

Being Well

Gut health - boost your fibre recipes

Created by Being Well Coaching



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Being Well Coaching

A collection to help you bring a variety of different fibre types into your eating habits. Adapt these recipes to avoid known allergens and to suit your taste.

Enjoy!

Cinnamon Flax Muffins

7 ingredients · 30 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
3. In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
4. Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
5. Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
6. Let cool and enjoy!

Notes

Storage

Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size

One serving is equal to one muffin.

Likes it Sweet

If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt
- 2 tbsps Cinnamon
- 6 Egg (room temperature)
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Water (warm)

Nutrition

Amount per serving

Calories	183	Iron	2mg
Fat	14g	Vitamin D	21IU
Saturated	5g	Vitamin E	0mg
Trans	0g	Vitamin K	1µg
Carbs	7g	Thiamine	0mg
Fiber	5g	Riboflavin	0.1mg
Sugar	0g	Niacin	0mg
Protein	7g	Vitamin B6	0mg
Cholesterol	93mg	Folate	12µg
Sodium	207mg	Vitamin B12	0.2µg
Potassium	40mg	Phosphorous	76mg
Vitamin A	139IU	Magnesium	4mg
Vitamin C	0mg	Zinc	0mg
Calcium	122mg	Selenium	8µg

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Apple Cinnamon Oatmeal Cups

9 ingredients · 50 minutes · 6 servings



Directions

1. Preheat the oven to 350°F (175°C) and grease a muffin tray with the oil.
2. In a large mixing bowl combine the milk, applesauce, and maple syrup. Stir in the oats, ground flaxseed, cinnamon, and nutmeg, and mix well. Fold in the chopped apple.
3. Divide the oat mixture between the cups of the muffin tray and bake for 30 to 35 minutes or until golden brown around the edges.
4. Let cool in the tray slightly for 10 to 15 minutes before transferring to a cooling rack. Enjoy!

Notes

Leftovers

Refrigerate for up to four days or freeze for up to three months. Enjoy cold or reheated.

Serving Size

One serving is equal to two oatmeal cups.

Nut-Free

Use nut-free milk instead, like oat, coconut, or dairy.

More Flavor

Add vanilla extract and a pinch of salt.

Apple

A large apple yields approximately one cup of chopped apple.

Oil-Free

Omit the coconut oil and line the muffin pan with silicone or paper baking cups instead.

Ingredients

- 1 **tsp** Coconut Oil
- 1 **1/2 cups** Unsweetened Almond Milk
- 1/2 **cup** Unsweetened Applesauce
- 3 **tbsps** Maple Syrup
- 2 **cups** Oats (rolled)
- 2 **tbsps** Ground Flax Seed
- 1 **tsp** Cinnamon
- 1/4 **tsp** Nutmeg (optional)
- 1 Apple (large, peeled, and chopped)

Nutrition

Amount per serving

Calories	180	Iron	1mg
Fat	4g	Vitamin D	25IU
Saturated	1g	Vitamin E	0mg
Trans	0g	Vitamin K	1µg
Carbs	33g	Thiamine	0.1mg
Fiber	5g	Riboflavin	0.2mg
Sugar	11g	Niacin	0mg
Protein	4g	Vitamin B6	0mg
Cholesterol	0mg	Folate	10µg
Sodium	44mg	Vitamin B12	0µg
Potassium	178mg	Phosphorous	116mg
Vitamin A	148IU	Magnesium	46mg

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Vitamin C	2mg	Zinc	1mg
Calcium	148mg	Selenium	8µg

Green Beans Almondine

7 ingredients · 15 minutes · 4 servings



Directions

1. Fill a large pot with salted water and bring to a boil over high heat. Cover with a lid.
2. Heat a large skillet over medium-low heat. Melt the butter and add the almonds, stirring frequently, until toasted, about three to four minutes. Add the garlic and shallot and sauté for one minute, until fragrant. Remove from the heat and set aside.
3. Add the beans to the large pot of boiling water and cook for three minutes.
4. Once the beans are done, return the skillet to medium-low heat. Use a slotted spoon to transfer the beans to the skillet and cook, stirring often for two to three minutes or until tender-crisp.
5. Add the lemon juice and season with salt and pepper. Toss often until the sauce is glossy. Transfer to a serving dish and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about one cup.

