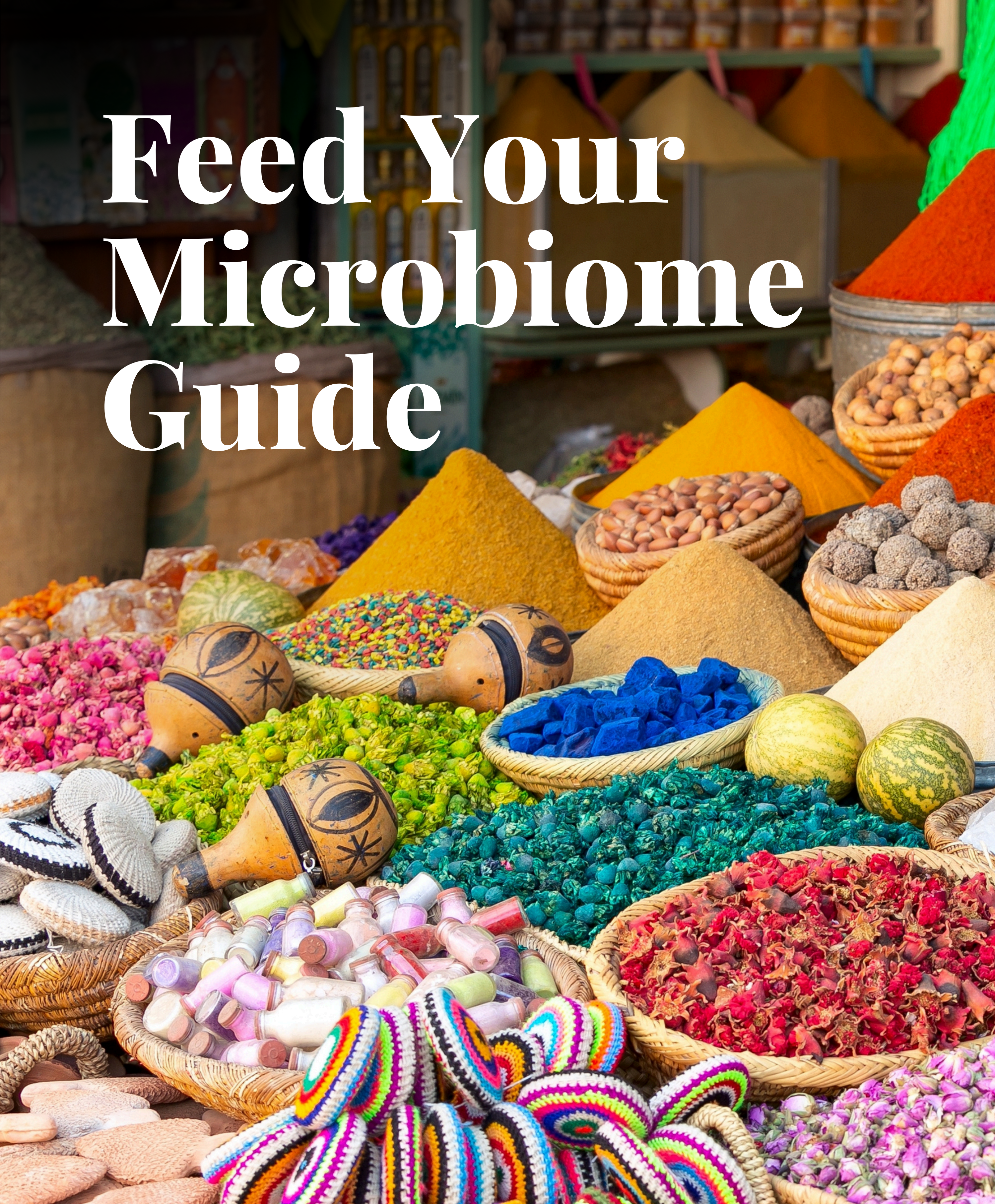


Feed Your Microbiome Guide



**Build Your
Resilient Gut**
MICROBIOME & BEYOND

Build Your Resilient Gut: *Feed Your Microbiome Guide*

First Edition

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Eating For a Healthy & Resilient Microbiome

01 | DIVERSITY

02 | FIBER (Set ultimate goal of 50g/day - work your way up.)

03 | POLYPHENOLS (Eat the rainbow!)

04 | MINIMALLY-PROCESSED/WHOLE FOODS (If your great-grandmother wouldn't recognize it... don't eat it.)

Food Diversity Challenge!

Record every different food you consume in a week, including ingredients. (Real food ingredients only! Not food chemicals, colors, dyes, preservatives, emulsifiers, etc...) This includes spices, herbs, and seasonings.

How many did you eat?

Now, try to double that.

Once you've doubled it...

