

Your guide to a healthy & happy gut

THE GUT BLISS EBOOK

by Jenny Bolle & Dr. Gunhild Melleby

A close-up photograph of a bowl of vibrant green soup, likely a vegetable or herb-based soup. The soup is garnished with fresh basil leaves, a drizzle of olive oil, and a sprinkle of dark, flaky toppings. The bowl is white and sits on a woven, light-colored placemat. The background is softly blurred, showing another similar bowl.

TABLE OF CONTENTS

03

Why is gut health important?

Let's get the facts straight!

04

Start your day off right

A quick introduction, get your gut moving!

06

Breakfast

Breakfast for a healthy gut microbiome

14

Lunch

Feed those good bugs living inside you!

20

Dinner

Eat More Plants, our best dinner recipes!

28

Bonus

Some bonus recipes, because you deserve it!



Gut Bliss Guide!

So what is all this gut health fuzz about? Let's get into it!

The Gut Bliss Guide was made with the intention for you to be more considerate about how you treat your gut, and what you eat to feed those good bugs living inside you.

We know that when our gut is healthy, our overall health becomes better. We become more resilient against disease, both typical lifestyle diseases, autoimmune diseases, and also against infections. We want to be sure to have many different sources of fibers and polyphenols that feed the good bugs in the gut, securing a healthy environment. When the bacteria in our gut eat fiber and polyphenols, they produce other health promoting chemicals for us!

Polyphenols are plant-chemicals (Phytochemicals) that give colour to the plants. They do wonders to our bodies, both feeding good bacteria, but also increase the body's antioxidant mechanisms, improves our metabolism, and so much more. Our microbiota (gut bacteria) help our immune system to keep us healthy. But most of all: a healthy microbiota will make you thrive and feel good. It improves your mental health and wellbeing. It also makes your skin glow! Why wait? Let's get started!

Dr. Gunhild Melleby



HOW TO START YOUR DAY

LET'S START THE DAY OFF RIGHT!

1 **Movement - Get your system going!**

We like to start the day with some kind of movement. This not only sets a positive tone in numerous ways, but movement is also essential for our gut health. Why not kick off each day this week with a short walk?. Just 10 to 20 minutes in your neighborhood will do wonders. Instead of walking, you can also do some movement at home. Light yoga, stretches, some push ups or other activities you find easy and enjoyable to do. Activities such as running, weightlifting, dancing, and other forms of movement are also fantastic for your gut and overall health. Sounds like a good plan?.

2 **Hydration is crucial!**

Water is really essential for your digestion. Many people struggle with constipation. And some actually have constipation without knowing it. For your bowels to move, or more specifically, for your stool to move down your bowels, you need to flush it with water first. It's like a water slide: if it's dry, it is almost impossible to slide down. The same goes for your stool :) Start every day this week (and for the rest of your life) with a big glass of water. Or even better, add some lemon in it. A tbsp of chia seeds can also be added for a good source of water soluble fiber that gets your bowels moving. Try it out for yourself, it does wonders!



LETS GET STARTED

3 Mindful eating - for proper digestion

This week we want you to be more aware of what kind of state you are in when you sit down for a meal. Are you rushing out for lunch, or having your lunch at your work desk? Either way, see if you can slow down just before you eat. If you already are mindful of how you eat, that is great! But so many of us have a busy schedule, and when it is time for a meal, we are still in that stressed mode. As you probably understand, this is not the best for our digestion. For our gut to be able to digest the food properly, we need to switch our nervous system into “**rest and digest mode**”. You can do this by taking some deep breaths and focus on a longer exhale. This is a great way to lower your stress levels, and improve digestion. Do 2-3 of these slow, and deep breaths before you eat. Put down your phone, sit at the table with no distractions and focus on the food. Chew it well, pay attention to all the different flavours. Doing this let's your system know that food is coming. Digestion starts in your mouth!

4 30 different plants a week

You might have heard about the recommended 30 different plants a week. This is a better way to track the healthiness of your meals rather than counting calories. By eating many different plants, you ensure different types of fiber and plant-chemicals like polyphenols for your gut microbes to thrive. A variety of plants in your diet will give you a bigger diversity of microbes in your gut, keeping you healthy!

This is how you count: 1 point for every handful of vegetables, fruits, berries or legumes (beans, chickpeas, lentils). Different colours, also gives more points, for instance: green + red pepper gives 2 points. 1 point for a tablespoon of nuts or a teaspoon of seeds. You can also count spices: giving 1/4 point for different spices like oregano, rosemary, turmeric or other spices. These also contain those healthy polyphenols.

You don't have to count every week, but check out how you are doing in the course of a week, adjust if needed, and take a count now and then. Good luck, and have fun with your counting! If you can manage 30, maybe go for 40?.