Make it Vegan

Use plant-based butter.

Ingredients

2 tbsps Butter

1/4 cup Slivered Almonds

2 Garlic (cloves, thinly sliced)

1/3 cup Shallot (thinly sliced)

4 cups Green Beans (trimmed)

1 tbsp Lemon Juice

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	147	Iron	2mg
Fat	11g	Vitamin D	0IU
Saturated	4g	Vitamin E	1mg
Trans	0g	Vitamin K	44µg
Carbs	12g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.1mg
Sugar	5g	Niacin	1mg
Protein	4g	Vitamin B6	0.2mg
Cholesterol	15mg	Folate	39µg
Sodium	9mg	Vitamin B12	0µg
Potassium	267mg	Phosphorous	50mg
Vitamin A	868IU	Magnesium	29mg
Vitamin C	15mg	Zinc	0mg
Calcium	69mg	Selenium	1µg

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Spicy White Bean Tomato Skillet

11 ingredients · 30 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the onions and sauté for three to four minutes. Add a splash of broth if needed.
2. Add the tomatoes, salt, and pepper, and sauté for five to six minutes or until the tomatoes blister. Add the garlic and sauté for another 30 seconds. Stir in the remaining broth and passata.
3. Bring to a boil then stir in the beans. Reduce to a simmer and cook for eight to ten minutes.
4. Stir in the spinach and cook for another two to three minutes or until it has wilted. Top with chili flakes. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Top with fresh herbs like parsley and/or cilantro.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 1/2 **cup** Vegetable Broth (divided)
- 1 **cup** Cherry Tomatoes
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, minced)
- 1/3 **cup** Passata
- 1 1/2 **cups** Lima Beans (cooked)
- 1 1/2 **cups** Cannellini Beans (cooked)
- 3 **cups** Baby Spinach
- 1 **tsp** Chili Flakes

Nutrition

Amount per serving

Calories	429	Iron	9mg
Fat	8g	Vitamin D	0IU
Saturated	1g	Vitamin E	2mg
Trans	0g	Vitamin K	228µg
Carbs	71g	Thiamine	0.2mg
Fiber	21g	Riboflavin	0.2mg
Sugar	8g	Niacin	1mg
Protein	20g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	189µg
Sodium	1357mg	Vitamin B12	0µg

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Potassium	922mg	Phosphorous	178mg
Vitamin A	5139IU	Magnesium	115mg
Vitamin C	31mg	Zinc	2mg
Calcium	145mg	Selenium	9µg

Air Fryer Crispy Brussels Sprouts

4 ingredients · 15 minutes · 2 servings



Directions

1. In a medium-sized bowl, add all ingredients and toss well to combine.
2. Working in batches to avoid too much overlap, add the brussels sprouts to the air fryer. Bake at 350°F (177°C) for six minutes, remove, give them a toss and bake for six to seven minutes longer, until crispy and browned. Enjoy!

Notes

Leftovers

These are best enjoyed fresh. Leftovers can be refrigerated for up to three days.

Serving Size

One serving is equal to about 1/2 to 3/4 cup of sliced Brussels sprouts.

Additional Toppings

Serve with a dip of your choice.

Ingredients

2 cups Brussels Sprouts (trimmed and sliced thin)

1 tbsp Extra Virgin Olive Oil

1/2 tsp Garlic Powder

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	100	Iron	1mg
Fat	7g	Vitamin D	0IU
Saturated	1g	Vitamin E	2mg
Trans	0g	Vitamin K	160µg
Carbs	8g	Thiamine	0.1mg
Fiber	3g	Riboflavin	0.1mg
Sugar	2g	Niacin	1mg
Protein	3g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	54µg
Sodium	318mg	Vitamin B12	0µg
Potassium	352mg	Phosphorous	64mg
Vitamin A	664IU	Magnesium	21mg
Vitamin C	75mg	Zinc	0mg
Calcium	38mg	Selenium	2µg