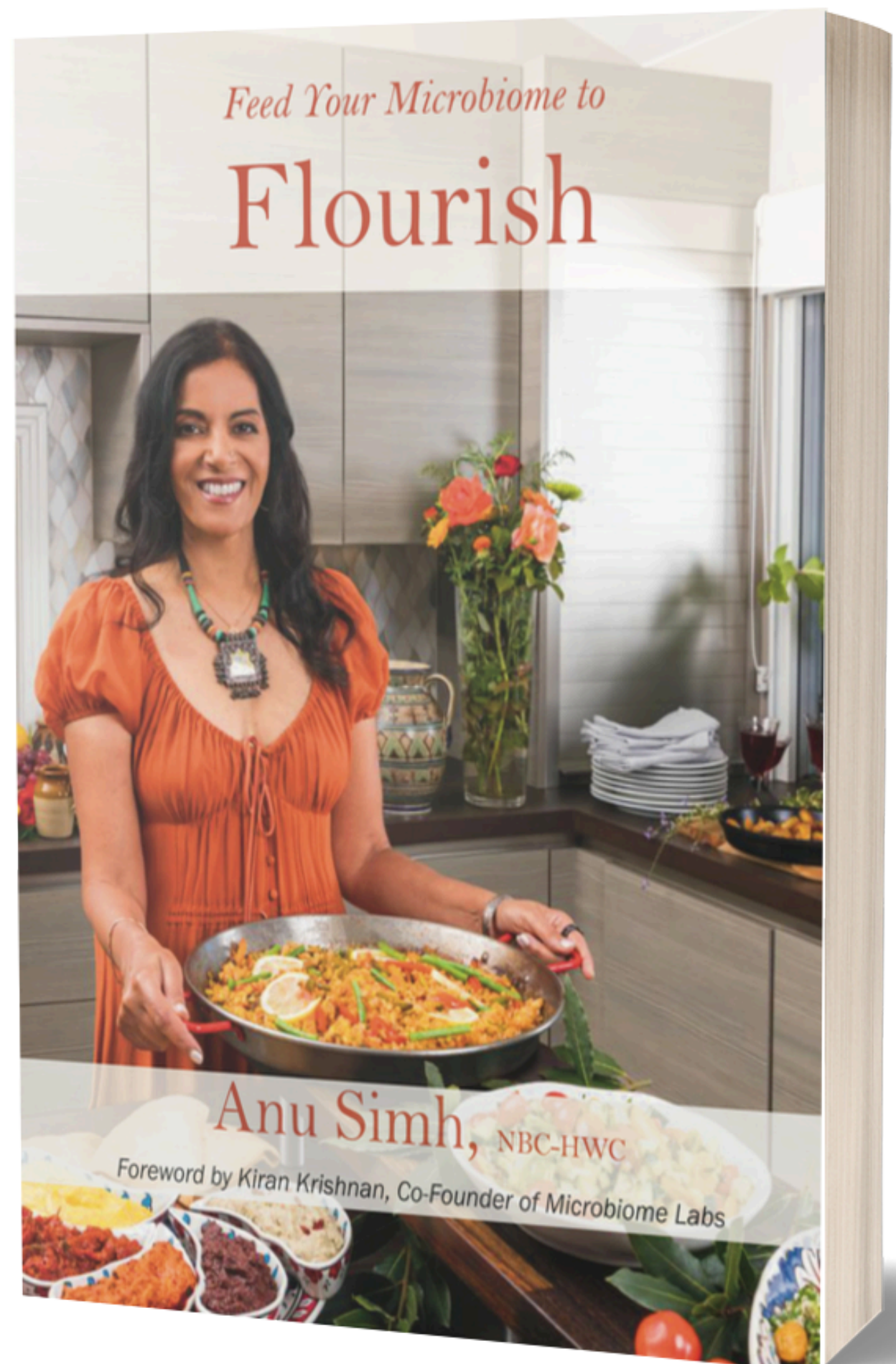
Try to double it again.

Then you might be approaching an optimal level of diversity for a human microbiome!

IMPORTANT CREDIT: Much of the content of this shopping list/food guide, including the bonus sections on herbs & spices, were sourced from our friend Anu Sihm's amazing book **Feed Your Microbiome to Flourish**!

Feed Your Microbiome to Flourish

Feed your Microbiome to Flourish is a comprehensive guide designed to help you transform your health by nourishing your microbiome. This three-part book covers the science of gut health, introduces the **Flourish Diet** framework for balancing your microbiome and achieving lasting wellness, and includes over **50 gut-supportive recipes** to help you put the principles into action.



Pre-order now! The book launches on March 4th and will be available on Amazon.

[PRE-ORDER HERE](#)

Vegetables

Vegetables are the foundation of a microbiome-healthy diet - providing essential fiber, micronutrients, and the possibility for diversity, which a healthy microbiome requires.

- | | | |
|---|--|---|
| <ul style="list-style-type: none">• ONIONS (<i>red, yellow, sweet</i>)• GARLIC• LEAFY GREENS & LETTUCE• KOHLRABI• ARTICHOKES• BROCCOLI• BEETS• GREEN BEANS• GOURDS & SQUASH• CAULIFLOWER | <ul style="list-style-type: none">• ZUCCHINI• CUCUMBERS• TOMATOES• RADISHES• BELL PEPPERS• BRUSSELS SPROUTS• OKRA• PUMPKIN• CABBAGE• EGGPLANT | <ul style="list-style-type: none">• CARROTS• CELERY• ROMANESCO• FENNEL• SHALLOTS & SCALLIONS• SNAP & GARDEN PEAS• ASPARAGUS• CHAYOTE• OLIVES |
|---|--|---|

Fruits

Fruits contain a wide range of beneficial micronutrients, vitamins, and polyphenols.

- | | | |
|--|--|---|
| <ul style="list-style-type: none">• APPLES• PEARS• PLUMS• PEACHES | <ul style="list-style-type: none">• BERRIES (<i>all</i>)• ORANGES (<i>all citrus</i>)• BANANA• PERSIMMONS | <ul style="list-style-type: none">• PINEAPPLE• FIGS (<i>fresh</i>)• GRAPES• PEACHES & NECTARINES |
|--|--|---|



Roots & Tubers

Roots and tubers are versatile staples, valued for their flavors, nutrients, and energy-providing carbohydrates. Their culinary flexibility—boiling, roasting, or stewing—makes them essential in diverse diets. While rich in fiber, some require specific preparation to reduce toxins, and moderation is advised for those with FODMAP sensitivities/SIBO.

- **BURDOC**

- **CELERIAC ROOT**

- **HORSERADISH**

- **POTATOES** (*yellow, red, etc...*)

- **PARSNIP**

- **SUNCHOKE**

- **TARO**

- **LOTUS ROOT**

- **JAPANESE
PURPLE YAMS**

- **PURPLE
POTATOES**

Fungi

Mushrooms support gut health by acting as prebiotics, providing polysaccharides like beta-glucans that nourish beneficial gut bacteria. They help maintain gut lining integrity, reduce inflammation, and enhance immune function through gut-associated lymphoid tissue (GALT). Mushrooms promote a balanced and resilient microbiome.

- **CHANTERELLES**

- **CREMINI**

- **ENOKI**

- **LION'S MANE**

- **MAITAKE**

- **OYSTER**

- **SHITAKE**

- **PORTOBELLO**

- **PORCINI**



Grains, Nuts, Seeds, and Legumes

Whole grains, beans, lentils, and tofu have been dietary staples for millennia, offering exceptional nutritional value and culinary versatility. Whole grains, with their bran, germ, and endosperm intact, provide fiber, vitamins, and minerals that support overall health.

Beans and lentils are rich in plant-based protein, fiber, and essential nutrients like iron and magnesium, while also offering prebiotic benefits for gut health. These foods are cornerstones of sustainable, microbiome-friendly eating practices.

