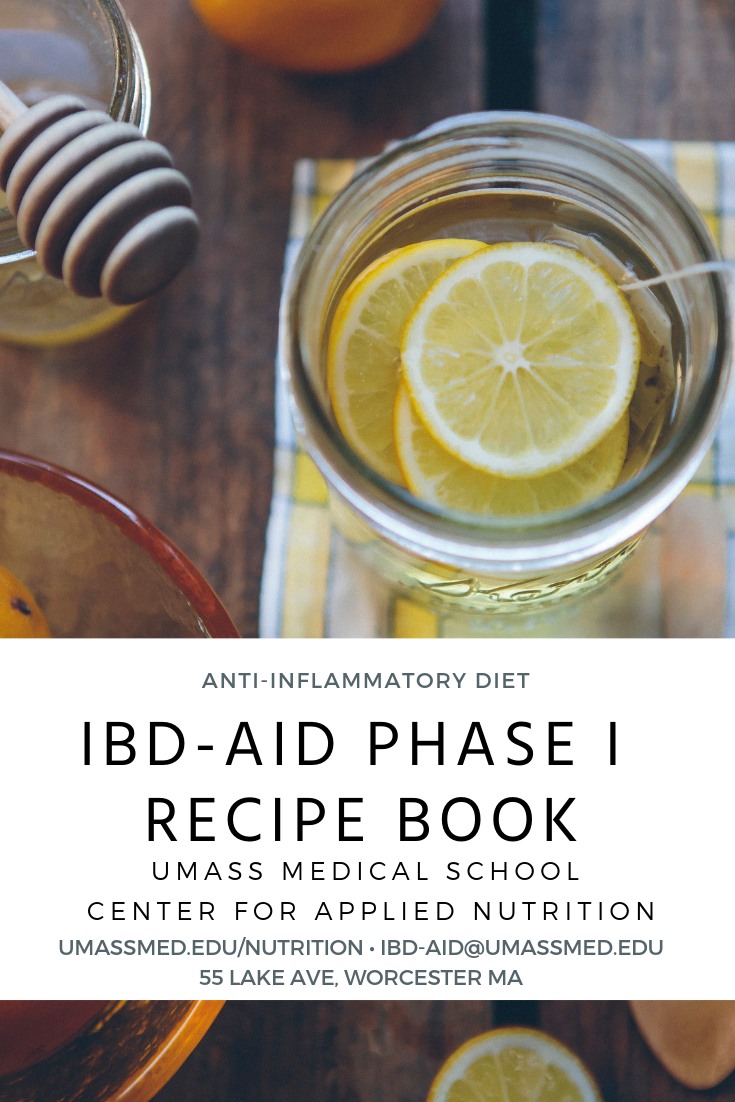
**IBD-AID Phase I Menu Guide**

Phase 1 is for those who are in a flare, or feeling quite unwell. It is a soft diet. Textures of nutritious foods are important for healing and are changed in this phase to a consistency the body can absorb and metabolize, without causing irritation. These foods can be used as an alternative to commercially produced nutrition supplements that are not oriented to healing the gut.

**Tips:**

* This diet is much easier with dedication and planning. These are easy yet DELICIOUS recipes that you will ENJOY (mentally and physically)!
* Use the shopping list provided to plan your meals (or, you can switch up the recipes according to what you prefer).
* Some recipes can be cooked the night before or a few days ahead, so they are all ready to enjoy. This really helps with learning and sticking with the diet.
* Crock pots are a great way to save time for cooking soups and steel-cut or oat groats.

**WEEKLY SAMPLE MENU**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Pumpkin Spice Smoothie | Nutty Banana Smoothie | Nonnie’s Zucchini Omelet | Papaya Smoothie | Banana Oat Smoothie | Banana Pancakes with a Touch of Vanilla | Almond Butter Banana Smeared in Cinnamon with side of Scrambled Eggs |
| **Lunch** | Caribbean Avocado Soup | Carrot and Coriander Soup | Left over Iron-rich Shepherd’s Pie with Sweet Potato Topping | Left over Savory Oats | Leftover Miso Fish and Savory Oats | Avocado and Tuna Salad with Sweet Potato | Sue’s Spinach Cheese Puff |
| **Dinner** | Miso Salmon with Acorn Squash | Iron-rich Shepherd’s Pie with Sweet Potato Topping | Savory Chicken Oats | Baked Fish in a Parcel with Miso Sauce | Leftover Roast Chicken Soup | Mushroom Oats Risotto | Salmon Burger with Miso Tahini Sauce with Butternut Squash |

