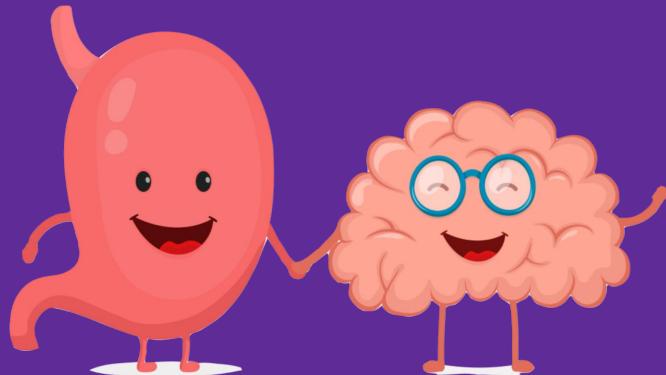




# Let's Eat: Happy Gut, Happy Life

Probiotic & prebiotic filled recipes to keep you full,  
happy, and energized.



# Kimchi Scramble

## Ingredients

- ❖ 8 oz firm tofu (patted dry, crumbled)
- ❖ 1 ½ tbsp sesame oil
- ❖ 3 cups kale leaves (stems removed, chopped)
- ❖ 1 ½ tbsp nutritional yeast
- ❖ 1 ½ cups zucchini (quartered, sliced ½" thick)
- ❖ 1 ½ cups mushrooms (bite-sized diced)
- ❖ ½ tsp ground turmeric
- ❖ ⅓ cup kimchi

The PRE: Kale

The PRO: Kimchi

## Preparation

- ❖ Heat oil in a large skillet on medium heat. Add zucchini & mushrooms. Soften 2 - 3 minutes then add kale & let wilt 1 - 2 minutes.
- ❖ Reduce heat to medium. Crumble tofu into pan in a pile. Sprinkle turmeric on top. Stir together and cook until greens are melted. Turn off heat.
- ❖ Add nutritional yeast & kimchi. Stir until just warmed through, 1 minute.

## Notes

- ❖ Swap veggies: eggplant, spinach, green beans, broccoli, asparagus or tomatoes. Aim for 1.5 - 2 cups veggies per serving or 2.5 - 3 cups if using greens.
- ❖ Exchange tofu for 2 eggs per serving.
- ❖ Try sauerkraut instead of kimchi for less spice but still reaping the probiotic benefits.

## Nutrition Information

Servings: 2 | Calories: 319 | Protein: 28g | Fat: 15g | Carbohydrate: 17g | Fiber: 6g



# Wild Rice Sauerkraut Salad

## Ingredients

- ❖  $\frac{3}{4}$  cup uncooked wild rice
- ❖ 2 cans (14 oz each sauerkraut, drained.
- ❖ 1 medium apple, peeled and chopped
- ❖  $\frac{3}{4}$  cup chopped celery
- ❖  $\frac{3}{4}$  cup shredded carrot (1 large)
- ❖  $\frac{1}{2}$  cup finely chopped red onion

## Dressing

- ❖  $\frac{1}{2}$  cup honey or maple syrup
- ❖  $\frac{1}{3}$  cup apple cider vinegar
- ❖ 3 tbsp canola oil
- ❖  $\frac{1}{4}$  tsp salt
- ❖  $\frac{1}{4}$  tsp pepper
- ❖ 3 tbsp minced fresh parsley
- ❖ 1 tbsp minced fresh tarragon or tsp dried
- ❖  $\frac{3}{4}$  cup chopped toasted walnuts

## Preparation

- ❖ Cook wild rice according to package directions. Allow to cool.
- ❖ In a large bowl, combine sauerkraut, apple, celery, carrot, onion, and cooled rice. In a small bowl, whisk the first five dressing ingredients until honey is dissolved; stir in herbs. Add dressing to sauerkraut mixture and toss to combine.
- ❖ Refrigerate, covered at least 4 hours to allow flavors to blend. Stir in walnuts just before serving.

