grilled sweet potato toast, peel and microwave a large sweet potato for 2 minutes, and then slice it into ¼ inch thick rounds. Put slices into toaster and toast until golden brown. If grilling: brush with oil and grill over medium high heat for 5-6 minutes per side.

### NUTRITIONAL INFO (PER ONE BURGER AND TWO SWEET POTATOE SLICES):

Calories	Carbs	Fat	Protein	Sodium	Sugar
327	22.5g	12.5g	18.25g	85mg	4.75g

## QUINOA GREEN GODDESS BOWL

SERVES 2-3

### INGREDIENTS

1/2 cup quinoa rinsed & drained (about 2 cups cooked)

3/4 sweet potato peeled & cut into large cubes (about 2 cups)

4-8 oz baby kale or 1 large bunch

1 red bell pepper chopped (1 cup)

2 tablespoons pepitas or pumpkin seeds (optional)

### DRESSING INGREDIENTS

2 1/2 tablespoons fresh lemon juice

1/4 cup raw, unsalted cashews soaked

1/3 cup packed fresh basil

1/4 cup packed fresh parsley

1 tablespoon tahini

2 teaspoons pure maple syrup

1/2 teaspoon Dijon mustard

1/2 clove garlic

1/4 teaspoon sea salt



### INSTRUCTIONS

Soak raw cashews in hot water for 10 to 15 minutes.

Bring quinoa and 1 cup water to a boil in a saucepan. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork.

For the dressing: combine lemon juice and garlic with remaining ingredients, 1/3 cup water, and the tahini in a blender. Puree until smooth. Add water to thin as necessary. Season to taste with additional salt or pepper.

Steam potatoes over boiling water, covered, for about 10 minutes. Add kale when potatoes are just tender when pierced with a fork. Steam kale a bit longer, until color turns bright green. Remove from the steamer and let cool. Chop kale.

Gently toss salad ingredients in a bowl; drizzle dressing over the top and serve.

### NUTRITIONAL INFO (PER 1 BOWL):

Calories	Carbs	Fat	Protein	Sodium	Sugar
583	85.5g	19g	19g	398.5mg	17g