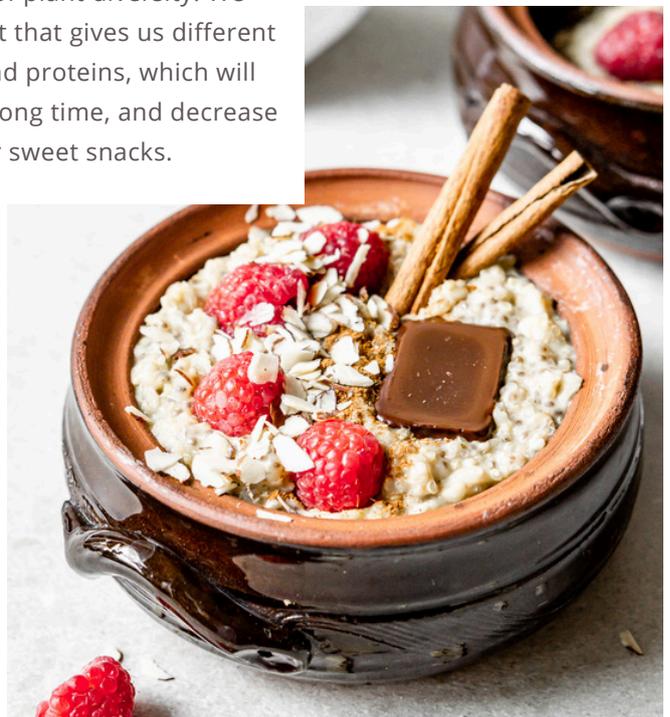
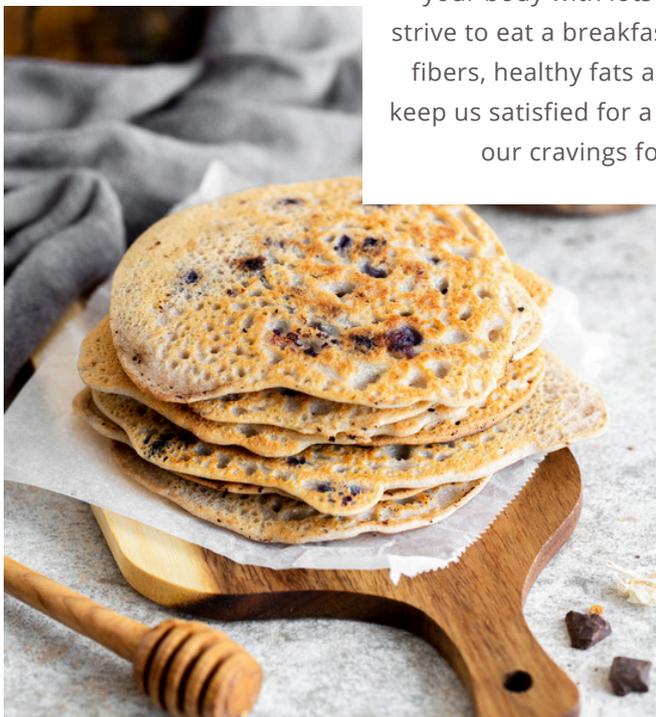
Dr. Gunhild - Good luck and enjoy!





BREAKFAST

Breakfast is a great opportunity to nourish your body with lots of plant diversity. We strive to eat a breakfast that gives us different fibers, healthy fats and proteins, which will keep us satisfied for a long time, and decrease our cravings for sweet snacks.



When to eat breakfast?



So, the first meal of the day is breakfast, even if it is at noon, it's when you break your fast from the day before. We recommend that you give your gut a rest for approximately 12 to 14 hours between the last meal of the day, and the first meal in the morning. It is also nice to wait for at least 1-2 hours after you wake up until your first bite, no matter when you ate last night. Our gut is not as prepared for digestion the last three hours of the day, and the first 1-2 hours after you wake up. So, just by applying this simple rule, you will get your minimum of daily fast. Below you will find our favourite gut friendly recipes to kick start the day!

PIÑA COLADA CHIA PUDDING

TIPS: The fibre content in this chia pudding acts as a prebiotic, nourishing the good bacteria in your gut and promoting a healthy gut microbiome.



PREP: 5 MINS

SOAKING: 15 MINS

SERVES: 2

INGREDIENTS

Pudding:

- 6 tbsp chia seeds
- 1 cup (240 ml) plant milk
- 0.25 cup (60 ml) coconut milk
- 1 tbsp shredded coconut
- 1 tsp vanilla extract

Topping:

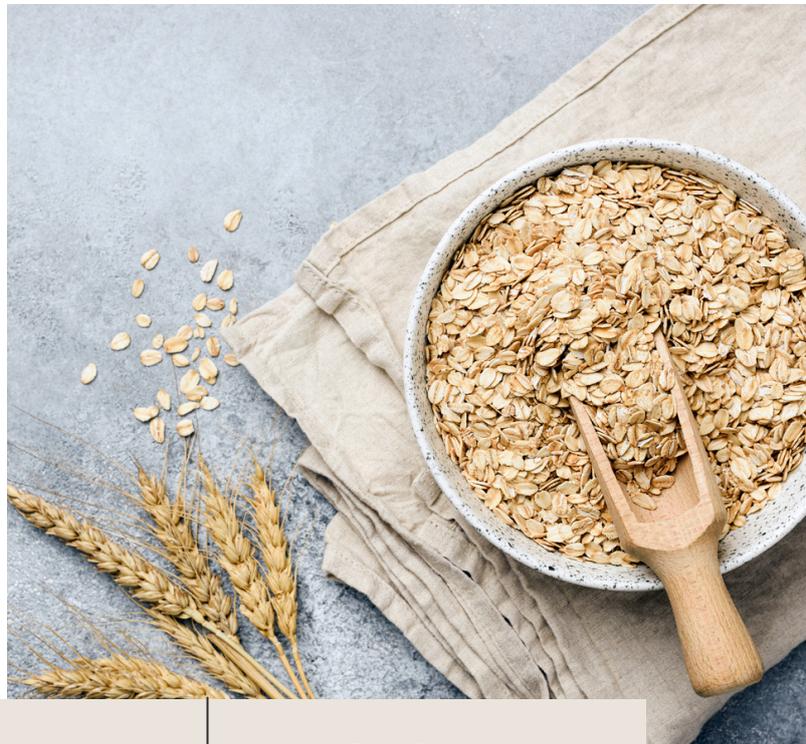
- 1 cup (240 ml) fresh pineapple
- 0.25 (60 ml) cup water
- 1 cup (240 ml) blueberries (fresh or frozen)
- 1 tsp Lemon zest

INSTRUCTIONS

- 1 Start by mixing all the ingredients listed under pudding in a bowl. Mix well and let sit for at least 15 minutes or overnight. This is perfect to make the night before.
- 2 Blend the pineapple and water until smooth.
- 3 Divide the chia pudding in two serving sized bowls and top with the blended pineapple mixture, lemon zest and blueberries. Enjoy!

FAVORITE OATMEAL

TIPS: A great way to sneak vegetables into your breakfast, shred it and mix it into your porridge. In the recipe below we have managed to sneak a whole carrot into your breakfast! Zucchini and cauliflower works as well!



PREP : 5 MINS

COOK : 5 MINS

SERVES: 2

INGREDIENTS

- 1 cup (240 ml) organic rolled oats
- 1 cup (240 ml) plant milk
- 1 cup (240 ml) water
- 2 squares of dark chocolate
- 1 carrot
- 0,5 banana
- 2 tbsp peanut butter
- 1 tsp cinnamon
- 2 tbsp vegan yogurt (or yoghurt of your choice)

INSTRUCTIONS

- 1 Start by mashing the banana.
- 2 Add the oats, plant milk, mashed banana, water, grated carrot and salt to a sauce pan.
- 3 Bring to a boil and let simmer for 10 minutes.
- 4 Divide into bowls and top with cinnamon, chopped dark chocolate, plant-based yoghurt and peanut butter. Enjoy!