The PRE: Rice/Onion

The PRO: Sauerkraut



## Nutrition Information

Servings: 8 ( $\frac{3}{4}$  cup) | Calories: 290 | Protein: 5g | Fat: 17g | Carbohydrate: 33g | Fiber: 5g

# Miso Noodle Veggie Soup

## Ingredients

- ❖ 8 cups vegetable broth
- ❖ 5 tbsp yellow (shiro) miso paste
- ❖ 1 clove garlic, minced
- ❖ 3 green onions, small diced
- ❖ 4 baby bok choy, chopped
- ❖ 8 oz oyster and cremini mushrooms, diced
- ❖ ¼ cup sea beans, rough chopped
- ❖ 8 oz hemp tofu (or tempeh) cubed
- ❖ 8 oz rice noodles (or shirataki)

**The PRE:  
garlic/onion/bok choy**

**The PRO: Miso**

## Preparation

- ❖ Add broth, miso, garlic, scallions, and sea beans to a large pot and bring up to boil. Reduce to a simmer and add the mushrooms and bok choy. Let cook about 5 minutes.
- ❖ Add the hemp tofu/tempeh and let cook 4 more minutes.
- ❖ Meanwhile, bring 5 cups water to a boil. Place noodles in a bowl and add boiling water. Let sit 8 - 10 minutes (see package for specifics). Drain water, divide evenly into 4 serving bowls.
- ❖ Ladle broth and veggies over noodles. Top with more scallions and sea beans and some chili sauce for spice. Slurp it up YUM!

## Nutrition Information

Servings: 4 | Calories: 302 | Protein: 16g | Fat: 6g | Carbohydrate: 42g | Fiber: 8g



# Banana Bread Smoothie

The PRE: Banana | The PRO: Greek yogurt

## Ingredients

- ❖ 2 bananas, peeled, sliced, frozen
- ❖ 1 cup unsweetened non-dairy milk (Almond, flax, soy etc)
- ❖ ½ cup old fashioned oats (uncooked)
- ❖ ½ cup plain, greek yogurt
- ❖ 1 teaspoon vanilla extract
- ❖ ¼ tsp ground cinnamon
- ❖ Pinch of ground nutmeg
- ❖ Pinch of salt
- ❖ (Optional tsp maple syrup if you want more sweet)

## Preparation

- ❖ Add all ingredients to blender and pulse until smooth. Garnish with another pinch of cinnamon.

## Notes

- ❖ Add 2 tbsp nut butter, flax or chia seeds for added protein

## Nutrition Information

Servings: 2 | Calories: 275 | Protein: 10g | Fat: 5g | Carbohydrate: 49g | Fiber: 5g



# Superfood Energy Balls

(Gluten-Free | Vegetarian/Vegan | Immunity | Bone/Skin/Heart | Weight-Loss Friendly)

## Ingredients

- ❖ ½ cup dates
- ❖ ½ cup walnuts
- ❖ ½ cup shredded coconut
- ❖ 2 tablespoons maca powder
- ❖ **1 tbsp chia seeds**
- ❖ 1 tbsp hemp seeds
- ❖ ¼ tsp salt
- ❖ ¼ cup Goji Berries



## Preparation

- ❖ Mix everything but goji berries in a food processor until crumb-like dough forms. Add water, 1 tsp increments, if it seems too dry. Should stick together when pinched.
- ❖ Add goji berries and pulse to coarsely chop and mix.
- ❖ Scoop a tablespoon and roll tightly with hands.

## Notes

- ❖ Store several weeks unrefrigerated and covered or freeze for a few months.

## Nutrition Information

Servings: 9 (2 balls) | Calories: 101 | Protein: 2g | Fat: 9g | Carbohydrate: 9g | Fiber: 2g



# Aspire Zen Health Coaching

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I coach busy people who are overwhelmed, exhausted, and overweight and help them tap into boundless energy, drop those extra lbs, and find their zen.

As your coach I'm here to guide, inspire, cheer you on, and proactively hold you accountable. Over 12 weeks of 1:1 sessions, we'll harness the power of the M's of Wellness (Mindset, Movement, Meals, Me Time & Motivation) to realize your health goals in a program tailored just for you. Together we can get you on the right track and keep you there.

Schedule a [free discovery session](#) to learn more.



## About Amy Sullivan

Amy is a holistic health coach, yoga instructor, certified diet and nutrition specialist, and a food blogger. During 15 years in marketing, she observed and experienced many of the unique stresses that women go through balancing their work and personal life. She combined that knowledge with her life loves of food, yoga, and wellness, plus learnings from her personal weight loss journey as a 40s+ woman, to build her health coaching program. Now she's found her true life's calling, helping busy people who are striving to have it all, to achieve success in the one area of their lives that is often neglected, their personal health.