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# BULLETPROOF GUT RECIPE PACK

*Healthy cooking doesn't have to be difficult.  
These 12 recipes are packed with nutritional  
benefits and couldn't be easier to make!*



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## RECIPE KEY

Look for these helpful icons throughout the pack.

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



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# LOW FODMAP MEAL PLAN



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

# WEEKLY SHOPPING LIST



## FRUIT & VEGETABLES

### *Fresh*

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

### *Herbs*

- sage
- basil
- coriander

### *Frozen*

- blueberries
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEAT, DAIRY & NON-DAIRY

### *Meats*

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

### *Fish & Seafood*

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

### *Dairy*

- cottage cheese

### *Non-Dairy*

- 13x eggs
- coconut milk
- vanilla soy yogurt
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## GRAINS, SEEDS & SPICES

### *Grains*

- buckwheat flour
- corn flakes

### *Nuts & Seeds*

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

### *Spices*

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

### *Other*

- bread
- baking powder
- baking soda
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CANS, CONDIMENTS & MISC

### *Oils*

- coconut oil
- olive oil
- sesame oil

### *Cans & condiments*

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

### *Sweeteners*

- honey
- stevia
- coconut sugar

### *Other*

- coconut water
- plant based protein powder
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**EGG WHITE OMELET  
WITH SMOKED TROUT**

# EGG WHITE OMELET WITH SMOKED TROUT



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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

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

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



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**HERBY BREAKFAST  
SAUSAGES**

# HERBY BREAKFAST SAUSAGES



Makes: 8  
Prep: 10 mins  
Cook: 10 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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

*Serve hot or store in the refrigerator for later.*



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**EGG FREE BUCKWHEAT  
PANCAKES**

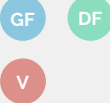
# EGG FREE BUCKWHEAT PANCAKES



Serves: 3  
Prep: 20 mins  
Cook: 20 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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

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

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



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A top-down photograph of two BLT lettuce wraps on a wooden cutting board. Each wrap is made with a large green lettuce leaf filled with a mixture of diced tomatoes, crumbled hard-boiled eggs, and strips of cooked bacon. To the left of the wraps are two slices of a red tomato. To the right is a half of a hard-boiled egg. A semi-transparent white rectangular box is centered over the wraps, containing the text 'BLT LETTUCE WRAPS' in bold black capital letters.

**BLT LETTUCE  
WRAPS**

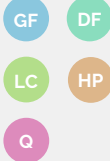
# BLT LETTUCE WRAPS



Serves: 1  
Prep: 10 mins  
Cook: 10 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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

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



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**PESTO ZOODLES  
WITH PROSCIUTTO**

# PESTO ZOODLES WITH PROSCIUTTO



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

*Mix in the olives, sundried tomatoes and walnuts.*

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

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



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# GRILLED CHICKEN & GRAPEFRUIT SALAD



# GRILLED CHICKEN & GRAPEFRUIT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

*Season the chicken with salt & pepper and heat the coconut oil in a frying pan.*