GLUTEN-FREE GRAINS

- Quinoa
- Rice
- Buckwheat
- Millet
- Amaranth
- Cassava

GLUTEN-CONTAINING GRAINS

- Wheat
- Barley
- Rye
- Farro

BEANS

- Black
- Kidney
- Navy
- Pinto

**There are hundreds of varieties of beans, lentils, and grains around the world for you to try!*

LENTILS

- Red, Green, Yellow
- Pigeon Peas (Toor Dal)
- Mung Beans
- Beluga Lentils

SOYBEANS

- Tofu
- Edamame
- Tempeh



The Herb for Improved Bean Digestion

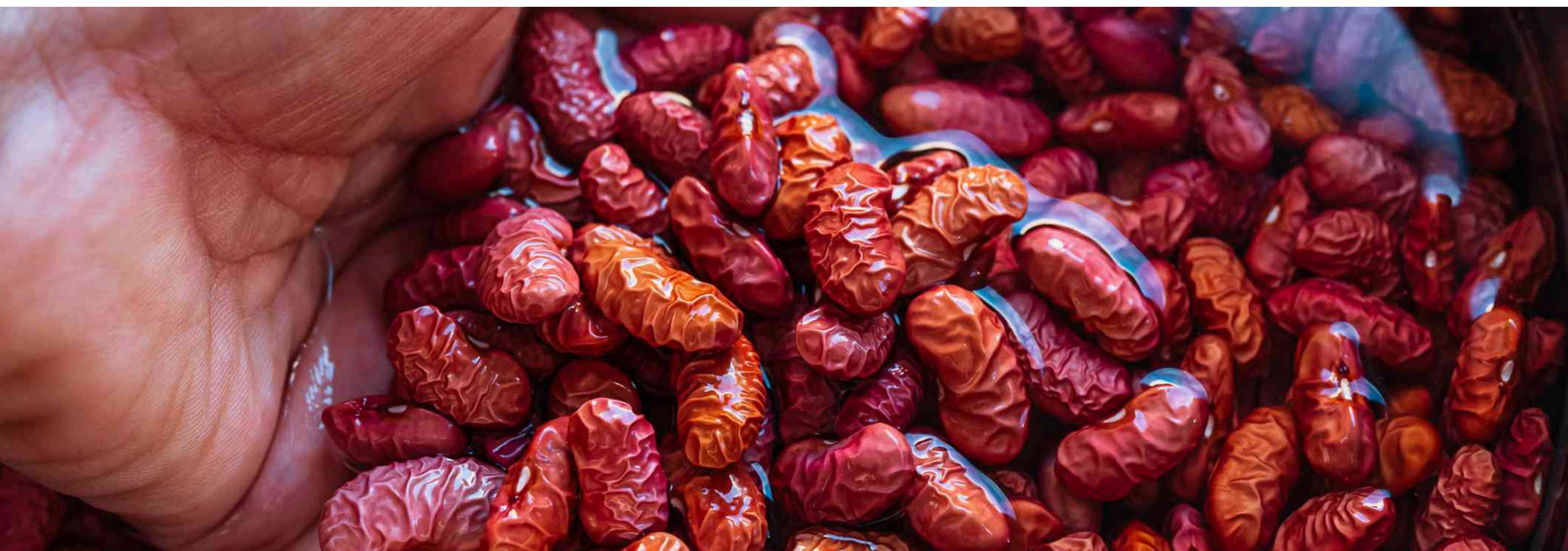
Epazote, a traditional herb from Central America, is a game-changer for reducing digestive discomfort from beans. It breaks down complex carbohydrates during cooking, minimizing gas and bloating, while adding a unique flavor to dishes. Integrating epazote into bean recipes can make beans easier to digest, enhancing their nutritional benefits without the usual side effects.

Soaking and Cooking Legumes

Proper preparation of legumes, beans, and lentils is essential for maximizing their nutritional value and improving digestibility. Soaking beans and lentils reduces antinutrients like phytic acid, enhancing nutrient absorption and making them gentler on the digestive system. Cooking thoroughly further eliminates these compounds while preserving fiber and prebiotic benefits.

A Note on Gluten

Many people struggle with the digestion of gluten - either due to celiac disease, or a non-celiac gluten sensitivity. If you have celiac disease, do not consume gluten in any form. If you are sensitive, you may react less to organic, heirloom, and/or imported flours (many North Americans don't react to gluten in Europe, for example). This is a personal preference and something to explore with caution. There are many very healthy populations in the world who consume gluten-containing grains.



Fermented Foods

Fermented foods can enhance gut health, reduce inflammation, and improve overall wellness by providing beneficial enzymes, B vitamins (like folate), omega-3s, and beneficial microbial metabolites. Fermenting can boost nutrition, improve digestibility, and reduce FODMAPs, which can alleviate gas, bloating, and discomfort for sensitive individuals.