CRISP BREAD

TIPS: These crisp breads are packed with fiber and healthy fats. So easy to make and absolutely delicious. You can also use these as crackers, or even as a substitute for potato chips, because they are that good!



PREP : 5 MINS

COOK : 40 MINS

SERVES: 2 TRAYS

INGREDIENTS

- 1 cup (240 ml) pumpkin Seeds
- 0.5 cup (120 ml) sunflower seeds
- 0.5 cup (120 ml) chia Seeds
- 0.5 cup (120 ml) gluten-free oats
- 0.25 cup (60 ml) sesame seeds
- 0.25 cup (60 ml) ground flax seeds
- 2 cups (480 ml) water
- 1 tsp sea salt

INSTRUCTIONS

Note: 1 batch is around 24 crisp breads.

- 1 Preheat the oven to 180C / 356F.
- 2 Line two baking sheet with parchment paper.
- 3 Mix all dry ingredients in one big bowl. Then add the water and mix well.
- 4 Spread out on the two baking sheets. Strive to get it as even as possible. Use a pizza cutter or knife and roughly cut into crisp bread squares.
- 5 Bake for 40-55 mins or until crispy. Keep an eye on them, they easily burn. Let cool for a couple of hours and enjoy!

GREEN SMOOTHIE

TIPS: This green smoothie will boost your intake of fiber, fluids, and essential vitamins and minerals, which can help improve symptoms of constipation or irregular bowel movements.



PREP : 5 MINS

COOK : 0 MINS

SERVES: 1

INGREDIENTS

- 1 cup (240 ml) water
- 1 handful fresh spinach
- 1 cup (240 ml) cucumber
- 1 kiwi
- 1 thumb piece of Ginger
- 0.25 avocado
- 1 tbsp almond butter
- 0.5 cup (120 ml) frozen cauliflower (optional)
- 0.5 lemon

INSTRUCTIONS

- 1 Add all the ingredients to a high speed blender.
- 2 Blend until smooth, adding more water if needed. Enjoy!

TIP: I love freezing this smoothie in ice cube molds and making ice cream by blending the frozen ice cubes, enjoy!

- Jenny



QUINOA OAT PORRIDGE

TIPS: Quinoa contains what are known as prebiotics that feed the “good bacteria” in our gut. Quinoa is also high in fiber and proteins, making it one of the “better” carbs you can consume.



PREP : 5 MINS

COOK : 15 MINS

SERVES: 2

INGREDIENTS

- 80g quinoa
- 40g oats
- 2 tbsp chia seeds
- 2 cups (480 ml) plant milk
- 2 cups (480 ml) water
- 1 banana

Topping:

- 1 cup (240 ml) raspberries
- 40g dark chocolate
- 1 tsp cinnamon
- 2 tbsp chopped almonds

INSTRUCTIONS

- 1 Mash your banana and combine all ingredients in a small sauce pan. Bring to a boil and let simmer for 15-20 minutes. Until the quinoa is soft.
- 2 Add toppings, serve and enjoy your gut friendly breakfast!

BUCKWHEAT PANCAKES

TIPS: Buckwheat contains prebiotic compounds such as resistant starch, which fuel the growth of beneficial bacteria in your gut. Unlike wheat, buckwheat is naturally gluten-free.



PREP : 25 MINS

COOK : 10 MINS

SERVES: 2

INGREDIENTS

Dry ingredients:

- 1 cup (240 ml) buckwheat
- 4 tbsp coconut flour
- 1 tsp baking powder
- 0.5 tsp salt

Wet ingredients:

- 1 cup (240 ml) plant milk
- 0.5 cup (120 ml) dairy free yogurt
- 1 tsp stevia sweetener
- 1 tsp vanilla extract

Topping:

- 1 cup (240 ml) blueberries

INSTRUCTIONS

- 1 Start by grinding your buckwheat. Add the buckwheat to a blender and blend until flour.
- 2 mix the dry ingredients in a bowl, before adding the wet ingredients. Let the batter rest for 20 minutes. It will thicken up a lot.
- 3 Now fry your pancakes 2-3 minutes on each side. Top with blueberries before flipping and enjoy!

CHIA PUDDING 3 WAYS

TIPS: Feel free to use your favorite fruit or berry in this recipe!



PREP : 5 MINS

COOK : 5 MINS

SERVES: 1-2

INGREDIENTS

RASPBERRY PUDDING

- 1 tbsp protein powder
- 1 cup (240 ml) almond milk + more if needed
- 0.5 cup (120 ml) raspberries
- 3 tbsp chia seeds

PINEAPPLE PUDDING

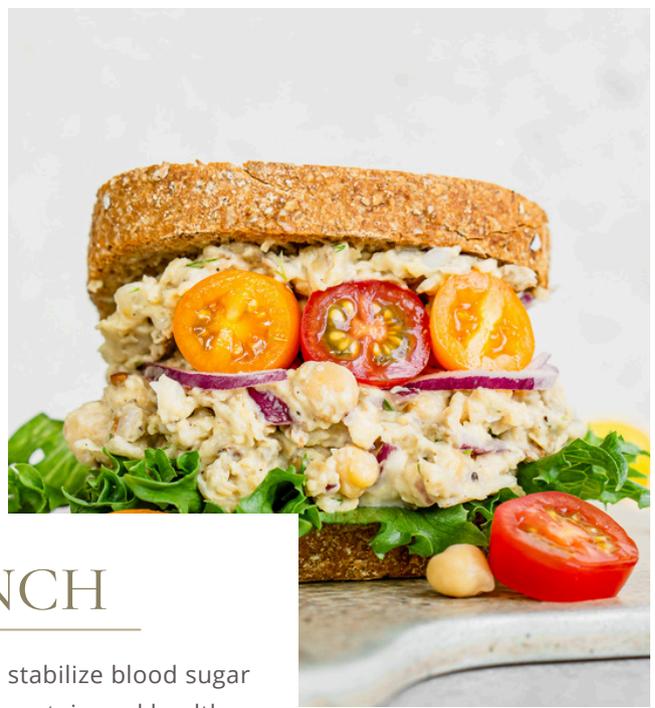
- 1 tbsp protein powder
- 1 cup (240 ml) almond milk + more if needed
- 0.5 cup (120 ml) Pineapple
- 3 tbsp chia seeds

