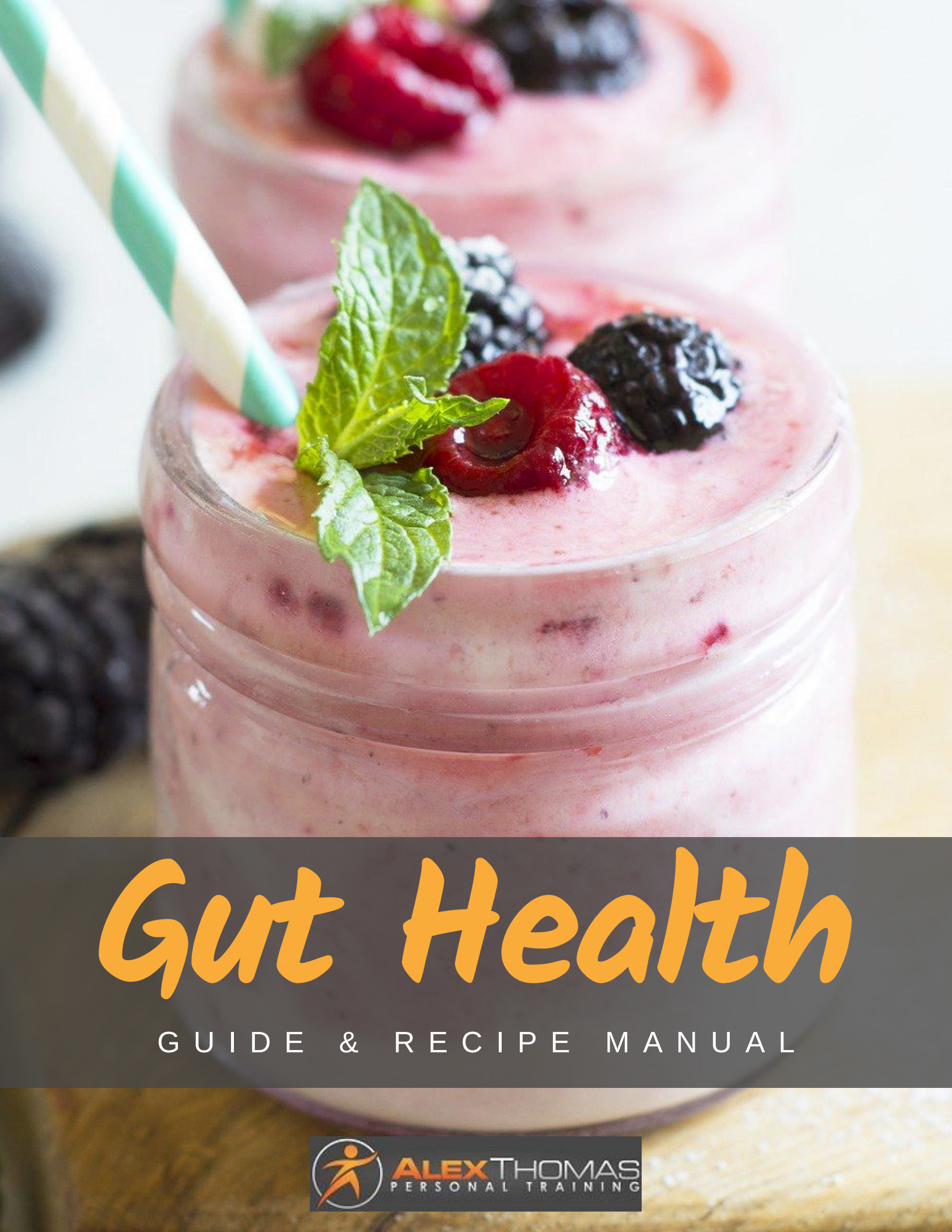


Gut Health

GUIDE & RECIPE MANUAL

ALEX THOMAS
PERSONAL TRAINING

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HAPPY GUT

Happy Body

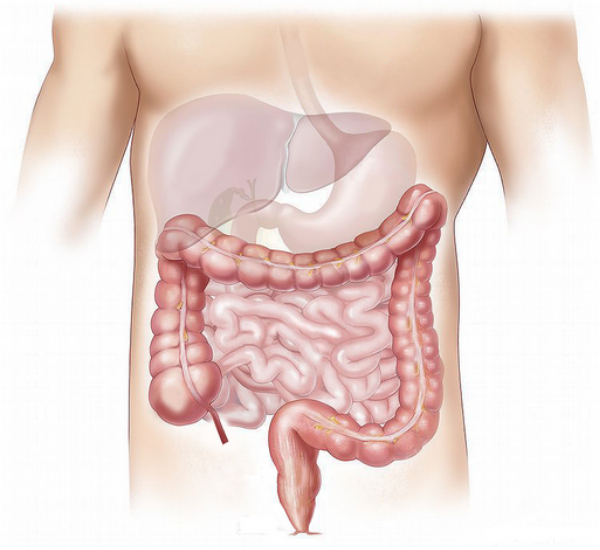
Thank you so much for downloading your copy of the ***Healthy Gut Guide & Recipe Manual***!

Your gut is the host to an entire microbiome of bacteria – an estimated 100 trillion of them!

Keeping those bacteria happy, healthy, and in balance is a big part of a wellness lifestyle. As you can imagine, what you eat plays a very important role.

In this mini-guide, we'll outline the basics of gut health. Plus, we've included lots of delicious recipes. We hope you enjoy!

FOLLOW YOUR GUT TO Better Health



Your gut plays a huge role in your health, affecting not just your digestion but your mood, energy, aches and pains, and even your brain function.

You've heard these sayings before, for good reason:

- *"Listen to your gut."*
- *"Butterflies in your stomach."*
- *"Gut instinct."*

For centuries, we've known that our gut and our well-being are connected.

Right now, science is uncovering just HOW linked they really are.

First: your gut (aka digestive system) and the amazing trillions of microorganisms that live inside it – breaks down everything you eat.

This gives your body:

- *The fuel it needs to function.*
- *The components of all the numerous hormones, enzymes and compounds that power your body's processes.*
- *The building blocks it needs to repair and recover.*

Second: Your gut is a MAJOR part of your immune system.

It serves as your body's reception area, ushering in the good guys (all the nutrients and micronutrients in your foods) – and working hard to keep out intruders (pathogens, bacteria, and more).

It does both of these jobs thanks to a permeable lining called "gut associated lymphoid tissue" or GALT.

When your gut microbes are in balance and your GALT is working well, your gut will recognize a bad guy and attack it.