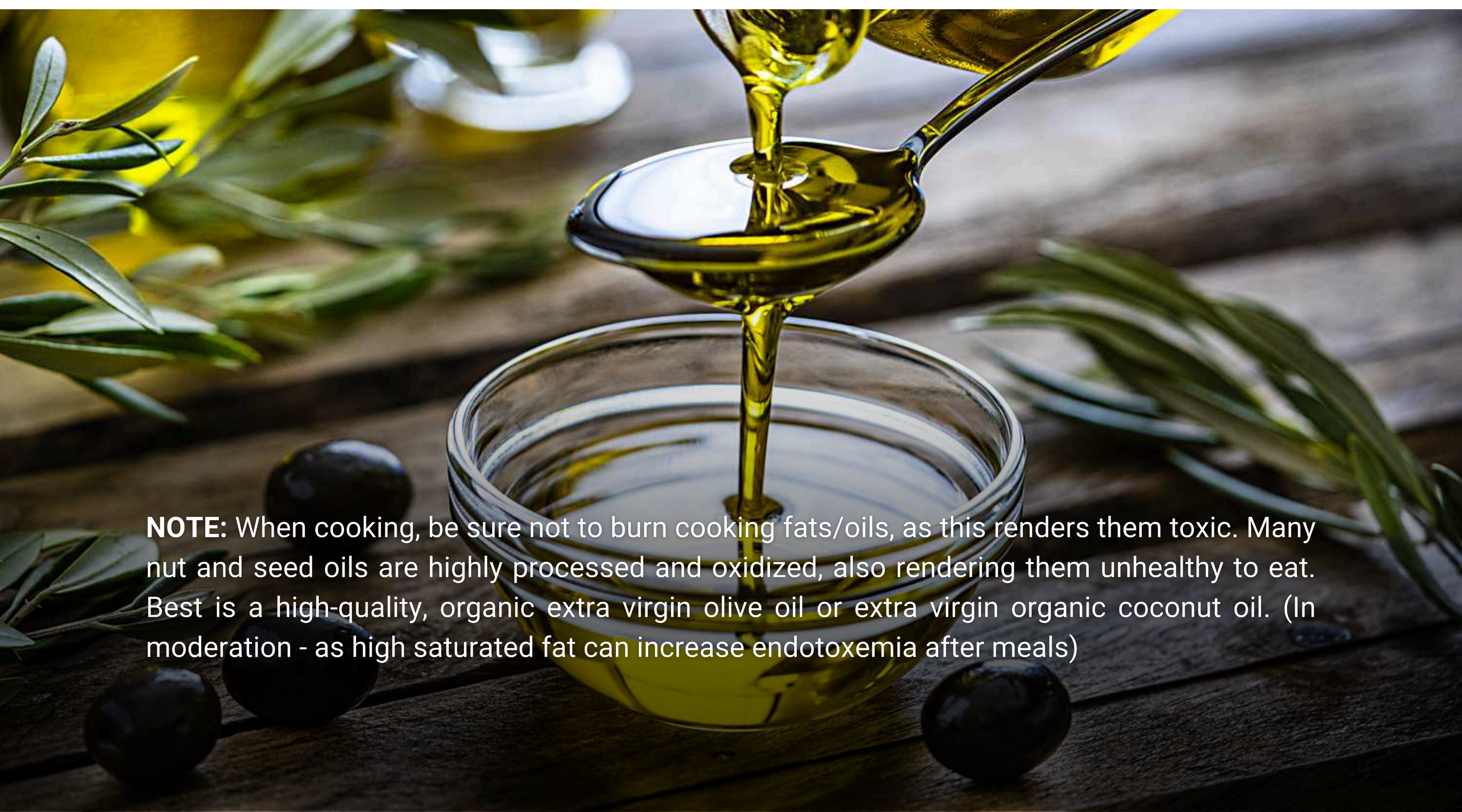
- Kimchi, sauerkraut, kombucha, miso, tempeh, natta, injera
- If you consume animal foods, kefir and yogurt are fermented options

Fats & Oils

Focus on fats found in nuts, seeds, avocados, and olive oil - as these have wide-ranging health benefits with no negative impact on the gut, microbiome, or endotoxemia levels.

If you do consume animal foods - wild-caught fatty fish, such as salmon, anchovies, sardines, and mackerel are also a good source of healthy fats.

In regards to Omega-3 EFA's - EPA is more relevant/beneficial for the health and immune balance of your gut than DHA.



NOTE: When cooking, be sure not to burn cooking fats/oils, as this renders them toxic. Many nut and seed oils are highly processed and oxidized, also rendering them unhealthy to eat. Best is a high-quality, organic extra virgin olive oil or extra virgin organic coconut oil. (In moderation - as high saturated fat can increase endotoxemia after meals)

Advanced Optimization – Functional Foods

Foods rich in beta-glucans, fiber, prebiotics, and polyphenols are powerful functional foods that go beyond basic nutrition. They support gut health, improve blood sugar control, lower LDL cholesterol, and reduce inflammation, making them essential for overall well-being. Regularly incorporating these foods can enhance digestion, immune function, and metabolic health.

Fiber

If you're dealing with constipation, high blood sugar, cholesterol issues, or digestive discomfort, a lack of fiber might be the cause. Fiber is crucial for a balanced gut microbiome, metabolism, and immune system.

PRACTICAL FIBER TIPS:

- Women should aim for a minimum of 25g and men 35g of fiber daily - with optimal being as high as 50g.
- Gradually increase fiber intake, diversify sources (e.g., oats, legumes, vegetables), and stay hydrated for better digestion.
- Focus on low-FODMAP options like oats, quinoa, and zucchini, or include regular sources like apples, beans, and garlic for gut health.

Make fiber a priority for a healthier gut and overall well-being. Even small increases in fiber can lead to significant improvements in digestion and health.



TOP 15 Sources of Soluble Fiber

(PER 100G, COOKED WHERE APPLICABLE)

- 1. **PSYLLIUM HUSK**
(Supplement) – 10-12g
- 2. **OAT BRAN**
(Cooked) – 3.6g
- 3. **BARLEY**
(Cooked) – 3.8g
- 4. **BLACK BEANS**
(Cooked) – 2.9g
- 5. **LENTILS**
(Cooked) – 2.5g
- 6. **CHICKPEAS**
(Cooked) – 2.0g
- 7. **BRUSSELS SPROUTS**
(Cooked) – 2.6g
- 8. **SWEET POTATOES**
(Cooked, with Skin) – 2.5g
- 9. **CARROTS**
(Cooked) – 2.0g
- 10. **Apples**
(Raw, with Skin) – 1.7g
- 11. **OATMEAL**
(Cooked) – 1.7g
- 12. **ORANGES**
(Raw) – 1.6g
- 13. **BROCCOLI**
(Cooked) – 1.3g
- 14. **FLAXSEEDS**
(Ground) – 1.2g
- 15. **PEAS**
(Cooked) – 1.1g

TOP 15 Sources of Insoluble Fiber

(PER 100G, COOKED WHERE APPLICABLE)

- 1. **WHEAT BRAN**
(uncooked, often added to foods) - 43g
- 2. **WHOLE WHEAT FLOUR**
(Cooked in Bread) – 11g
- 3. **ALMONDS**
(Raw) – 10g
- 4. **POPCORN**
(Air-Popped) – 9g
- 5. **LENTILS**
(Cooked) – 7.8g
- 6. **OATMEAL**
(Cooked) – 6.0g
- 7. **BLACK BEANS**
(Cooked) – 5.3g
- 8. **CHICKPEAS**
(Cooked) – 4.2g
- 9. **KALE**
(Cooked) – 3.6g
- 10. **BROCCOLI**
(Cooked) – 3.3g
- 11. **RASPBERRIES**
(Raw) – 2.8g
- 12. **SWEET POTATOES**
(Cooked, with Skin) – 2.7g
- 13. **CARROTS**
(Cooked) – 2.5g
- 14. **PEAS**
(Cooked) – 2.5g
- 15. **BROWN RICE**
(Cooked) – 2.3g