Hazelnut & Date Bars

4 ingredients · 1 hour 10 minutes · 4 servings



Directions

1. Add the dates to a blender or food processor and blend until a paste forms. Transfer the paste into a bowl and stir in the salt, oats, and half of the hazelnuts.
2. Line a baking pan with parchment paper. Add the mixture to the pan, pressing down firmly with a spatula or your hands until even. Sprinkle the remainder of the hazelnuts on top and lightly press them down.
3. Transfer to the fridge for one hour or until it sets. Cut it into rectangular or square pieces and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size

One serving is one small rectangle or square. A 4 x 4-inch baking pan (10 x 10 cm) was used to make four servings.

More Flavor

Add cocoa powder or vanilla.

Ingredients

2/3 cup Pitted Dates

1/4 tsp Sea Salt

2/3 cup Oats (rolled)

1/3 cup Hazelnuts (chopped, divided)

Nutrition

Amount per serving

Calories	191	Iron	1mg
Fat	8g	Vitamin D	0IU
Saturated	1g	Vitamin E	2mg
Trans	0g	Vitamin K	3µg
Carbs	29g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.1mg
Sugar	16g	Niacin	1mg
Protein	4g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	22µg
Sodium	149mg	Vitamin B12	0µg
Potassium	286mg	Phosphorous	103mg
Vitamin A	5IU	Magnesium	48mg
Vitamin C	1mg	Zinc	1mg
Calcium	29mg	Selenium	5µg

Paleo Granola

12 ingredients · 40 minutes · 8 servings



Directions

1. Preheat the oven to 300°F (149°C). Line a large baking sheet with parchment paper.
2. Combine all ingredients except the dried cranberries and almond milk together in a large mixing bowl. Mix very well until all ingredients are evenly distributed. Using your hands works best! Spread the mixture evenly across the baking sheet.
3. Bake for 30 minutes, giving a stir at the 15 minute mark.
4. Remove from oven and let cool completely. Once cool, transfer into a mixing bowl and add dried cranberries. Toss well to evenly distribute.
5. Add to a bowl and serve with a bit of almond milk for breakfast or eat dry as a snack. Enjoy!

Notes

Storage

Store in a mason jar or airtight container in the fridge for up to 1 week.

Serving Size

One serving is roughly 3/4 cup of granola.

Nut Allergy

Use sesame seeds instead of slivered almonds.

No Dried Cranberries

Use raisins.

Ingredients

- 1 cup Slivered Almonds
- 1 cup Sunflower Seeds
- 1/2 cup Pumpkin Seeds
- 1 cup Unsweetened Coconut Flakes
- 1/4 cup Ground Flax Seed
- 1/4 cup Coconut Oil (melted)
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Raw Honey
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1 cup Dried Unsweetened Cranberries
- 2 cups Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	570	Iron	3mg
Fat	45g	Vitamin D	25IU
Saturated	15g	Vitamin E	8mg
Trans	0g	Vitamin K	1µg
Carbs	36g	Thiamine	0mg
Fiber	8g	Riboflavin	0.1mg
Sugar	22g	Niacin	3mg
Protein	14g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	81µg

Sodium	193mg	Vitamin B12	0µg
Potassium	304mg	Phosphorous	391mg
Vitamin A	137IU	Magnesium	123mg
Vitamin C	1mg	Zinc	2mg
Calcium	191mg	Selenium	30µg

Charred Kale Salad with Tahini Dressing

10 ingredients · 15 minutes · 2 servings



Directions

1. In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
2. Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
3. Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

Notes

Leftovers

The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

No Blood Orange

Use a regular orange or grapefruit.

