MOVE FORWARD
Natural Health

LEAKY GUT RECIPES

Healthy cooking doesn't have to be difficult. These 12 recipes are packed with nutritional benefits and taste delicious

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RECIPE KEY

Look for these helpful icons throughout the pack.

- GF — Gluten Free
- DF — Dairy Free
- LC — Low Carb (under 20g serving)
- MP — Meal Prep/Freezer Friendly
- HP — High Protein (over 20g per serving)
- V — Vegetarian
- Q — Quick (under 30 mins)
- N — Contains Nuts

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LOW FODMAP MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Egg White Omelet with Smoked Trout + Green tea	Herby Breakfast Sausages + Green tea	Leftover Herby Breakfast Sausages + Green tea	Antioxidant Blueberry Protein smoothie + Green tea	Egg Free Buckwheat Pancakes + Green tea	Egg White Omelet with Smoked Trout + Green tea	Egg Free Buckwheat Pancakes + Green tea
LUNCH	BLT Lettuce Wraps	Leftover BLT Lettuce Wraps	Pesto Zoodles with Prosciutto	Pesto Zoodles with Prosciutto	Grilled Chicken & Grapefruit Salad	Leftover Grilled Chicken & Grapefruit Salad	Coconut Curry Potatoes
SNACK	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie	E.g. Coconut Custard, Lemon & Poppy Seed Muffins, Antioxidant Blueberry Smoothie
WORKOUT NUTRITION	**During:** Workout drink with 500ml of water **Post:** Portion of fruit & protein shake	**During:** Workout drink with 500ml of water **Post:** Portion of fruit & protein shake	**During:** Workout drink with 500ml of water **Post:** Portion of fruit & protein shake	**During:** Workout drink with 500ml of water **Post:** Portion of fruit & protein shake	**During:** Workout drink with 500ml of water **Post:** Portion of fruit & protein shake	**During:** Workout drink with 500ml of water **Post:** Portion of fruit & protein shake	**During:** Workout drink with 500ml of water **Post:** Portion of fruit & protein shake
DINNER	Chicken Nuggets with roasted potatoes and vegetables	Leftover Chicken Nuggets with roasted potatoes and vegetables	Miso Salmon with Zucchini Noodles	Leftover Miso Salmon with Zucchini Noodles	Chicken Madras with Creamy Coconut Potatoes	Meal Out - Enjoy!	Leftover Chicken Madras with Creamy Coconut Potatoes

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

Fresh

- ○ lamb lettuce
- ○ 1x banana
- ○ 6x lemon
- ○ 1x lime
- ○ 1x tomato
- ○ 1x lettuce
- ○ 4x zucchini
- ○ green beans
- ○ 1x grapefruit
- ○ salad leaves
- ○ 1x leek
- ○ 2.2 lb. (1kg) potatoes
- ○ ginger
- ○ radishes

Herbs

- ○ sage
- ○ basil
- ○ coriander

Frozen

- ○ blueberries
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

MEAT, DAIRY & NON-DAIRY

Meats

- ○ 9 oz. (250g) ground pork
- ○ 4x bacon medallions
- ○ 4x slices prosciutto
- ○ 1lb. 7oz. Chicken breast
- ○ 4x chicken thighs

Fish & Seafood

- ○ 4.5 oz (125g) smoked trout
- ○ 9 oz. (250g) salmon fillets

Dairy

- ○ cottage cheese

Non-Dairy

- ○ 13x eggs
- ○ coconut milk
- ○ vanilla soy yogurt
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

GRAINS, SEEDS & SPICES

Grains

- ○ buckwheat flour
- ○ corn flakes

Nuts & Seeds

- ○ chia seeds
- ○ walnuts
- ○ desiccated coconut
- ○ sesame seeds
- ○ poppy seeds

Spices

- ○ ground cardamom
- ○ vanilla paste
- ○ almond extract
- ○ vanilla extract
- ○ garam masala
- ○ curry powder
- ○ cinnamon

Other

- ○ bread
- ○ baking powder
- ○ baking soda
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

CANS, CONDIMENTS & MISC

Oils

- ○ coconut oil
- ○ olive oil
- ○ sesame oil

Cans & condiments

- ○ horseradish
- ○ mayonnaise
- ○ pesto
- ○ olives
- ○ sundried tomatoes
- ○ madras curry paste
- ○ 1x can chopped tomatoes
- ○ 1x can light coconut milk
- ○ miso paste
- ○ apple cider vinegar
- ○ soy sauce
- ○ strawberry jam