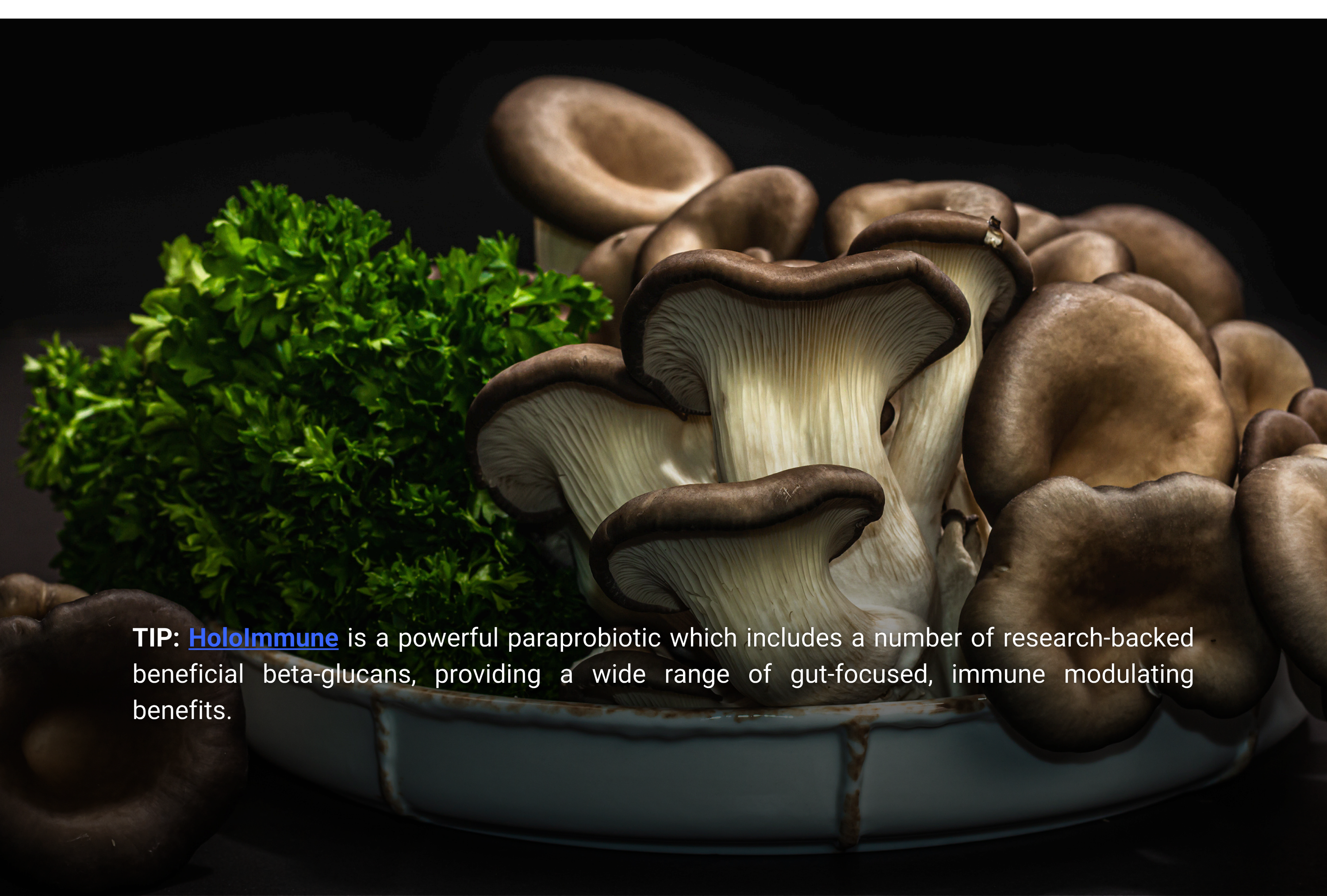
Beta Glucans

Beta-glucans are functional fibers that play a vital role in supporting immune health, gut function, and metabolic well-being. Found in certain grains, mushrooms, and seaweed, they act as prebiotics, fueling beneficial gut bacteria and promoting the production of short-chain fatty acids (SCFAs) like butyrate, which reduces inflammation and supports a healthy gut lining. Additionally, beta-glucans improve digestion, help regulate blood sugar levels, and lower LDL cholesterol.

PRACTICAL BETA-GLUCAN TIPS:

- Oat Bran: Use in smoothies, baked goods, or as a cereal topping.
- Barley: Add to soups, salads, or as a side dish.
- Mushrooms (e.g., Shiitake, Maitake): Sauté, roast, or include in soups for an immune boost.
- Seaweed (e.g., Nori, Wakame): Snack on roasted nori or incorporate into soups and salads.

Incorporate beta-glucans into your daily diet to improve digestion, regulate blood sugar, and support a balanced immune system, making them a powerful tool for overall health.

A close-up photograph of a white ceramic bowl filled with fresh mushrooms and green herbs. The mushrooms include several large, light-colored oyster mushrooms with dark brown gills and stems, and many smaller, dark brown shiitake mushrooms. A pile of finely chopped green herbs, likely parsley, is on the left side of the bowl. The background is dark, making the ingredients stand out.

TIP: [HololImmune](#) is a powerful paraprobiotic which includes a number of research-backed beneficial beta-glucans, providing a wide range of gut-focused, immune modulating benefits.

Polyphenols

Polyphenols are powerful plant compounds with antioxidant and anti-inflammatory effects. They reduce the risk of chronic diseases like heart disease, cancer, and neurodegenerative disorders by combating oxidative stress. Polyphenols also support gut health by promoting/feeding beneficial microbes.

Tips for Maximizing Polyphenol Benefits:

- **STORAGE:** Protect foods like berries and nuts from excessive light and heat to preserve polyphenol content.
- **PAIR WITH HEALTHY A FACTS:** Combine polyphenol-rich foods with fats like olive oil to enhance absorption.
- **PROCESSING IMPACT:** Avoid overcooking or refining polyphenol-rich foods, as processing can reduce their levels.

Highest Polyphenol Content (PER 100G)

CLOVES – 15,188 mg

DRIED PEPPERMINT
11,960 MG

STAR ANISE – 5,460 mg

COCOA POWDER
(Unsweetened) – 3,448 mg

DARK CHOCOLATE
(70-85% Cocoa) – 1,664 mg

BLACK ELDERBERRIES
1,359 mg

FLAXSEEDS – 1,528 mg

BLACK OLIVES – 1,161 mg

HAZELNUTS – 495 mg

PECANS – 493 mg

BLUEBERRIES – 367 mg

RASPBERRIES – 315 mg

STRAWBERIES – 235 mg

ARTICHOKES
(Cooked) – 260 mg

BLACK GRAPES – 169 mg

ONIONS (Red) – 168 mg

POMEGRANATES – 150 mg

GREEN TEA – 115 mg (EGCG content varies)

SPINACH (Raw) – 119 mg

CHESTNUTS – 101 mg

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ALLSPICE

- **Microbiome Connection :** Packed with antioxidants that combat oxidative stress, indirectly supporting a balanced gut environment.
- **Uses:** Add to stews, curries, or pies.
- **Interesting Fact :** Ranks second only to clove in antioxidant potency.