Ingredients

- 2 **tbsps** Lime Juice
- 2 **tbsps** Tahini
- 1/4 **cup** Extra Virgin Olive Oil (divided)
- 1/2 **cup** Cilantro (roughly chopped)
- 1/4 **tsp** Sea Salt
- 1 **tbsp** Water
- 4 **cups** Kale Leaves (stem removed, roughly torn)
- 2 **tsp**s Sesame Seeds (toasted)
- 1 Blood Orange (peeled, roughly chopped into segments)
- 2 **tbsps** Pumpkin Seeds (optional)

Nutrition

Amount per serving

Calories	444	Iron	4mg
Fat	41g	Vitamin D	0IU
Saturated	6g	Vitamin E	5mg
Trans	0g	Vitamin K	193µg
Carbs	17g	Thiamine	0.3mg
Fiber	6g	Riboflavin	0.3mg
Sugar	7g	Niacin	2mg
Protein	8g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	76µg

Sodium	339mg	Vitamin B12	0µg
Potassium	443mg	Phosphorous	271mg
Vitamin A	2483IU	Magnesium	96mg
Vitamin C	86mg	Zinc	2mg
Calcium	239mg	Selenium	7µg

Kiwi Lime Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use coconut or oat milk instead of almond milk.

Additional Toppings

Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

1 cup Unsweetened Almond Milk

2 Kiwi (peeled, halved)

1 Lime (juiced)

1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	209	Iron	1mg
Fat	4g	Vitamin D	101IU
Saturated	0g	Vitamin E	2mg
Trans	0g	Vitamin K	56µg
Carbs	26g	Thiamine	0.2mg
Fiber	6g	Riboflavin	0.6mg
Sugar	13g	Niacin	1mg
Protein	22g	Vitamin B6	0.2mg
Cholesterol	4mg	Folate	47µg
Sodium	204mg	Vitamin B12	0.6µg
Potassium	639mg	Phosphorous	373mg
Vitamin A	641IU	Magnesium	91mg
Vitamin C	141mg	Zinc	2mg
Calcium	618mg	Selenium	7µg

Buckwheat Sweet Potato Bowl

8 ingredients · 30 minutes · 2 servings



Directions

1. In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
2. In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
3. Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to approximately 2 cups.

More Flavor

Add diced onions or minced garlic.

Ingredients

2 cups Water

1 cup Buckwheat Groats

2 tbsps Extra Virgin Olive Oil

1 Sweet Potato (chopped into small cubes)

1 cup Kale Leaves (chopped)

1 tsp Sea Salt

1 tsp Dried Basil

1/3 cup Cilantro (chopped)

Nutrition

Amount per serving

Calories	464	Iron	3mg
Fat	16g	Vitamin D	0IU
Saturated	2g	Vitamin E	2mg
Trans	0g	Vitamin K	64µg
Carbs	75g	Thiamine	0.2mg
Fiber	11g	Riboflavin	0.3mg
Sugar	3g	Niacin	5mg
Protein	11g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	51µg
Sodium	1237mg	Vitamin B12	0µg
Potassium	541mg	Phosphorous	300mg
Vitamin A	9909IU	Magnesium	209mg
Vitamin C	12mg	Zinc	2mg

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Calcium 94mg Selenium 7µg

Baba Ganoush

6 ingredients · 20 minutes · 4 servings



Directions

1. Adjust oven rack closest to the broiler. Set oven to high broil. Place eggplant on a foil-lined baking sheet and toss in oil. Roast for 10 minutes or until tender and golden brown. Remove from oven.
2. Wrap the eggplant in the foil and let rest for 5 minutes.
3. Remove the skin from the eggplant and discard. Then add the flesh of the eggplant to a food processor or blender. Add the remaining ingredients and blend until creamy. Adjust seasoning as needed.
4. Transfer to a bowl and enjoy!

Notes

No Parsley

Use cilantro or basil instead. Can also omit completely.

No Avocado Oil

Use olive oil instead.

No Lemon

Use apple cider vinegar to taste.

Leftovers

Refrigerate in an airtight container up to 3 days.

Serve it With

Crackers, veggie sticks, with burgers or on salad.