CHOCOLATE PUDDING

- 1 tbsp protein powder
- 2 tbsp Cacao powder
- 1 tsp agave syrup (optional)
- 0.5 cup (120 ml) coffee
- 0.5 cup (120 ml) almond milk + more if needed
- 3 tbsp chia seeds

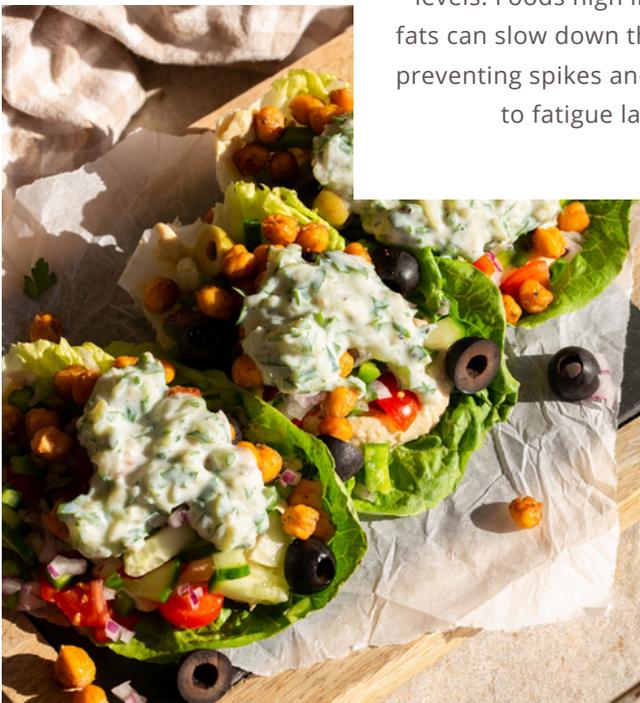
INSTRUCTIONS

- 1 Start by adding all ingredients for the chia pudding except from the chia seeds to a jar and use an immersion blender or regular blender to blend it all together.
- 2 Now add the chia seeds and stir. Let sit until thick, overnight or at least 10-15 minutes. Add toppings of choice and enjoy! Keeps in the fridge for 3-5 days.



LUNCH

A healthy lunch helps stabilize blood sugar levels. Foods high in protein and healthy fats can slow down the absorption of sugar, preventing spikes and crashes that can lead to fatigue later in the day!



It's lunch time!



For lunch we like to include a lot of leafy greens, because they are super nutritious. Good for gut health, but also very good for your blood flow. Keeping your whole body healthy, and lowering your blood pressure. This is due to the production of Nitrogen oxide in the blood after eating leafy greens.

Legumes are also excellent to include in your meals as they help maintain stable blood sugar levels, not just after eating but also through your next meal. This is called "The second meal effect". So eating beans for lunch, makes your blood sugar more stable also after dinner! How cool is that?.



Dr. Gunhild Melleby

CHICKPEA SANDWICH

PREP : 10 MINS

COOK : 0 MINS

SERVES: 2

INGREDIENTS

- 4 slices whole wheat bread
- 1 tomato
- 2 lettuce leaves

Chickpea Filling:

- 140g canned chickpeas
- 2 tbsp sunflower seeds
- 2 tbsp tahini
- 1 tsp dijon mustard
- 4 tbsp red onion
- 2 tbsp fresh dill
- 1 tbsp lemon juice
- 0.5 tsp salt & pepper

INSTRUCTIONS

- 1 Add chickpeas to a mixing bowl and lightly mash with a fork. Then add toasted sunflower seeds, tahini, mustard, red onion, dill, salt and pepper. Mix well. Taste and adjust seasonings as needed.
- 2 Toast bread and prepare your sandwich topping. Slice up tomato and lettuce.
- 3 Scoop a healthy amount of filling onto your piece of bread and top with tomatoes and lettuce. Now top with another slice of bread. Enjoy!



TIP: This chickpea mash is perfect for meal prep, pop it in an air tight container and keep in your fridge for 4-5 days!
- Jenny



CRUNCHY SALAD

PREP : 10 MINS

COOK : 15 MINS

SERVES: 4

INGREDIENTS

- 0.5 cup (120 ml) uncooked quinoa
- 1.5 cup (360 ml) edamame beans
- 1.5 cup (360 ml) finely chopped red cabbage
- 1 carrot, shredded
- 0.5 cup (120 ml) chopped cilantro
- 2 cups (480 ml) finely chopped kale
- 1 cup (240 ml) chopped scallions
- 0.25 cup (60 ml) peanuts

Dressing:

- 3 tbsp peanut butter
- 2 tbsp white wine vinegar
- 2 tbsp agave syrup
- 1 tbsp sesame oil
- 2 tbsp soy sauce
- 1 tbsp minced ginger
- 2 garlic cloves
- 2-4 tbsp water to thin

INSTRUCTIONS

- 1 Cook quinoa according to package instructions.
- 2 Finely chop red cabbage, kale, scallions, cilantro and shred your carrot. Toast your peanuts in a skillet until golden.
- 3 Make the dressing by mincing the garlic and ginger. Now mix all ingredients listed under "dressing" in a bowl.
- 4 Assemble the salad with all ingredients. Top with dressing and enjoy!



TIP

Purple cabbage is a nutrient-rich vegetable linked to a variety of health benefits, including reduced inflammation, a healthier heart, stronger bones and improved gut function.