BUT... when your gut microbes are out of balance, those bad guys can start to push their way through the reception area, into the "inner sanctum" of your body – invading and growing.

This can cause all sorts of problems, from digestive upset to chronic inflammation and immune system issues.

If your gut has ever been out of balance, you know how uncomfortable this can be!

Over time, having an out-of-whack gut can raise real havoc with your energy, mood, and overall health.



YOUR GUT

Reaction

WHAT CAN CAUSE A GUT IMBALANCE?

This is a huge area of study right now, but major players include:

- *Antibiotics*
- *Infections*
- *A poor diet (high sugar, low fiber, etc.)*
- *Food sensitivities*
- *Stress*
- *Tainted food*
- *And more*

Simply put, a healthy gut starts with a healthy lifestyle – getting enough sleep, reducing stress, and exercising.



In addition, one of the most important factors involves what you FEED your gut!

It begins with cleaning out the stuff that isn't serving you: mainly high-sugar, low-fiber, and processed foods.

And then it's about feeding your microbiome with more of the GOOD stuff.

We'll break it down into two basic parts.

Gut Factor Foods



These foods work together to create a healthy, happy gut microbiome.

Prebiotics feed the probiotics in your gut.

Prebiotics are made up of indigestible fibers such as inulin.

These fibers are tough enough to make it through your stomach and small intestine undigested.

They end up in your colon, where the healthy microbes feed on them.

This is just one reason why adding fiber to your diet is so important – it keeps your gut happier, healthier and in balance.

Probiotics are the “good” microorganisms – such as bacteria and yeasts – that live in your intestines.

They help digest foods, destroy disease-causing microorganisms, and create vitamins.

Probiotics naturally occur in your gut, but you also can get them from fermented foods and some supplements.

Research is still ongoing into exactly which strains of probiotics are the best, since they all do different jobs inside your body.