Ingredients

1 Eggplant (medium, trimmed, sliced into 1/4 inch strips)

3 tbsps Avocado Oil

2 tbsps Tahini

2 tbsps Parsley (fresh, chopped)

1 Lemon (juiced)

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	175	Iron	1mg
Fat	15g	Vitamin D	0IU
Saturated	2g	Vitamin E	0mg
Trans	0g	Vitamin K	36µg
Carbs	11g	Thiamine	0.1mg
Fiber	5g	Riboflavin	0.1mg
Sugar	5g	Niacin	1mg
Protein	3g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	43µg
Sodium	160mg	Vitamin B12	0µg
Potassium	368mg	Phosphorous	90mg
Vitamin A	197IU	Magnesium	28mg
Vitamin C	10mg	Zinc	1mg
Calcium	48mg	Selenium	3µg

Lentil & Cauliflower Salad with Orange Tahini Dressing

9 ingredients · 40 minutes · 4 servings



Directions

1. Cook the lentils according to the package directions. Once cooked, drain and rinse under cold water and set aside.
2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Toss the cauliflower with the Moroccan spice blend, salt, and pepper until well coated. Arrange the cauliflower on the prepared baking sheet and bake for 25 to 30 minutes until cooked and browned slightly, tossing halfway.
4. In a small bowl, whisk together the tahini, orange juice and zest, lemon juice, salt, and pepper.
5. Place the arugula on a platter and top with the cooked lentils, cauliflower, and dates. Drizzle the tahini dressing over the top. Divide evenly into bowls or plates, and enjoy!

Notes

Leftovers

Best served fresh.

Serving Size

One serving is approximately four cups of salad.

More Flavor

Add a squeeze of honey to the tahini dressing.

Additional Toppings

Fresh herbs such as mint and/or parsley.

Ingredients

- 1/2 cup Dry Green Lentils (rinsed)
- 1 head Cauliflower (medium, cut into florets)
- 1 tbsp Moroccan Spice Blend
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1/2 Navel Orange (large, zested, juiced)
- 1/2 Lemon (juiced)
- 8 cups Arugula
- 1/2 cup Pitted Dates (chopped)

Nutrition

Amount per serving

Calories	282	Iron	8mg
Fat	9g	Vitamin D	0IU
Saturated	1g	Vitamin E	0mg
Trans	0g	Vitamin K	68µg
Carbs	44g	Thiamine	0.5mg
Fiber	9g	Riboflavin	0.3mg
Sugar	17g	Niacin	3mg
Protein	13g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	263µg
Sodium	254mg	Vitamin B12	0µg
Potassium	967mg	Phosphorous	279mg
Vitamin A	1014IU	Magnesium	77mg

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Vitamin C	91mg	Zinc	2mg
Calcium	184mg	Selenium	7µg

Pesto Cauliflower Rice

2 ingredients · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. In a large saucepan over medium-high heat, add the cauliflower and stir in pesto until well coated. Cook for about 3-5 minutes. Serve immediately.

Notes

Make it Raw

Skip step 2 and mix pesto with the raw cauliflower rice in a large bowl.

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

Ingredients

1 head Cauliflower (chopped into florets)

1/2 cup Pesto

Nutrition

Amount per serving

Calories	168	Iron	1mg
Fat	12g	Vitamin D	0IU
Saturated	2g	Vitamin E	2mg
Trans	0g	Vitamin K	70µg
Carbs	10g	Thiamine	0.1mg
Fiber	4g	Riboflavin	0.3mg
Sugar	5g	Niacin	1mg
Protein	6g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	89µg
Sodium	234mg	Vitamin B12	0µg
Potassium	616mg	Phosphorous	151mg
Vitamin A	486IU	Magnesium	37mg
Vitamin C	71mg	Zinc	1mg
Calcium	129mg	Selenium	1µg

Shredded Chicken & Black Bean Rice Bowls

7 ingredients · 35 minutes · 4 servings



Directions

1. To make the shredded chicken, bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken and cover. Let simmer until the chicken is cooked, about 15-20 minutes. Remove the chicken and shred it into pieces using two forks. Combine the chicken with half of the dressing.
2. Meanwhile, cook the rice according to the package directions.
3. Divide the cooked rice, chicken, beans, and cabbage evenly into bowls. Add the avocado and feta cheese and drizzle the remaining dressing over top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the avocado just before serving.