Sweeteners

- ○ honey
- ○ stevia
- ○ coconut sugar

Other

- ○ coconut water
- ○ plant based protein powder
- ○ _____
- ○ _____
- ○ _____

EGG WHITE OMELET WITH SMOKED TROUT

EGG WHITE OMELET WITH SMOKED TROUT

Serves: 2
Prep: 5 mins
Cook: 10 mins

Nutrition per serving:
265 kcal
9g Fats
17g Carbs
28g Protein

LC HP Q

myfitnesspal

WHAT YOU NEED

- 2 handfuls lambs lettuce
- 4 egg whites, whisked
- 1 tbsp. water
- 1 tsp. coconut oil
- 4 tbsp. cottage cheese
- 1 tbsp. horseradish
- 4.5 oz. (125g) smoked trout
- 2 slices whole meal or gluten free bread

WHAT YOU NEED TO DO

Remove tough stems from the lambs lettuce and set aside. In a small bowl whisk the egg whites with the tablespoon of water.

Heat the coconut oil in a small frying pan over medium heat, then add in the eggs whites and cook for 4 minutes. Next cover the frying pan with a lid and leave for another 2-3 minutes, until cooked.

Meanwhile, stir the cottage cheese with the horseradish, season with salt and pepper. Cut the trout into pieces and toast the bread.

Once omelet is cooked cut it into half. Spread the cottage cheese onto the toast, top with half the omelet, trout pieces and lambs lettuce. Season with salt and pepper, and serve.

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HERBY BREAKFAST SAUSAGES

HERBY BREAKFAST SAUSAGES

Makes: 8
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
56 kcal
3g Fats
2g Carbs
7g Protein

GF DF LC Q

myfitnesspal

WHAT YOU NEED

- 9 oz. (250g) ground pork
- salt & pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.

Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.

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EGG FREE BUCKWHEAT PANCAKES

EGG FREE BUCKWHEAT PANCAKES

Serves: 3
Prep: 20 mins
Cook: 20 mins

Nutrition per serving:
228 kcal
9g Fats
36g Carbs
5g Protein

GF DF V

myfitnesspal

WHAT YOU NEED

- 2 tbsp. chia seeds
- ½ cup (100g) buckwheat flour
- 1 medium banana
- ½ cup plant milk (150ml)
- 1 tsp. ground cardamom
- 1 tsp. vanilla paste
- zest of 1 lemon
- 4 tsp. honey
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

In a small cup combine 2 tablespoons of chia seeds with 4 tablespoons of water and leave in the fridge for about 20 mins.

Zest the whole lemon and set aside half for the topping. Mash the banana in a bowl and add in the chia seeds, flour, milk, cardamom, vanilla, half the lemon zest and 1 tsp. honey. Whisk everything well until a thick batter has formed.

Heat some of the coconut oil in a non-stick pan then pour the batter forming small pancakes (about ¼ cup per pancake). Fry until bubbles appear on the surface and then flip and cook for another minute. Repeat with the rest of the batter adding more coconut oil when required. You should be able to make about 6 small pancakes.

Combine 3 tsp. of honey and the rest of the lemon zest to make the drizzle.

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BLT LETTUCE
WRAPS

BLT LETTUCE WRAPS

Serves: 1
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
316 kcal
17g Fats
6g Carbs
30g Protein

GF DF LC HP Q

myfitnesspal

WHAT YOU NEED

- 2 hard-boiled eggs, chopped
- 4 slices bacon medallions, cooked and chopped
- 1 medium tomato, diced
- 1 tsp. mayo
- 3-4 large lettuce leaves

WHAT YOU NEED TO DO

Firstly, cook the eggs to your liking, then set aside. In the meantime, heat a dry non-stick pan and fry the bacon for a few minutes until crispy, set aside to cool.

Once both egg and bacon have cooled, chop them into small pieces. Mix the diced tomato with mayonnaise and season with salt and pepper to taste.

Prepare 3-4 large lettuce leaves, and place them on a plate. Top with tomatoes, bacon, egg, and serve seasoned with freshly ground black pepper.