BLACK CUMIN

- **Microbiome Connection :** Contains thymoquinone, which has anti-inflammatory and immune-boosting properties.
- **Uses:** Sprinkle on roasted vegetables, salads, or soups.
- **Interesting Fact :** Shown to regulate blood sugar and cholesterol levels.

CAROM SEEDS (AJWAIN)

- **Microbiome Connection :** Known for antibacterial properties that reduce harmful gut bacteria and support digestion.
- **Uses:** Temper in oil for curries or add to flatbreads.
- **Interesting Fact :** Commonly used for bloating and indigestion remedies.

CARDAMOM

- **Microbiome Connection :** Soothes the digestive tract and helps maintain microbial balance.
- **Uses:** Add to chai, desserts, or rice dishes.
- **Interesting Fact :** Used in Ayurveda to stimulate digestion.

CINNAMON

- **Microbiome Connection :** Helps regulate blood sugar, reducing insulin spikes that can disrupt the microbiome.
- **Uses:** Sprinkle on oatmeal, coffee, or use in baking.
- **Interesting Fact :** Has antimicrobial properties that help control harmful bacteria.

CLOVES

- **Microbiome Connection :** Rich in eugenol, with antimicrobial and anti-inflammatory properties to support gut health.
- **Uses:** Add a pinch to curries, chai, or desserts.
- **Interesting Fact :** Highest antioxidant capacity among spices.

CORIANDER SEEDS

- **Microbiome Connection :** Supports digestive enzymes and helps maintain a healthy balance of gut bacteria.
- **Uses :** Use in spice mixes or pickles.
- **Interesting Fact :** Staple in detoxifying and soothing the digestive system.

FENNEL SEEDS

- **Microbiome Connection :** Promotes the growth of beneficial gut bacteria and reduces bloating.
- **Uses:** add to beans and lentils while cooking to decrease flatulence
- **Interesting Fact:** dehydrate and powder for easy use

FENUGREEK

- **Microbiome Connection :** Rich in prebiotic fibers that feed beneficial bacteria and reduce gut inflammation.
- **Uses:** Incorporate into curries, soups, or sauces.
- **Interesting Fact:** Has been shown to improve blood sugar control and reduce HbA1c levels.

MUSTARD SEEDS

- **Microbiome Connection :** Stimulates digestive enzymes and possesses antimicrobial properties.
- **Uses:** Add to pickles, temper in oil for curries, or use in dressings.
- **Interesting Fact:** Common ingredient in fermentation, boosting probiotics.

NUTMEG

- **Microbiome Connection :** Contains compounds with antimicrobial effects that may help balance gut bacteria.
- **Uses:** Grate into desserts, soups, or spice blends.
- **Interesting Fact:** Often used in small amounts due to its strong flavor.

SAFFRON

- **Microbiome Connection :** Reduces gut inflammation and supports the gut-brain axis.
- **Uses:** Soak strands in water before adding to rice or desserts.
- **Interesting Fact:** As effective as some antidepressants for mild depression.

BAY LEAVES

- **Microbiome Connection :** Antimicrobial and anti-inflammatory properties; traditionally used in soups and stews..
- **Uses:** Add whole leaves to soups, stews, or rice dishes..
- **Recommended Amount :** 1-2 leaves per dish (remove before serving).

CURRY LEAVES

- **Microbiome Connection :** Rich in antioxidants; supports blood sugar regulation and microbial balance.
- **Uses:** Fry in oil for curries or add to stews..
- **Recommended Amount :** 6-8 fresh leaves per curry or stew.

MORINGA LEAVES

- **Microbiome Connection :** Prebiotic properties; promotes beneficial gut bacteria.
- **Uses:** Add fresh leaves to salads, soups, or smoothies.
- **Recommended Amount:** 1/4 cup fresh or 1 teaspoon dried powder per serving..

CUBAN OREGANO

- **Microbiome Connection :** Antibacterial and antifungal; aids in digestion.
- **Uses:** Use fresh leaves in soups, sauces, or herbal teas.
- **Recommended Amount:** 1-2 teaspoons fresh, finely chopped, or 1/2 teaspoon dried.

PARSLEY

- **Microbiome Connection :** High in chlorophyll; reduces oxidative stress in the gut.
- **Uses:** Chop and use as a garnish for salads or soups.
- **Recommended Amount:** 1-2 tablespoons fresh, chopped, or 1 teaspoon dried.

CILANTRO

- **Microbiome Connection :** Antibacterial effects and heavy metal detoxification.
- **Uses:** Use fresh in salads, sauces, or pestos.
- **Recommended Amount:** 2-3 tablespoons fresh leaves as a garnish or in recipes.

DILL

- **Microbiome Connection :** Improves digestion and reduces bloating; supports gut health.
- **Uses :** Add fresh to pickles, salads, or soups.
- **Recommended Amount:** 1-2 teaspoons fresh, chopped, or 1/2 teaspoon dried.

EPAZOTE

- **Microbiome Connection :** Reduces gas; antimicrobial against intestinal pathogens.
- **Uses:** Add to beans while cooking to reduce gas.
- **Recommended Amount:** 1-2 fresh sprigs per pot of beans; use sparingly as it has a strong flavor.

ROSEMARY

- **Microbiome Connection :** Antioxidant-rich; improves gut microbial diversity.
- **Uses:** Add to roasted vegetables, meats, or stews.
- **Recommended Amount:** 1 teaspoon fresh, chopped, or 1/2 teaspoon dried.

"Herbs are the friends of the physician and the pride of cooks."
— Charlemagne

Breakfast Recipes



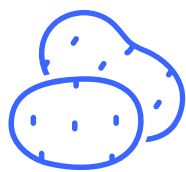
HIGH-FIBER CHIA PUDDING WITH BERRIES

Ingredients (Serves 2): 4 tbsp chia seeds, 1 cup unsweetened almond milk, 1 tsp vanilla extract, 1 tbsp ground flaxseeds, 1/2 cup mixed fresh berries (blueberries, raspberries), 1 tsp maple syrup (optional).