Serving Size

One serving is approximately half a cup of rice, 1/4 cup of black beans, 2/3 cup of cabbage, and 1/3 cup of chicken with toppings.

Additional Toppings

Cilantro and/or hot sauce.

Dairy-Free

Omit the feta cheese.

Ingredients

- 12 ozs** Chicken Breast
- 1/2 cup** Cilantro Lime Dressing
- 1 cup** Jasmine Rice (dry, rinsed)
- 1 cup** Black Beans (cooked)
- 2 1/2 cups** Purple Cabbage (finely shredded)
- 1** Avocado (medium, cubed)
- 1/2 cup** Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	646	Iron	2mg
Fat	34g	Vitamin D	4IU
Saturated	6g	Vitamin E	2mg
Trans	0g	Vitamin K	34µg
Carbs	57g	Thiamine	0.3mg
Fiber	9g	Riboflavin	0.4mg
Sugar	3g	Niacin	10mg
Protein	30g	Vitamin B6	1.0mg
Cholesterol	79mg	Folate	128µg
Sodium	561mg	Vitamin B12	0.5µg
Potassium	826mg	Phosphorous	347mg
Vitamin A	801IU	Magnesium	81mg
Vitamin C	37mg	Zinc	2mg
Calcium	139mg	Selenium	23µg

Lentil Salad Lettuce Wraps

9 ingredients · 10 minutes · 2 servings



Directions

1. Add the lentils to a mixing bowl and combine with the red onion, tomato, cucumber, salt, pepper, oregano, garlic powder, and red wine vinegar. Mix to combine and season with additional salt and pepper to taste.
2. To serve, divide the lettuce leaves between plates and top with the lentil salad. Enjoy!

Notes

Leftovers

Refrigerate salad in an airtight container for up to two days. Assemble wraps just before serving.

Serving Size

One serving is approximately equal to 1 1/2 cups salad and/or three lettuce wraps.

More Flavor

Use fresh garlic or fresh herbs instead. Add olives, feta cheese, or extra virgin olive oil.

No Lettuce Leaves

Use tortilla or pita bread instead or serve over mixed greens.

No Red Wine Vinegar

Use lemon juice or balsamic vinegar instead.

More Veggies

Add bell pepper, zucchini, and/or arugula.

Ingredients

1 1/2 cups Lentils (cooked, rinsed well)

1/4 cup Red Onion (finely chopped)

1 Tomato (medium, diced)

1/4 Cucumber (diced)

Sea Salt & Black Pepper (to taste)

1/2 tsp Oregano (dried)

1/8 tsp Garlic Powder

3 tbsps Red Wine Vinegar

6 leaves Romaine (large)

Nutrition

Amount per serving

Calories	215	Iron	6mg
Fat	1g	Vitamin D	0IU
Saturated	0g	Vitamin E	0mg
Trans	0g	Vitamin K	96µg
Carbs	38g	Thiamine	0.3mg
Fiber	15g	Riboflavin	0.2mg
Sugar	5g	Niacin	2mg
Protein	16g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	406µg
Sodium	37mg	Vitamin B12	0µg
Potassium	972mg	Phosphorous	326mg
Vitamin A	8203IU	Magnesium	78mg

Julia Smith

<https://beingwellcoaching.com/>

Being Well

Vitamin C	17mg	Zinc	2mg
Calcium	75mg	Selenium	5µg

Maple Roasted Carrots & Chicken

8 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
2. In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
3. Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add chili flakes.

No Shallots

Use small pearl onions instead.