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PESTO ZOODLES WITH PROSCIUTTO

PESTO ZOODLES WITH PROSCIUTTO

Serves: 2
Prep: 10 mins
Cook: 5 mins

Nutrition per serving:
299 kcal
23g Fats
9g Carbs
15g Protein

GF DF LC Q N

myfitnesspal

WHAT YOU NEED

- 2 medium zucchinis, spiralized
- juice from ½ lemon
- 2 tbsp. pesto
- 10 olives, sliced
- ¼ cup (15g) sundried tomatoes, chopped
- ¼ cup (30g) walnuts, chopped
- 4 slices prosciutto
- basil leaves, to serve

WHAT YOU NEED TO DO

Spiralize the zucchini and toss it with the lemon juice. Add in the pesto and mix until well coated.

Mix in the olives, sundried tomatoes and walnuts.

Heat a dry non-stick pan over medium heat and fry the prosciutto until crispy. Chop it up and mix in with the noodles.

Divide the zoodles between two bowls and garnish with fresh basil.

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GRILLED CHICKEN & GRAPEFRUIT SALAD

GRILLED CHICKEN & GRAPEFRUIT SALAD

Serves: 2
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
328 kcal
18g Fats
15g Carbs
27g Protein

GF DF LC HP Q

myfitnesspal

WHAT YOU NEED

- 1 tsp. coconut oil
- 7 oz. (200g) chicken breasts
- 1 cup (150g) green beans
- 1 grapefruit
- 4 handfuls salad leaves
- 1/2 lemon, juiced
- 2 tbsp. olive oil

WHAT YOU NEED TO DO

Season the chicken with salt & pepper and heat the coconut oil in a frying pan.
Fry the chicken on medium heat until browned and cooked throughout.

In the meantime, place the beans in a pan of boiling water and boil gently for 3-5 min until tender, and then set aside.

Peel the grapefruit by using a sharp knife. Separate the skin from the flesh then cut out the grapefruit segments.

Place the salad leaves in a bowl and mix together with the green beans and grapefruit. Drizzle the salad with olive oil and lemon juice.

Divide the salad between two plates and place the chicken on top. Season with salt & pepper and serve.

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CHICKEN MADRAS

CHICKEN MADRAS

Serves: 4
Prep: 15 mins
Cook: 30 mins

Nutrition per serving:
323 kcal
16g Fats
6g Carbs
38g Protein

GF DF LC HP

myfitnesspal

WHAT YOU NEED

- 4 skinless, boneless chicken thighs
- juice of ½ lemon
- 1 tsp. garam masala
- 1 tbsp. coconut oil
- 2-5 tbsp. madras curry paste, depending on taste
- 14 oz. (400g)can chopped tomatoes
- 2oz. (50g) desiccated coconut
- fresh coriander, chopped

WHAT YOU NEED TO DO

Cut the chicken into bite-size pieces, season with salt, mix with the lemon juice and garam masala.

Heat the oil in a frying pan or saucepan over a medium heat and cook the onion for 6-7 minutes until soft. Add in the chicken and fry for another 3-4 minutes.

Next stir in the curry paste and cook for a further 2-3 minutes. Add the chopped tomatoes and coconut, then cover with a lid and simmer for about 20 minutes. Serve hot, scattered with coriander, with a side of white rice.

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CREAMY COCONUT CURRY POTATOES

CREAMY COCONUT CURRY POTATOES

Serves: 6
Prep: 10 mins
Cook: 30 mins

Nutrition per serving:
195 kcal
6g Fats
29g Carbs
4g Protein

GF DF

myfitnesspal

WHAT YOU NEED

- ½ tbsp. coconut oil
- 1 leek, sliced and washed (green part only)
- 1 tbsp. curry powder
- 2.20lb (1kg) baby potatoes, halved and cooked
- 13.5oz. (400ml) can light coconut milk

WHAT YOU NEED TO DO

Heat the coconut oil in a pan over medium heat. Add in the leek and garlic and cook for about 5 minutes, stirring often. Next add the curry powder and season with salt and pepper.

Add in the cooked potatoes, mix well and cook for 2-3 minutes before adding the coconut milk. Cook for another 5-6 minutes until everything is heated through. Season with salt and pepper to taste and serve.