Instructions:

- Combine chia seeds, almond milk, vanilla extract, and ground flaxseeds in a bowl. Stir well.
- Let the mixture sit for 5 minutes, then stir again to prevent clumping.
- Cover and refrigerate overnight.
- Top with fresh berries and a drizzle of maple syrup before serving.

Fiber Content: ~10g per serving



SAVORY SWEET POTATO HASH

Ingredients (Serves 2): 1 medium sweet potato, diced (with skin), 1/2 cup diced zucchini, 1/2 cup chopped red bell pepper, 1/4 cup chopped onion, 1 tbsp extra virgin olive oil, 1/4 tsp smoked paprika, Salt and pepper to taste.

Instructions:

- Heat olive oil in a skillet over medium heat.
- Add sweet potatoes and cook for 8-10 minutes, stirring occasionally.
- Add zucchini, bell pepper, and onion. Cook for another 5-7 minutes until vegetables are tender.
- Season with smoked paprika, salt, and pepper. Serve warm.

Fiber Content: ~7g per serving



OATMEAL WITH APPLES AND CINNAMON

Ingredients (Serves 1): 1/2 cup rolled oats, 1 cup water or unsweetened almond milk, 1/2 medium apple, diced (with skin), 1/tsp cinnamon, 1 tsp ground flaxseeds, 1 tsp chopped walnuts.

Instructions:

- Cook oats with water or almond milk in a small saucepan over medium heat for 5 minutes.
- Stir in diced apple and cinnamon. Cook for 2 more minutes.
- Top with ground flaxseeds and walnuts before serving.

Fiber Content: ~8g per serving



BANANA AND ALMOND BUTTER SMOOTHIE

Ingredients (Serves 1): 1 medium banana, 1 tbsp almond butter, 1 cup unsweetened almond milk, 1 tsp ground flaxseeds, 1/2 tsp cinnamon.

Instructions:

- Blend all ingredients until smooth.
- Pour into a glass and enjoy immediately.

Fiber Content: ~5g per serving



VEGGIE-STUFFED BREAKFAST WRAP

Ingredients (Serves 2): 1 large whole-grain or gluten-free tortilla, 1/2 cup cooked lentils, 1/4 cup shredded carrots, 1/4 cup chopped spinach, 2 tbsp hummus, 1 tbsp tahini (optional)

Instructions:

- Spread hummus over the tortilla.
- Add lentils, carrots, and spinach evenly.
- Drizzle with tahini, if using.
- Roll the tortilla tightly and slice in half to serve.

Fiber Content: ~10g per serving

Lunch/Dinner Recipes



LENTIL AND FARRO SALAD

Ingredients (Serves 2): 1/2 cup cooked lentils, 1/2 cup cooked farro, 1/4 cup diced cucumbers, 1/4 cup cherry tomatoes, halved, 2 tbsp extra virgin olive oil, 1 tbsp lemon juice, 1 tsp Dijon mustard, Salt and pepper to taste

Instructions:

- In a large bowl, mix lentils, farro, cucumbers, and tomatoes.
- In a small bowl, whisk olive oil, lemon juice, Dijon mustard, salt, and pepper.
- Pour the dressing over the salad and toss to combine.

Fiber Content: ~12g per serving



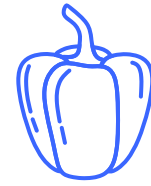
QUINOA AND VEGGIE STIR-FRY

Ingredients (Serves 2): 1 cup cooked quinoa, 1/2 cup diced zucchini, 1/2 cup chopped broccoli, 1/4 cup shredded carrots, 2 tbsp tamari or low-sodium soy sauce, 1 tbsp sesame oil, 1 tsp grated ginger

Instructions:

- Heat sesame oil in a skillet over medium heat.
- Add zucchini, broccoli, and carrots. Cook for 5-7 minutes.
- Stir in quinoa, tamari, and ginger. Cook for 2 more minutes.

Fiber Content: ~8g per serving



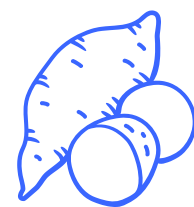
STUFFED BELL PEPPERS

Ingredients (Serves 4): 4 large bell peppers, tops removed and seeds cleaned, 1 cup cooked black beans, 1/2 cup cooked rice, 1/2 cup diced tomatoes, 1/4 cup chopped onions, 2 tbsp tomato paste, 1 tsp smoked paprika

Instructions:

- Preheat oven to 375°F (190°C).
- Mix beans, rice, tomatoes, onions, tomato paste, and smoked paprika.
- Fill peppers with the mixture and bake for 30 minutes.

Fiber Content: ~10g per serving



SWEET POTATO AND BLACK BEAN BOWL

Ingredients (Serves 2): 1 medium sweet potato, roasted and diced, 1 cup cooked black beans, 1/2 avocado, sliced, 2 tbsp tahini, 1 tbsp lime juice

Instructions:

- Arrange sweet potato, black beans, and avocado in a bowl.
- Drizzle with tahini and lime juice.

Fiber Content: ~14g per serving



MUSHROOM AND BARLEY SOUP

Ingredients (Serves 4): 1 cup cooked barley, 2 cups chopped mushrooms (e.g., shiitake, maitake), 4 cups vegetable broth, 1/2 cup diced onions, 1 tsp thyme

Instructions:

- Sauté onions and mushrooms in a pot over medium heat for 5 minutes.
- Add broth, barley, and thyme. Simmer for 15 minutes.

Fiber Content: ~6g per serving

Lunch/Dinner Recipes



BROCCOLI AND CHICKPEA CURRY

Ingredients (Serves 2): 1 cup cooked chickpeas, 1 cup chopped broccoli, 1/2 cup coconut milk, 2 tbsp curry paste

Instructions:

- Sauté broccoli in a skillet for 5 minutes.
- Stir in chickpeas, coconut milk, and curry paste. Simmer for 10 minutes.

Fiber Content: ~9g per serving



CAULIFLOWER RICE STIR-FRY

Ingredients (Serves 2): 2 cups cauliflower rice, 1/2 cup diced bell peppers, 1/4 cup green peas, 1 tbsp tamari

Instructions:

- Stir-fry all ingredients in a skillet over medium heat for 7 minutes.