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Extra Virgin Olive Oil
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving

Calories	463	Iron	3mg
Fat	12g	Vitamin D	2IU
Saturated	3g	Vitamin E	2mg
Trans	0g	Vitamin K	41µg
Carbs	40g	Thiamine	0.4mg
Fiber	8g	Riboflavin	0.7mg
Sugar	21g	Niacin	15mg
Protein	48g	Vitamin B6	1.6mg
Cholesterol	213mg	Folate	69µg
Sodium	982mg	Vitamin B12	1.4µg
Potassium	1525mg	Phosphorous	543mg
Vitamin A	40819IU	Magnesium	95mg
Vitamin C	20mg	Zinc	5mg

Julia Smith

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Being Well

Calcium 138mg Selenium 54µg

Lentil, Rice & Squash Bowl

10 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to package directions.
2. Meanwhile, add the onions and garlic to a pot with a few splashes of broth. Heat over medium heat and cook for about five minutes until the onions begin to soften. Add the parsley, thyme, and salt and cook for another minute.
3. Add the lentils and the remaining broth and stir to combine. Bring to a gentle boil and cover with the lid. Cook for about 20 minutes until the liquid is absorbed and the lentils are tender. If the lentils are not cooked to the desired tenderness, add more water or broth and continue cooking until done.
4. Meanwhile, add the squash to a steamer basket and steam for about eight to ten minutes then add the broccoli to the basket and continue to steam for about five minutes more or until the vegetables are tender. To serve, divide the ingredients evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add other dried or fresh herbs to the lentils.

Additional Toppings

Butter or olive oil for the vegetables.

No Broccoli

Use cauliflower or green beans instead.

No Brown Rice

Use quinoa, white rice, or millet instead.

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 1/2 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1 3/4 cups Vegetable Broth (divided)
- 3/4 tsp Dried Parsley
- 1/2 tsp Thyme (dried)
- 1/4 tsp Sea Salt
- 1/2 cup Dry Green Lentils (rinsed)
- 2 cups Butternut Squash (cut into 1-inch cubes)
- 2 cups Broccoli (cut into small florets)

Nutrition

Amount per serving

Calories	461	Iron	7mg
Fat	3g	Vitamin D	0IU
Saturated	1g	Vitamin E	3mg
Trans	0g	Vitamin K	101µg
Carbs	94g	Thiamine	0.9mg
Fiber	13g	Riboflavin	0.3mg
Sugar	9g	Niacin	7mg
Protein	20g	Vitamin B6	0.9mg
Cholesterol	0mg	Folate	336µg
Sodium	911mg	Vitamin B12	0µg
Potassium	1322mg	Phosphorous	399mg

Julia Smith

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Being Well

Vitamin A	15942IU	Magnesium	147mg
Vitamin C	115mg	Zinc	3mg
Calcium	158mg	Selenium	12µg

Blueberry Coconut Chia Pudding

5 ingredients · 35 minutes · 2 servings



Directions

1. Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
2. Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweeter

Add maple syrup or honey.

More Flavor

Add cardamom.

Ingredients

1 cup Canned Coconut Milk

1 cup Blueberries (plus extra for garnish)

1 tsp Vanilla Extract

1/4 cup Chia Seeds

2 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

Nutrition

Amount per serving

Calories	407	Iron	2mg
Fat	32g	Vitamin D	0IU
Saturated	23g	Vitamin E	0mg
Trans	0g	Vitamin K	14µg
Carbs	25g	Thiamine	0mg
Fiber	10g	Riboflavin	0mg
Sugar	9g	Niacin	0mg
Protein	6g	Vitamin B6	0mg
Cholesterol	0mg	Folate	4µg
Sodium	36mg	Vitamin B12	0µg
Potassium	342mg	Phosphorous	9mg
Vitamin A	40IU	Magnesium	5mg
Vitamin C	7mg	Zinc	0mg
Calcium	163mg	Selenium	0µg

High Fiber Seed Loaf

9 ingredients · 3 hours · 10 servings



Directions

1. In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
2. In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
3. Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
4. Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
5. Remove from the oven and let it cool completely before slicing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is equal to one slice of bread.

Additional Toppings

Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder

If you are using psyllium powder instead of the whole husks, cut the amount used in half.