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MISO SALMON WITH ZUCCHINI NOODLES

MISO SALMON WITH ZUCCHINI NOODLES

Serves: 2
Prep: 20 mins
Cook: 15 mins

Nutrition per serving:
496 kcal
30g Fats
27g Carbs
29g Protein

GF DF HP

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WHAT YOU NEED

For the salmon:

- 2 salmon fillets, 4.5 oz. (130g) each
- 2 tbsp. miso paste
- 2 tbsp. honey
- ¼ cup (60ml) tamari, or soy sauce
- 2 tbsp. ginger, grated
- 2 tbsp. apple cider vinegar
- 1 tbsp. sesame oil
- 2 tsp. sesame seeds

For the noodles:

- 14 oz. (400g) zucchini noodles
- 6 radishes, sliced
- 2 tsp. sesame oil
- 2 tsp. ginger, grated
- 1 tsp. honey
- 2 tbsp. soy sauce
- juice of 1 lime

WHAT YOU NEED TO DO

Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 mins.

In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate until serving.

Preheat oven to 350F (180C).

Place the salmon in an oven proof dish and pour some of the marinade over it. Bake for 12 mins and then turn the broiler on for about 2-3 mins to brown the top. Check often to avoid burning.

Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.

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CHICKEN NUGGETS

CHICKEN NUGGETS

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
328 kcal
6g Fats
32g Carbs
36g Protein

DF MP HP Q

myfitnesspal

WHAT YOU NEED

- 1 lbs (500g) chicken breast
- 2 cups (150g) corn flakes, crushed
- 2 eggs
- 1 tsp. curry powder
- 2 tbsp. coconut oil

WHAT YOU NEED TO DO

Cut the chicken breasts up into nugget-size chunks, season with salt and pepper.

Place the corn flakes in plastic bag and crush the flakes into small pieces, then transfer onto a big flat plate. Whisk the eggs up in a bowl with the curry powder.

Dip each chicken piece into the egg mixture and then roll in the corn flakes.

Heat the oil in a large pan, and fry the chicken for 2-3 minutes each side. Once cooked through and browned let them drain on paper napkins before serving.

Store in the fridge for up to 4 days.

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COCONUT
CUSTARD

COCONUT CUSTARD

Makes: 4
Prep: 5 mins
Cook: 45 mins

Nutrition per serving:
163 kcal
12g Fats
8g Carbs
6g Protein

GF DF LC V N

myfitnesspal

WHAT YOU NEED

- 3 eggs
- 1 tsp. vanilla extract
- 2 tbsp. stevia
- 1 cup desiccated coconut, unsweetened
- 1 2/3 cup (400ml) coconut milk, unsweetened
- 2 tbsp. strawberry jam

WHAT YOU NEED TO DO

In a bowl beat together the eggs, vanilla, and stevia until fluffy. Fold in the coconut and add the milk. Mix well and transfer into 4 small ovenproof ceramics. Bake for 45 minutes, until the top, is slightly browned.

In the meantime, prepare the sauce by mixing the jam with 2-4 tbsp. of water.

Serve warm with strawberry sauce on top.

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LEMON & POPPY
SEED MUFFINS

LEMON & POPPY SEED MUFFINS

Makes: 9
Prep: 15 mins
Cook: 15 mins

Nutrition per serving:
192 kcal
9g Fats
23g Carbs
5g Protein

DF V

myfitnesspal

WHAT YOU NEED

- scant 1 ½ cups (180g) buckwheat flour
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 2 tbsp. poppy seeds
- zest from 2 lemons
- 1/3 cup (65g) coconut sugar
- 2 large eggs
- 5/8 cup (150g) vanilla soy yogurt
- juice from 1 lemon
- ½ tsp. almond extract
- ¼ cup melted coconut oil

WHAT YOU NEED TO DO

Preheat oven to 375F (190C). Line a muffin tin with 9 muffin liners.

In a medium bowl, whisk together the flour, baking powder, baking soda, salt, and poppy seeds.

In a separate bowl add lemon zest and sugar, and rub the lemon zest into the sugar with your fingers. Next add in eggs, yogurt, lemon juice and almond extract; mix until smooth and well combined.

Fold in the dry ingredients until almost combined, then stir in melted and cooled coconut oil.

Divide batter evenly between the 9 muffin cups. Bake in the oven for 15-20 minutes or until toothpick comes out clean.

Allow to completely cool before serving.

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ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE

ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE

Serves: 1
Prep: 5 mins
Cook: 0 mins

Nutrition per serving:
197 kcal
4g Fats
14g Carbs
26g Protein

GF LC V HP Q N

myfitnesspal

WHAT YOU NEED

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) coconut milk
- 1 scoop vanilla protein powder (plant based)
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender until smooth and serve.

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