*Fry the chicken on medium heat until browned and cooked throughout.*

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

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

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

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



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## **CHICKEN MADRAS**

# CHICKEN MADRAS



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

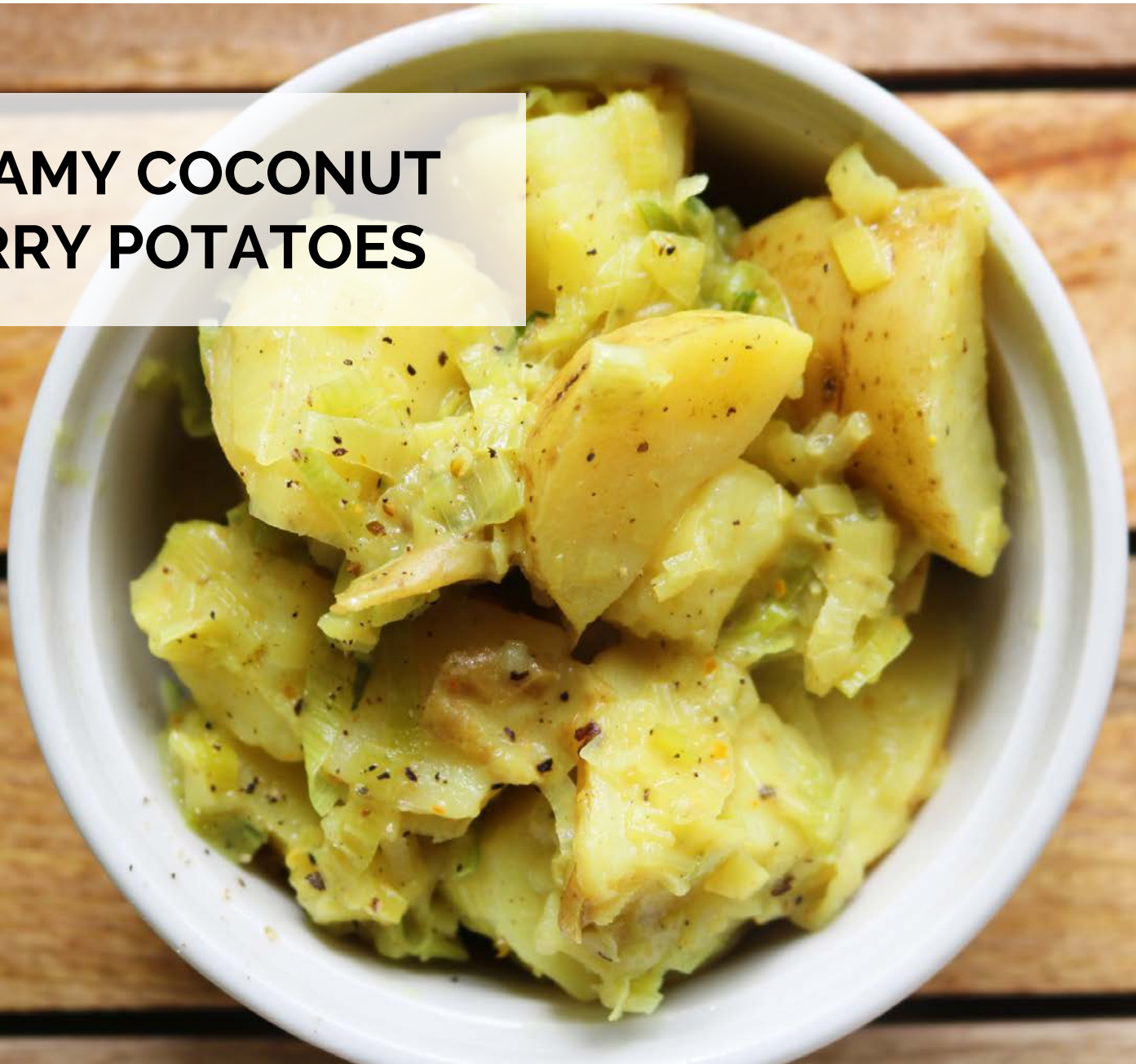
*Heat the oil in a frying pan or saucepan over a medium heat and cook the onion for 6-7 minutes until soft. Add in the chicken and fry for another 3-4 minutes.*

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



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**CREAMY COCONUT  
CURRY POTATOES**



# CREAMY COCONUT CURRY POTATOES



Serves: 6  
Prep: 10 mins  
Cook: 30 mins



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



GF DF



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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



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# MISO SALMON WITH ZUCCHINI NOODLES



# MISO SALMON WITH ZUCCHINI NOODLES



Serves: 2  
Prep: 20 mins  
Cook: 15 mins



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



## WHAT YOU NEED

### **For the salmon:**

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

### **For the noodles:**

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

## WHAT YOU NEED TO DO

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

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

Preheat oven to 350F (180C).

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

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



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# CHICKEN NUGGETS



# CHICKEN NUGGETS



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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

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

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

*Store in the fridge for up to 4 days.*



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The image shows four small, white, round ceramic bowls arranged in a diamond pattern. Each bowl contains a thick, golden-brown custard. A dollop of bright red jam is spread in the center of each custard, and it is topped with a generous amount of finely shredded white coconut. The bowls are placed on a light-colored, textured fabric with a subtle pattern. A semi-transparent white rectangular box is centered over the middle of the bowls, containing the text 'COCONUT CUSTARD' in bold, black, uppercase letters.

**COCONUT  
CUSTARD**

# COCONUT CUSTARD



Makes: 4  
Prep: 5 mins  
Cook: 45 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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

*Serve warm with strawberry sauce on top.*



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# LEMON & POPPY SEED MUFFINS



# LEMON & POPPY SEED MUFFINS



Makes: 9  
Prep: 15 mins  
Cook: 15 mins



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



DF V



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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

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

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

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

*Allow to completely cool before serving.*



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# **ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE**



# ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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



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