Ingredients

1/2 cup Sunflower Seeds
1/2 cup Whole Flax Seeds
1/2 cup Pumpkin Seeds
1/4 cup Chia Seeds
2 cups Oats (rolled)
1/4 cup Psyllium Husks
1/2 tsp Sea Salt
3 tbsps Avocado Oil
1 1/2 cups Water

Nutrition

Amount per serving

Calories	245	Iron	3mg
Fat	17g	Vitamin D	0IU
Saturated	2g	Vitamin E	2mg
Trans	0g	Vitamin K	1µg
Carbs	19g	Thiamine	0.2mg
Fiber	8g	Riboflavin	0.1mg
Sugar	1g	Niacin	1mg
Protein	8g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	31µg
Sodium	125mg	Vitamin B12	0µg
Potassium	252mg	Phosphorous	272mg
Vitamin A	2IU	Magnesium	101mg

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Being Well

Vitamin C	0mg	Zinc	2mg
Calcium	75mg	Selenium	12µg

Carrot Halwa

6 ingredients · 45 minutes · 6 servings



Directions

1. Heat the ghee in a pan over medium heat. Cook the grated carrots for five minutes, stirring frequently.
2. Stir in the milk and bring to a simmer. Turn down the heat to medium-low and cook until the liquid is absorbed, about 35 minutes.
3. Stir in the coconut sugar and cardamom. Cook until dissolved, about one minute. Divide into bowls and top with pistachios. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days, or freeze if longer.

Serving Size

One serving equals approximately one cup.

More Flavor

Toast the pistachios.

Additional Toppings

Top with mixed nuts or raisins.

No Almond Milk

Use cow's milk or any other milk alternative.

No Coconut Sugar

Use date paste, white sugar, or your sweetener of choice.

Ingredients

1 tsp Ghee

3 Carrot (large, grated)

2 cups Unsweetened Almond Milk

1 1/2 tbsps Coconut Sugar (to taste)

1/2 tsp Cardamom (ground)

1/4 cup Pistachios (removed from shell, chopped)

Nutrition

Amount per serving

Calories	65	Iron	0mg
Fat	4g	Vitamin D	34IU
Saturated	1g	Vitamin E	0mg
Trans	0g	Vitamin K	4µg
Carbs	7g	Thiamine	0.1mg
Fiber	2g	Riboflavin	0.1mg
Sugar	4g	Niacin	0mg
Protein	2g	Vitamin B6	0.1mg
Cholesterol	2mg	Folate	8µg
Sodium	79mg	Vitamin B12	0µg
Potassium	164mg	Phosphorous	36mg
Vitamin A	5288IU	Magnesium	16mg
Vitamin C	2mg	Zinc	0mg
Calcium	166mg	Selenium	0µg

Carrot & Beet Salsa

6 ingredients · 35 minutes · 4 servings



Directions

1. Bring a pot of water to a boil. Place the beet in a steamer over the boiling water and steam for 30 minutes, or until fork tender. When cool enough to handle, rub the skins off and cut into cubes.
2. In a food processor, combine the beet, carrot, onion, cilantro, lime juice, and salt and process until your desired consistency is reached, adding a tablespoon of water at a time, if needed. Season with more salt to taste.
3. Refrigerate until ready to serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1/3 cup.

More Flavor

Add tomato, peppers, jalapeno, or allspice.

Additional Toppings

Serve it with crackers, pita, plantain chips, or veggie sticks.

Ingredients

- 1 Beet
- 1 Carrot (medium, roughly chopped)
- 1/2 Yellow Onion (small, roughly chopped)
- 1 cup Cilantro (chopped)
- 1 tbsp Lime Juice
- 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving

Calories	23	Iron	1mg
Fat	0g	Vitamin D	0IU
Saturated	0g	Vitamin E	0mg
Trans	0g	Vitamin K	14µg
Carbs	5g	Thiamine	0mg
Fiber	2g	Riboflavin	0mg
Sugar	3g	Niacin	0mg
Protein	1g	Vitamin B6	0mg
Cholesterol	0mg	Folate	28µg
Sodium	176mg	Vitamin B12	0µg
Potassium	161mg	Phosphorous	16mg
Vitamin A	2826IU	Magnesium	8mg
Vitamin C	4mg	Zinc	0mg
Calcium	17mg	Selenium	0µg