HUMMUS VEGGIE WRAP

PREP : 5 MINS

COOK : 0 MINS

SERVES: 1

INGREDIENTS

- 1 whole wheat tortilla
- 4 tbsps hummus
- 4 slices cucumber
- 1 handful fresh spinach leaves
- 0.5 tomato
- 0.25 red bell pepper
- 1 tbsp sun-dried tomatoes
- 2 tbsp red onion
- 0.5 avocado
- 2 tbsp fresh sprouts

INSTRUCTIONS

- 1 Spread the hummus on the bottom of the wrap.
- 2 Slice up your veggies and layer cucumber, spinach, tomato, avocado, spouts, bell pepper, sun-dried tomatoes and red onions in the wrap.
- 3 Fold the wrap tightly, as you would a burrito, tucking in all of the veggies with the first roll then rolling firmly to the end.
- 4 Cut in half and enjoy!



TIP: Soggy ingredients equals soggy wraps. Try to keep the ingredients as dry as possible. Using a kitchen cloth to remove excess water!

- Jenny



CRUNCHY SALAD WRAPS

PREP : 10 MINS

COOK : 20 MINS

SERVES: 4

INGREDIENTS

CRUNCHY CHICKPEAS

- 400g canned chickpeas
- 1 tbsp olive oil
- 1 tsp cumin
- 0.5 tsp salt & pepper to taste

TZATZIKI

- 0.5 grated cucumber
- 0.5 cup (120 ml) natural yogurt
- 2 tbsp fresh dill
- 1 tbsp lemon juice
- 1 garlic clove
- 0.5 tsp salt & pepper to taste

ASSEMBLE

- 8 romaine lettuce leaves
- 0.5 cucumber
- 1 cup (240 ml) cherry tomatoes
- 0.5 red onion
- 1 green bell pepper
- 0.5 cup (120 ml) olives
- 8 tbsp hummus

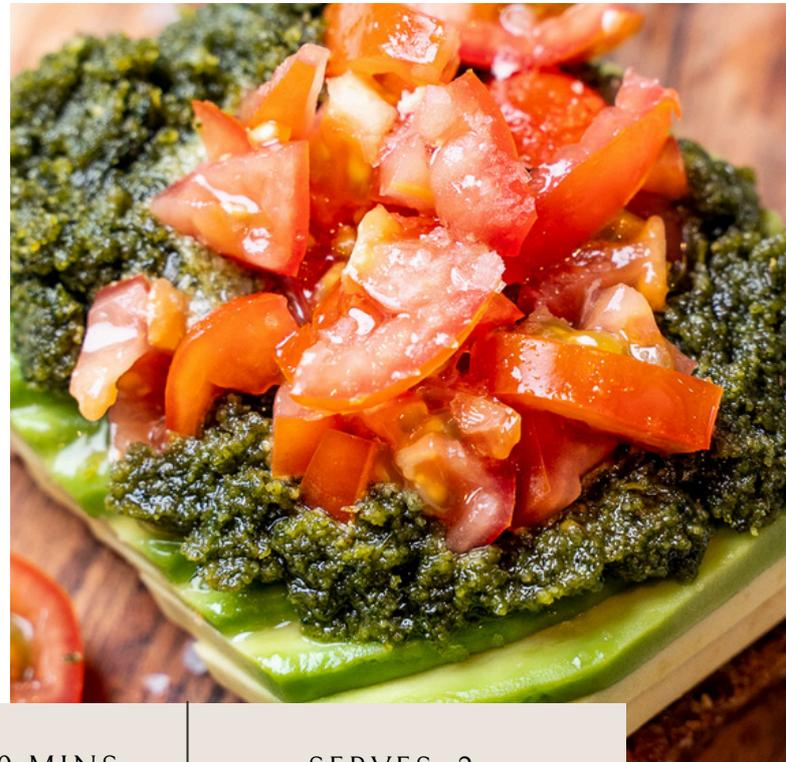
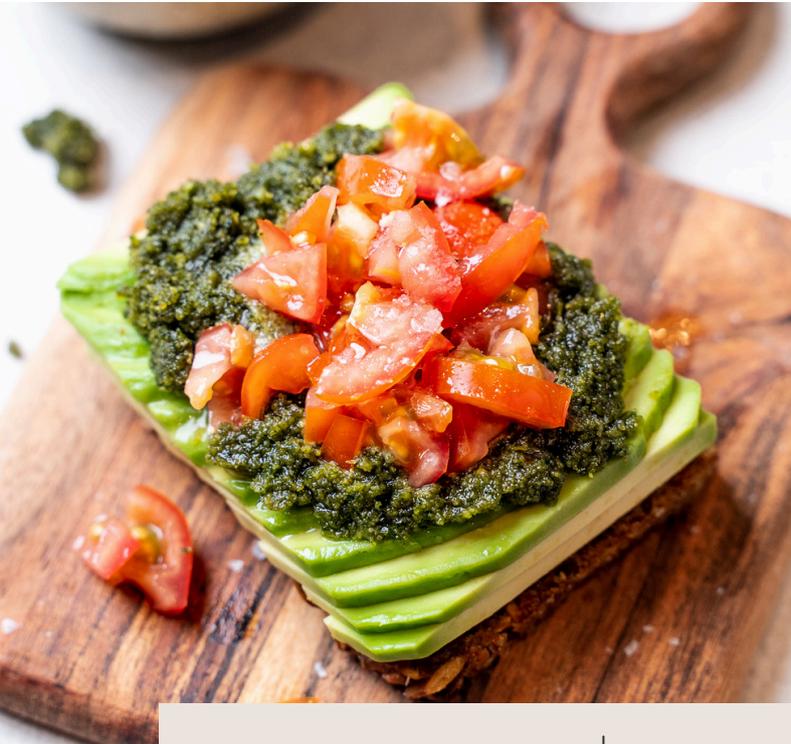
INSTRUCTIONS

- 1 Set your oven to 200C/390F.
- 2 Spread the canned chickpeas out on a baking tray. Drizzle with olive oil, salt, pepper and cumin. Bake for 20 minutes or until crunchy.
- 3 Chop up all your vegetables.
- 4 Make the Tzatziki by grating the cucumber. Use your hands to squeeze out as much water from the cucumber as you can.
- 5 Add the shredded cucumber to a bowl along with the rest of the ingredients listed under "Tzatziki".
- 6 Assemble the wraps and enjoy!



PUMPKIN PESTO AVO TOAST

TIPS: Pumpkins pack a healthy dose of fiber, which is proven to support digestive health, regulate blood sugar and reduce the risk of heart disease.