Fiber Content: ~5g per serving



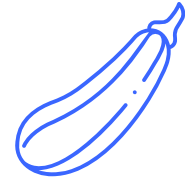
KALE AND WHITE BEAN STEW

Ingredients (Serves 4): 2 cups chopped kale, 1 cup cooked white beans, 4 cups vegetable broth, 1/2 cup diced tomatoes

Instructions:

- Simmer all ingredients in a pot for 15 minutes.

Fiber Content: ~7g per serving



ZUCCHINI NOODLES WITH TOMATO SAUCE

Ingredients (Serves 2): 2 medium zucchinis, spiralized, 1 cup tomato sauce, 1/4 cup chopped basil

Instructions:

- Sauté zucchini noodles for 3-5 minutes.
- Top with tomato sauce and basil.

Fiber Content: ~5g per serving



FARRO AND ROASTED VEGGIE BOWL

Ingredients (Serves 2): 1/2 cup cooked farro, 1 cup roasted vegetables (e.g., carrots, Brussels sprouts), 1 tbsp balsamic vinegar

Instructions:

- Combine farro and roasted vegetables.
- Drizzle with balsamic vinegar before serving.

Fiber Content: ~10g per serving

Snacks



SPICED ROASTED PUMPKIN SEEDS

Ingredients (Serves 4): 1 cup raw pumpkin seeds, 1 tsp olive oil, 1/2 tsp smoked paprika, 1/4 tsp garlic powder, Salt to taste

Instructions:

- Preheat oven to 350°F (175°C).
- Toss pumpkin seeds with olive oil, smoked paprika, garlic powder, and salt.
- Spread seeds on a baking sheet and roast for 10-12 minutes, stirring halfway.

Fiber Content: ~5g per serving



VEGGIE CHIPS TRIO

Ingredients (Serves 2): 1 small zucchini, thinly sliced, 1 small beet, thinly sliced, 1 small sweet potato, thinly sliced, 1 tbsp olive oil, 1/4 tsp sea salt

Instructions:

- Preheat oven to 375°F (190°C).
- Toss sliced vegetables with olive oil and salt.
- Spread on a baking sheet in a single layer and bake for 20-25 minutes, flipping halfway.

Fiber Content: ~4g per serving



ROASTED CHICKPEAS WITH LEMON ZEST

Ingredients (Serves 4): 1 cup cooked chickpeas, 1 tbsp olive oil, 1 tsp lemon zest, 1/4 tsp black pepper, Salt to taste

Instructions:

- Preheat oven to 400°F (200°C).
- Toss chickpeas with olive oil, lemon zest, pepper, and salt.
- Spread chickpeas on a baking sheet and roast for 20 minutes, stirring occasionally.

Fiber Content: ~6g per serving



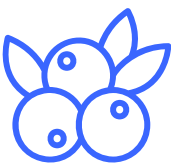
GREEN PEA GUACAMOLE WITH VEGGIE STICKS

Ingredients (Serves 2): 1/2 cup cooked green peas, 1/2 avocado, 1 tsp lime juice, 1/4 tsp cumin, Assorted veggie sticks (carrots, celery, bell peppers)

Instructions:

- Mash peas and avocado together in a bowl.
- Stir in lime juice and cumin.
- Serve with veggie sticks for dipping.

Fiber Content: ~6g per serving



BERRY AND NUT ENERGY BITES

Ingredients (Makes 10 bites): 1/2 cup rolled oats, 1/4 cup almond butter, 1/4 cup dried blueberries, 1 tbsp chia seeds, 1 tbsp honey

Instructions:

- Mix all ingredients in a bowl until well combined.
- Roll into 10 small balls.
- Chill in the fridge for at least 30 minutes before serving.

Fiber Content: ~3g per bite

Easy Recipes for Kids



MINI CHICKPEA PATTIES

Ingredients (Makes 8 small patties):

1 cup cooked chickpeas, 1/4 cup grated carrots, 1 tbsp ground flaxseeds, 1 tbsp olive oil,, 1/4 tsp garlic powder, 1/4 tsp smoked paprika, Salt to taste

Instructions:

- Preheat oven to 375°F (190°C).
- Mash chickpeas in a bowl until smooth.
- Mix in grated carrots, ground flaxseeds, garlic powder, smoked paprika, and salt.
- Form the mixture into 8 small patties.
- Place patties on a baking sheet lined with parchment paper and bake for 15-18 minutes, flipping halfway.

Fiber Content: ~6g per serving
(2 patties)



BANANA OAT COOKIES

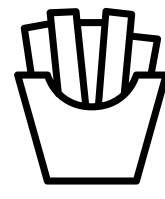
Ingredients (Makes 8 cookies):

2 ripe bananas, mashed, 1 cup rolled oats, 1 tbsp almond butter (optional), 1/4 tsp cinnamon

Instructions:

- Preheat oven to 350°F (175°C).
- Mix mashed bananas, rolled oats, almond butter, and cinnamon in a bowl.
- Scoop small amounts onto a baking sheet lined with parchment paper to form 8 cookies.
- Bake for 12-15 minutes until golden brown.

Fiber Content: ~3g per cookie



SWEET POTATO FRIES

Ingredients (Serves 2):

1 medium sweet potato, sliced into sticks, 1 tbsp olive oil, 1/4 tsp smoked paprika, 1/4 tsp garlic powder, Salt to taste

Instructions:

- Preheat oven to 400°F (200°C).
- Toss sweet potato sticks with olive oil, smoked paprika, garlic powder, and salt.
- Arrange on a baking sheet in a single layer.
- Bake for 25 minutes, flipping halfway, until golden and crispy.

Fiber Content: ~4g per serving



VEGGIE WRAPS

Ingredients (Serves 2):

2 small whole-grain or gluten-free tortillas, 1/2 cup hummus, 1/2 cup shredded carrots, 1/2 cup chopped spinach

Instructions:

- Spread hummus evenly over each tortilla.
- Sprinkle shredded carrots and chopped spinach on top.
- Roll the tortillas tightly and slice into smaller portions for easy handling.

Fiber Content: ~6g per serving



FRUIT SKEWERS

Ingredients (Makes 4 skewers):

1/2 cup mixed berries (blueberries, strawberries), 1 apple, diced, 1/2 cup cantaloupe or honeydew melon, cubed

Instructions:

- Alternate pieces of berries, apple, and melon on wooden skewers.
- Serve immediately or store in the fridge until ready to eat.

Fiber Content: ~3g per skewer