11 BEST

Prebiotic Foods

IT'S ALL ABOUT FIBER!

These foods contain insoluble fiber (such as inulin) that can travel through the top part of your digestive tract without breaking down.

1. Apples
2. Asparagus
3. Bananas
4. Barley
5. Bran
6. Cocoa
7. Chicory root
8. Dandelion Greens
9. Flaxseed
10. Garlic, leek and onions
11. Jerusalem artichokes
12. Legumes (beans and peas)
13. Oats

TOP 9

Probiotic Foods







You might not have heard of some of these foods (yet) but they all have one thing in common: they are fermented! The fermentation process creates gut-friendly "bugs" for your body.

1. Kefir
2. Kimchi
3. Kombucha
4. Miso
5. Natto
6. Pickles (picked with salt & water, not vinegar)
7. Sauerkraut
8. Tempeh
9. Yogurt





Recipes

FOR A HEALTHY GUT





Super Simple

KOMBUCHA SALAD DRESSING

USE THIS INSTEAD OF OIL & VINEGAR FOR A TANGY (AND GUT-FRIENDLY!) CHANGE OF PACE.

MAKES 4 SERVINGS

Ingredients

- ¼ cup (60 ml) kombucha
- ¼ cup (60 ml) olive oil
- 1 tsp maple syrup

Instructions

Place all ingredients in a mason jar and shake well, or blend in a blender.

Experiment with different kombucha flavors to find your favorites!





Banana OVERNIGHT OATS

PROBIOTIC-RICH YOGURT AND PREBIOTIC BANANA, OAT, & FLAXSEED.

MAKES 1 SERVING

Ingredients

- ½ cup (45 g) old-fashioned oats
- ½ cup (120 ml) unsweetened dairy-free milk
- ½ banana, sliced
- ¼ cup (60 g) plain Greek yogurt
- 2 tbsp diced dates
- ½ tsp vanilla extract
- ½ tsp cinnamon
- pinch sea salt
- 1 tbsp flaxseed

Instructions

Place all the ingredients in a covered jar and place in the refrigerator overnight. Enjoy! Will keep 3 days in the refrigerator.

Choco-Banana BREAKFAST SHAKE

QUICK & EASY SMOOTHIE STARTS YOUR DAY WITH A GUT-HEALTHY BOOST.

MAKES 1 SERVING

Ingredients

- ¼ cup (22 g) old-fashioned oats
- 1 cup (250 ml) plain kefir
- 1 tbsp unsweetened cacao powder
- 1 small banana, cut into pieces and frozen
- 1 tbsp maple syrup (to taste)

Optional: dairy-free milk

Instructions

Place all the ingredients in a high-speed blender and blend until smooth. If you want a thinner shake, add dairy-free milk.

Pour into glass and enjoy!

Creamy Homemade

COCONUT YOGURT

IT'S SURPRISINGLY SIMPLE TO MAKE YOUR OWN YOGURT. THE TRICK: PROBIOTIC CAPSULES

MAKES 3 SERVINGS

Ingredients

- 1 14-ounce (400 ml) can organic full-fat coconut milk
- 2 capsules vegan-friendly probiotic
- Cheesecloth
- Sterilized, dry glass jar or bowl

Instructions

To sterilize your jar or bowl, bring a pot of water to boil and then either carefully lower the jar/bowl into the water, or rinse the jar/bowl with the boiling water. Let dry until it reaches room temp.

Shake can of coconut milk well to blend the cream with the watery liquid. If it's separated after opening, whisk to combine. Pour into the glass jar/bowl.

Open the probiotic capsules and pour the contents into the coconut milk. Use a wooden or plastic spoon to incorporate (DO NOT USE METAL) the contents into the coconut milk.

Cover the container with 1-2 layers of thin cheesecloth and place in a warm place (at least 72°F/22°C) in your home. Let sit for 24-48 hours. The longer it sits, the tangier it'll be.

Once it's done, cover and place in the fridge, where it will keep for several days.

Enjoy as-is or stir in honey, maple syrup, vanilla extract, berries, etc.



Prebiotic VEGGIE BOWL

MIX THIS UP WITH YOUR FAVORITE ROASTED VEGGIES (CARROTS, BROCCOLI, YOU NAME IT!)