PREP : 10 MINS

COOK : 0 MINS

SERVES: 2

INGREDIENTS

PESTO:

- 0.5 cup (120 ml) pumpkin seeds, toasted
- 2 tbsp nutritional yeast
- 2 garlic cloves
- 2 cups (480 ml) fresh basil leaves
- 2 tbsp fresh lemon juice
- 0.5 cup (120 ml) olive oil
- Salt & pepper to taste

Wet ingredients:

- 4 slices sourdough bread
- 1 tomato, chopped
- 1 avocado
- salt & pepper to taste

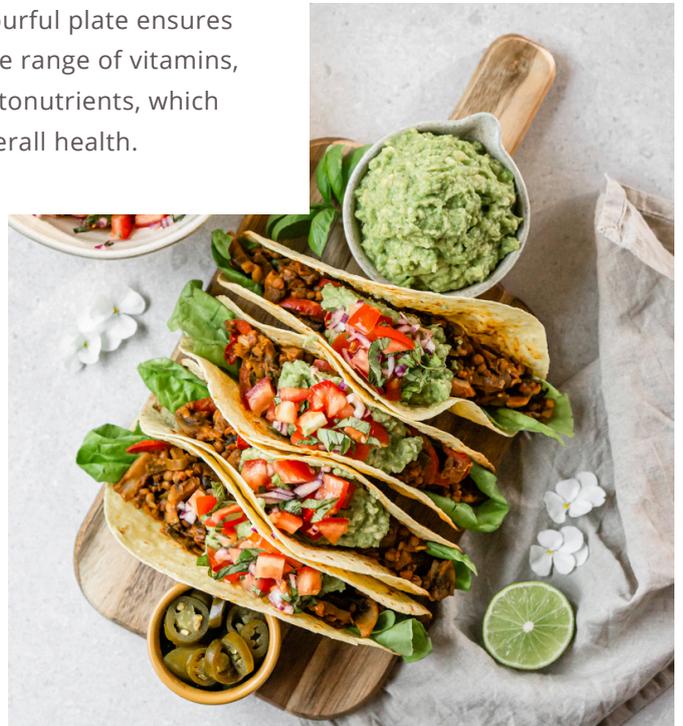
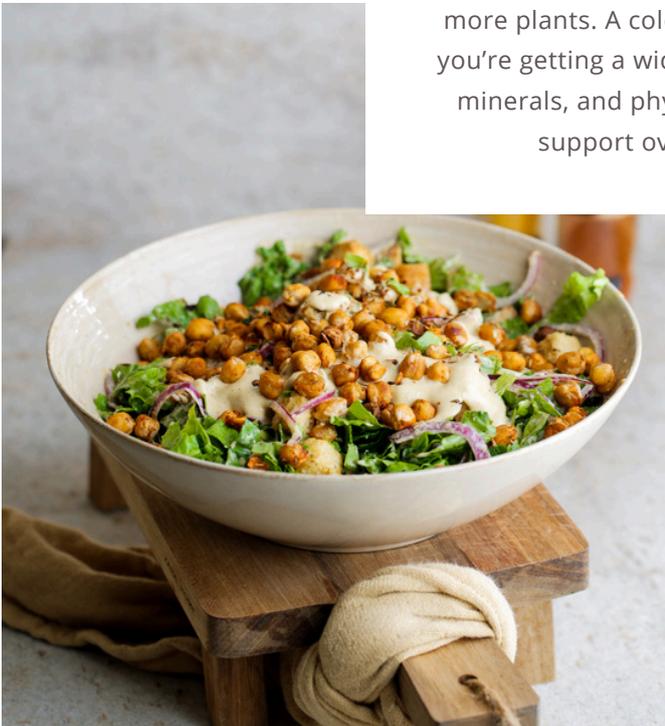
INSTRUCTIONS

- 1 Add pumpkin seeds, nutritional yeast, and garlic to a food processor. Blend until seeds are almost ground, approx 20 sec.
- 2 Add the rest of the ingredients listed under "pesto" and pulse until it forms a pesto.
- 3 Toast your sourdough bread, chop up your tomatoes and avocado. Assemble your avocado toast and enjoy!



DINNER

Dinner is a great opportunity for us to eat more plants. A colourful plate ensures you're getting a wide range of vitamins, minerals, and phytonutrients, which support overall health.



Dinner time!



While late dinners with friends can be a lovely way to socialize, it's generally better to have dinner earlier on most weekdays. At least 3 hours before bedtime. This makes it possible for your gut to clean up from the day's wear and tear, and be ready for the next day. During night time the body also produces less digestive enzymes, which will make it harder for your body to digest the food you are eating late at night. Food might give a slight stress on your body, increasing resting heart rate and therefore disrupt sleep. Your sleep quality will therefore improve if you stay away from eating too much in the evening. When you go out for a late dinner once in a while, enjoy it! There is much health in sharing a meal with friends!

Dr. Gunhild Melleby



BROCCOLI SOUP

PREP : 10 MINS

COOK : 40 MINS

SERVES: 4-6

INGREDIENTS

- 1 cup (240 ml) cashews soaked
- 1 tbsp olive oil
- 8 cups (1.9 L) chopped broccoli
- 1 yellow onion
- 2 potatoes
- 1 garlic bulb
- 1 tsp chili flakes
- 1 tsp garlic powder
- 2 tsp onion powder
- 1 tsp salt and pepper
- 6-7 cups (1.6 L) veggie broth
- 2 cups (480 ml) spinach
- 0.5 cup (120 ml) nutritional yeast

TIP: Add more veggie broth if needed! The soup will thicken over time!

INSTRUCTIONS

- 1 Set the oven to 200C.
- 2 Soak your cashews in boiling hot water for 10 minutes.
- 3 Peel and chop the potatoes into cubes. Roughly chop onion and broccoli. Cut the garlic bulb in half. Place everything on a baking tray covered with parchment paper and bake for 35-40 minutes.
- 4 When the veggies are done, squeeze your garlic bulb, add the soaked cashews and the rest of the ingredients to a blender, and blend until smooth.
- 5 Add the soup to a saucepan and heat up. Enjoy!



CRISPY CHICKPEA SALAD

PREP : 10 MINS

COOK : 30 MINS

SERVES: 4

INGREDIENTS

CRISPY CHICKPEAS

- 1 tsp smoked paprika
- 1 tsp basil
- 0.5 tsp salt & pepper
- 400g canned chickpeas

DRESSING

- 0.5 cup (120 ml) raw cashews
- 2 garlic cloves
- 2 tsp dijon mustard
- 4 tbsp nutritional yeast
- 2 tbsp lemon juice
- 4 tbsp plant milk
- 0.5 tsp salt & pepper

SALAD

- 4 cups (940 ml) dark leafy greens
- 0.5 red onion
- 1 cup (240 ml) whole wheat croutons

INSTRUCTIONS

- 1 Set your oven to 200C/ 390F.
- 2 Spread your canned chickpeas out on a baking tray, season with basil, salt, pepper and smoked paprika. Bake until crispy, approx 20 minutes.
- 3 Add all the ingredients listed under "dressing" to a blender and blend until smooth. Adjust with plant milk.



- 4 Chop up up dark leafy greens and red onion.
- 5 When the chickpeas are crunchy, assemble your salad and enjoy!

Tips: Add some fruits like apple, mango or blueberries! - Jenny



MUSHROOM TACO

PREP : 20 MINS

COOK : 10 MINS

SERVES: 2



TACOS

- 0.5 cup (120 ml) canned lentils
- 2 cup (480 ml) mushrooms
- 0.5 leek
- 1 red bell pepper
- 2 garlic clove
- 2 tbsp diced jalapeños
- 1 package taco seasoning

ASSEMBLE

- 4 whole wheat tortillas
- 1 cup (240 ml) lettuce
- 2 tbsp salsa

DRESSING

- 60 g cashews
- 0.5 cup (120 ml) water
- 2 garlic cloves
- 2 tbsp fresh dill
- 1 tsp salt & pepper

GUACAMOLE

- 1 avocado
- 1 garlic clove
- 1 tsp onion powder
- 1 tbsp lemon juice
- 0.5 tsp salt & pepper



Tip: If you're in the mood for something different, try adding mango or grapes to this taco recipe—they add a delightful twist!

- Jenny

MUSCHROOM TACO

PREP : 20 MINS

COOK : 10 MINS

SERVES: 4

INSTRUCTIONS

- 1 Preheat the oven to 350F.
- 2 Start by boiling your cashews for the dressing in a small saucepan for 15 minutes. Set aside.
- 3 Sauté the onions, garlic, mushrooms and red bell pepper in a saucepan over medium high heat, stirring frequently, until the onions start to turn brown and translucent, about 8 minutes. Add 1-2 tbsp a t a time as needed.
- 4 Add the cooked lentils, jalapeños, 1 cup water and taco seasoning into the saucepan. Reduce heat to low, cover and simmer for 5-7 minutes.
- 5 Drape each corn tortilla over two bars of vertical oven rack so that the tortillas two opposing sides hang down, evenly, facing each other. Bake the tortillas until crisp.
- 6 While you are waiting for the tortilla make your garlic dressing by adding all ingredients to a high speed blender, including the boiled cashews. Blend until smooth.
- 7 Spoon lentil mixture into the taco shells, along with lettuce, guacamole, garlic dressing and salsa.



APPLE PECAN SALAD

PREP : 15 MINS

COOK : 20 MINS

SERVES: 4

INGREDIENTS

SALAD

- 1 medium butternut squash
- salt & pepper to taste
- 2 cups (480 ml) kale
- 2 cups (480 ml) cabbage
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 0.5 cup (120 ml) uncooked quinoa
- 1 red apple
- 1 pear
- 4 tbsp dried cranberries
- 4 tbsp pecan nuts
- 100g feta cheese (violife is a good vegan option)

DRESSING

- 4 tbsp olive oil
- 4 tbsp lemon juice
- 0.5 tsp onion powder
- 0.5 tsp salt
- 2 garlic cloves

INSTRUCTIONS

- 1 Set the oven to 200C/ 390F.
- 2 Chop you butternut squash into cubes and place on a baking tray. Drizzle with salt, pepper and olive oil. Bake for 20 minutes.
- 3 Cook quinoa according to package instructions.
- 4 Add chopped kale, quinoa and cabbage to a big serving bowl and massage it with some lemon juice and olive oil.
- 5 Chop up apple, pear, cranberries, pecans, and feta cheese. Assemble your salad.
- 6 In a small jar, mix together minced garlic and the rest of the ingredients listed under "dressing". Enjoy!





EASY LENTIL SOUP

PREP : 5 MIN

COOK : 30 MIN

SERVES: 4

INGREDIENTS

SOUP

- 1 yellow onion
- 4 cloves garlic
- 2 tbsp minced ginger
- 2 Tbsp curry powder
- 1 can coconut milk
- 4 cups (940 ml) vegetable broth
- 1 can diced tomatoes
- 1 cup (240 ml) dry red lentils
- 2 cup (480 ml) spinach

TOPPING

- 1 Lime
- Fresh cilantro

INSTRUCTIONS

- 1 Finely chop the yellow onion. Saute in a big saucepan over medium high heat.
- 2 Mince garlic and ginger. Add to the sauteed onion, along with the curry powder and cook for another 2 minutes.
- 3 Add the coconut milk, canned diced tomatoes and dry red lentils. Let everything simmer for 20 minutes.
- 4 Add the spinach during the last 5 minutes. Add salt and pepper.
- 5 Serve with fresh cilantro, vegan yogurt, and lime juice, enjoy!



LENTIL SALAD

PREP : 15 MIN

COOK : 30 MIN

SERVES: 4

INGREDIENTS

SALAD

- 100g arugula
- 1 cup (240 ml) canned lentils
- 1 medium apple
- 0.5 cup (120 ml) pecan nuts
- 0.5 red onion
- 1 cup (240 ml) fresh blueberries
- 0.5 cup (120 ml) feta cheese (Violife has a good vegan alternative)

DRESSING

- 2 tbsp balsamic vinegar
- 1 tsp dijon mustard
- 1 tsp agave syrup
- 0.5 tsp salt & pepper
- 2 tbsp olive oil

INSTRUCTIONS

- 1 Start by finely chopping all ingredients for the salad.
- 2 Rinse your lentils.
- 3 Make the dressing by mixing all ingredients listed under "dressing" in a small jar. Shake well to combine.
- 4 Assemble your salad and enjoy!