MAKES 4-6 SERVINGS

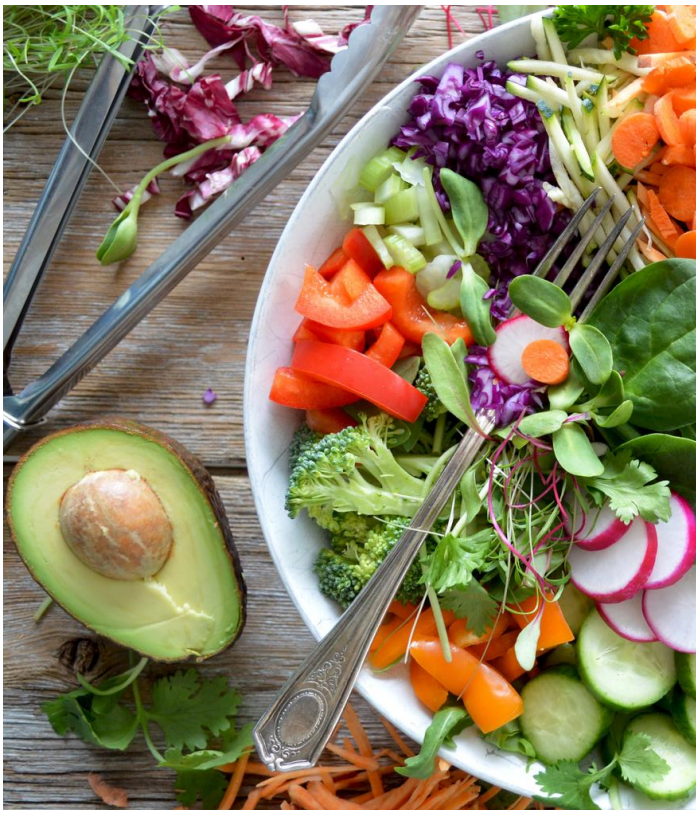
Veggie Bowl

- 2-3 tbsp olive oil
- 2 beets, chopped and roasted
- 2-3 cups (650-975 g) cauliflower florets, roasted
- 3-4 cups (225-300 g) dandelion greens, chopped
- 4 cups (800 g) cooked barley (prepare per directions, using low-sodium veggie broth instead of water for more flavor)
- ½ red onion, sliced
- 1 cup (165 g) canned chickpeas, rinsed
- and drained
- 1 cup (150 g) sauerkraut
- 2 tbsp raw chopped walnuts

Dressing

- ½ cup (120 ml) olive oil
- 2 tbsp fresh orange juice
- 2 tbsp organic apple cider vinegar
- 1 tsp Dijon mustard
- 1 tbsp fresh grated ginger
- 1 clove garlic, peeled
- 2-3 dashes of sea salt

Optional: 1 tbsp maple syrup



Instructions

1. Preheat the oven to 400°F (200°C). Toss beets and cauliflower with 1-2 tbsp of olive oil and a dash of salt. Line a baking sheet with foil and spread beets out evenly. Bake for 10 minutes, and then add cauliflower. Bake for another 20-30 minutes, until veggies are tender. Remove from the oven. Set aside.
2. While the veggies are cooking, prepare the dressing: place dressing ingredients in a food processor or blender and blend until smooth. Taste and adjust seasonings. Refrigerate until ready to use.
3. Saute dandelion greens in olive oil for 4-5 minutes to wilt. Divide between 4-6 bowls.
4. Add cooked barley and top with roasted veggies, onion, chickpeas, sauerkraut, and raw walnuts.
5. Pour dressing over each bowl and serve.

(Note: if you are planning leftovers or doing meal prep, wait until just before serving before adding dressing.)

Sausage+Apple

SAUERKRAUT SKILLET

SAVORY, SALTY, SWEET, AND SPICY – THIS SIMPLE THROW-TOGETHER SKILLET HAS IT ALL (PLUS HEALTHY PRE- & PROBIOTICS!)