Tip: If you have the time, bake your canned lentils in the oven until crispy! It adds a really nice crunch to the salad!

- Jenny





BONUS



Bonus!



“**Snacking**” doesn't have to be unhealthy! It may be better to eat just three meals a day without any snacking in between. But we know that life is not always perfect, and we think that sweet or savoury treats can sometimes be just what we want. There is also some science showing (to my surprise!) that snacking between meals isn't that unhealthy as long as you're snacking on something healthy! Giving your system a rest after the last meal and the first meal the next day seems to be much more important. Here are some healthy treats you can enjoy when those cravings hit!

Dr. Gunhild Melleby



CHOCO BITES



10 min



Cook: 0



Serves: 4



INGREDIENTS

- 1 carrot, shredded
- 1 ripe banana
- 0.5 cup (120 ml) organic gluten free oats
- 6 medjool dates, pitted
- 3 tbsp raw cacao

TOPPING

- 4 tbsp shredded coconut

INSTRUCTIONS

- 1 Shred your carrot. Add the shredded carrot and pitted dates to a food processor and blend for 10-15 seconds.
- 2 Now mash your banana and add the banana, oats, raw cacao to the food processor and blend until it becomes a sticky dough.
- 3 Roll the dough into small golf balls and roll them in shredded coconut. Enjoy!

Tip : Taste your batter before rolling, add more cacao powder if desired.

RASPBERRY JELLY BITES



10 min



Freeze: 2 hours



Serves: 4



INGREDIENTS

- 1 cup (240 ml) raspberries
- 4 tbsp chia seeds
- 150g dark chocolate
- 1 tbsp coconut oil

INSTRUCTIONS

- 1 Add raspberries and chia seeds to a bowl. Mash using a fork and let it sit for 10 minutes, or until thickened.
- 2 Prepare a plate covered with parchment paper. Form small patches with the chia jam and freeze until solid. Approx 2-3 hours.
- 3 After a couple of hours you can start melting the chocolate and coconut oil.
- 4 Cover your frozen jelly bites in melted dark chocolate and pop them back in the freezer for 15 minutes.
- 5 Store in the freezer for a frozen treat, or in the fridge for a soft jelly bite. Enjoy your healthy treat!

TIP : You can use whatever berries you like in this recipe! I love mixing blueberries and raspberries.

HUMMUS



Prep: 5 min



Cook: 20 min



Serves: 4



INGREDIENTS

- 1 can chickpeas
- 0.5 tsp baking soda
- 2 tbsp lemon juice
- 1 garlic clove
- 0.5 cup (120 ml) tahini
- 3 tbsp water
- 0.5 tsp ground cumin
- 1 tbsp olive oil
- 2 tortillas

INSTRUCTIONS

- 1 Add canned chickpeas and baking soda to a saucepan. cover the chickpeas with water. Bring to a boil. Let simmer for 20 minutes.
- 2 After 20 minutes the skin should fall off easily and remove it by rubbing the chickpeas in a kitchen cloth.
- 3 Now add the chickpeas to a food processor with the rest of the ingredients. Blend until smooth.

TIP: Research confirms how the fiber in hummus can help feed the good gut bacteria inside our body and improve microbiota diversity.

BLOND BROWNIES



Prep: 10 min



Cook: 30 min



Serves: 15

TIP: This is a perfect post workout snack.



INGREDIENTS

- 500g canned chickpeas
- 1 cup (240 ml) peanut butter
- 0.5 cup (120 ml) agave syrup or maple syrup
- 8 tbsp plant milk
- 2 tsp vanilla extract
- 1 tsp salt
- 1 tsp baking powder
- 100g dark chocolate

INSTRUCTIONS

- 1 Preheat the oven to 200C.
- 2 Place all ingredients except from chocolate into your food processor and blend until smooth. Add more liquid if needed for the dough to get completely smooth.
- 3 Use a spatula to fold the chopped chocolate into your dough.
- 4 Grease a baking tin and spread the mixture out evenly. Sprinkle chocolate on top.
- 5 Bake for 30 minutes or until slightly golden brown on top. Enjoy!



MORNING SHOT

PREP : 5 MIN

COOK : 0 MIN

SERVES: 4

INGREDIENTS

- 15g turmeric
- 100g fresh ginger
- 1 lemon, peeled
- 1 tsp pepper
- 4 cups (940 ml) water

INSTRUCTIONS

- 1 Wash the ginger and turmeric (peel if you want to, but you don't have to). You do have to peel the lemon though!
- 2 Place everything in a blender and blend until smooth.
- 3 Strain in a bottle and enjoy one shot!



TIPS: If you're in the mood for some heat, add a small amount of fresh chili for a spicy kick! - Jenny

THANK YOU!

Thank you so much for supporting our work <3 We really hope you love these recipes as much as we do. Hopefully you feel inspired to eat more plants and experience the amazing health benefits that comes with it.

We aim to show how a diverse plant focused diet can greatly improve gut health and overall well-being. We also emphasize the importance of a holistic approach to physical and mental health.
Nurturing the body, mind, and soul!

If these topics interest you, feel free to follow us through our newsletter and exciting courses that are on the way!

FOLLOW US ON INSTAGRAM
[@EATMOREPLANTS.NO](#) & [@DRGUNHILD](#)



GROCERY LIST

FRUIT & VEG

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

VEGAN DAIRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CANNED GOODS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

BEVERAGES

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

BREAD & SEEDS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PROTEIN SOURCE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CONDIMENTS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

OTHERS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

GUT HEALTH HABIT TRACKER

WEEK 1

Morning movement (10-20 min)

2.5 L water

Counting plants

Mindful eating

S M T W T F S

<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

WEEK 2

Morning movement (10-20 min)

2.5 L water

Counting plants

Mindful eating

S M T W T F S

<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

WEEK 3

Morning movement (10-20 min)

2.5 L water

Counting plants

Mindful eating

S M T W T F S

<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

WEEK 4

Morning movement (10-20 min)

2.5 L water

Counting plants

Mindful eating

S M T W T F S

<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						