MAKES 4 SERVINGS

Ingredients

- 2 tbsp olive oil, divided
- 12-16 oz (340-450 g) chicken-apple sausage links, sliced (prepared, fully cooked)
- 1 small yellow onion, thinly sliced
- 2 apples, peeled, cored and thinly sliced
- 2 cups (300 g) fresh sauerkraut, with 1-2 tbsp of liquid reserved
- 1 tbsp maple syrup
- Dash sriracha

Instructions

1. Heat 1 tbsp olive oil in a skillet over medium heat and add sausage, cooking 4-5 minutes, until browned. Remove to a plate.
2. Add 1 tbsp olive oil to the skillet, and when hot add the onion and saute for 3-4 minutes, until it starts to soften.
3. Add the apple slices and cook for about 5 minutes, until tender. Add the sausage to the skillet, along with the sauerkraut, reserved liquid, maple syrup and sriracha.
4. Stir until warmed through, and serve.





Tempeh

"CHICKEN" SALAD

THIS VEGAN "CHICKEN" SALAD IS DELICIOUS AS A SALAD TOPPER ... AND IT CONTAINS BOTH PRE- AND PROBIOTICS! MAKE IT YOUR OWN WITH DIFFERENT VEGGIES AND SALAD FIXINGS

MAKES 4-6 SERVINGS

Ingredients

- ½ cup (125 g) plain yogurt
- 1 tbsp fresh lemon juice
- Splash olive oil
- 1 tsp Dijon mustard
- Dash of cayenne pepper
- 1 heaping tbsp white miso
- 2 tbsp chopped fresh dill
- 1½ cup (250 g) crumbled tempeh
- 4 cups (300 g) salad greens
- 1 cup (200 g) sliced grape tomatoes
- ½ cup (85 g) chopped red bell pepper

Instructions

1. Make dressing: In a bowl, combine yogurt, lemon juice, olive oil, mustard, cayenne, miso and dill. Whisk together and taste. Adjust seasonings.
2. Fold in the crumbled tempeh, and serve over the salad greens, tomatoes and pepper.



Barley POWER BOWL

TIP: WHIP UP A BATCH OF PREBIOTIC-RICH BARLEY AND KEEP IT ON-HAND FOR QUICK GRAB & GO MEALS LIKE THIS HEALTHY POWER BOWL.

MAKES 1 SERVING

Ingredients

- 1 tbsp olive oil, divided
- 2 cups (150 g) greens (dandelion or baby spinach or kale)
- 1 clove garlic, minced
- ½ cup (100 g) cooked barley (or quinoa)
- 2 eggs
- ¼ medium avocado, sliced
- ½ cup (75 g) sauerkraut
- 1 tsp hemp seeds

Instructions

1. Heat ½ tbsp of olive oil in a medium skillet over medium heat. Add the greens and garlic and cook, until wilted, 1 to 2 minutes, being sure to toss to ensure the garlic doesn't burn. Place greens in a bowl, and mound with barley.
2. Add the remaining ½ tbsp of olive oil to the skillet and when it is hot, add the eggs. Cook until whites are set, about 3-4 minutes. Top barley in bowl with eggs, and add sauerkraut, avocado and hemp seeds.



Kimchi

FRIED BARLEY

FEELING ADVENTUROUS? TRY THIS GUT-FRIENDLY VERSION OF A POPULAR FRIED RICE DISH.

MAKES 4 SERVINGS

Ingredients

- 2 tbsp butter, ghee, or coconut oil
- 1 cup (100 g) prepared kimchi, drained and chopped
- ½ medium onion, chopped
- 1 clove garlic, minced
- 1 tbsp low-sodium soy sauce
- 6 oz (170 g) sliced chicken or beef, shrimp, or ½ cup (130 g) firm tofu cut into chunks
- 2 cups (400 g) cooked barley or quinoa
- Salt (to taste)
- 4 eggs

Instructions

1. Melt 1 tbsp of butter or coconut to a skillet over medium heat. When melted, add kimchi and onion, and saute until translucent.
2. Add garlic and soy sauce and cook, stirring often, for another 3 minutes. Add the meat, shrimp or tofu, and continue to saute until the meat is cooked through.
3. While the meat cooks, fry the eggs in a separate skillet.
4. When the meat is cooked through, add barley or quinoa and remaining oil/butter, and stir.
5. Place the kimchi mixture in a bowl, and top with fried egg to serve.



HEALTHY LIFESTYLE MADE

Simple

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