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Shopping List Phase 1

(ingredients for snacks, desserts and beverages **are not included** in the shopping list)

**Fruits:**

5 avocados

10 bananas

1 papaya

2 lemons

1 orange

**Vegetables:**

acorn squash

2 cans pumpkin

1 can butternut squash

4 medium onions

2 lb carrots

5 medium sweet potatoes

bag of fresh baby spinach

1 medium zucchini

1 large eggplant

4 oz shitake mushrooms

**Chicken/Fish/ Meat:**

1 lb lean ground Chicken

4 chicken livers (optional)

1 lb lean ground beef

4 salmon Fillets

4 Haddock fillets

22 eggs

**Nuts/Seeds/Beans:**

almond butter (smooth, no other added oils or sugars)

almond flour

all-natural peanut butter (smooth, no other added oils or sugars)

chia seeds

tahini

tamari

miso

**Dairy/ Non-dairy:**

unsweetened almond milk

1 can light coconut milk

tub of plain nonfat or low-fat yogurt

3 oz cheddar cheese

**Sweeteners/Flavoring:**

unsweetened apple juice

unsweetened cocoa powder

raw honey – local is best

Pure vanilla extract

**Spices:**

Cinnamon

curry powder

garlic

garlic powder

ground coriander

nutmeg

oregano

salt

parsley

pepper

rosemary

thyme

white pepper

**Fresh Herbs:**

Basil

Cilantro

Coriander

**Stock:**

chicken stock

vegetable stock

**Oils:**

coconut oil

toasted sesame seed oil

extra virgin olive oil

**Grains:**

steel- cut oats

Breakfast

Almond Butter Banana Smeared in Cinnamon with Side of Scrambled Eggs

Banana Pancakes with a Touch of Vanilla

Nonnie’s Zucchini Omelet

Almond Butter Banana Smeared in Cinnamon with Side of Scrambled Eggs

*Servings =1*

Ingredients:

* 1 medium banana
* 2 tablespoon almond butter (unsweetened, smooth and NOT crunchy,
* Dash of cinnamon
* 2 large eggs
* 2 tablespoons water
* Salt and pepper to taste
* 1 tablespoon olive oil

Directions:

1. Peel the banana and smear one side with the almond butter.
2. Sprinkle with cinnamon and slice.
3. For omelet, beat eggs, water, salt and pepper in medium bowl until blended.
4. Heat oil in medium non-stick skillet over medium heat until hot.
5. Pour in egg mixture. Stir constantly until they have reached desired consistency.

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| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 7 g | **Total Carbohydrate**: 34 g |
| **Serving size: 1 batch** | | **Omega-3**: 206 mg | **Added sugar**: 0 g |
| **Calories**  **per serving** | **571** | Protein: 20 g | Dietary Fiber: 6 g |
| Iron: 3 mg • Folate: 84 mcg • | Calcium: 164 mg •1 |

\*\*Excellent source of protein, fiber, vitamin E, selenium and potassium (>20% DV)

Banana Pancakes with a Touch of Vanilla

*Servings =4*

Ingredients for syrup:

* 1/2 teaspoon pure vanilla extract
* 1/2 cup honey- local is best
* 1 cinnamon stick (optional)

Ingredients for pancakes:

* 2 cups steel-cut oats- ground down to flour  
  2 soft bananas
* 4 eggs
* 2 tablespoons honey – local is best
* 1 teaspoon pure vanilla extract
* 1/4 teaspoon salt
* 1/4 teaspoon baking soda
* olive oil for frying

Directions:

1. To make the syrup, heat all the syrup ingredients in a pan until combined, approximately for 1-2 minutes and set aside.
2. To make the pancake batter, blend together all the pancake ingredients, except the olive oil in a food processor.
3. Heat a griddle over stovetop. Grease it with olive oil.
4. Pour the pancake batter in spoonful onto the pan. Scoop only enough batter to cover the surface thinly. The thinner you make the pancakes, the more evenly and easily they will cook through. Cook until golden on the bottom and then flip and cook until golden on the other side. Makes around 8 medium pancakes.

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| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 2 g | **Total Carbohydrate**: 77 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 127 mg | **Added sugar**: 9 g |
| **Calories**  **per serving** | **460** | Protein: 17 g | Dietary Fiber: 10 g |
| Iron: 4 mg • Folate: 57 mcg • | Calcium: 89 mg• |

\*\*Excellent source of protein, fiber, phosphorus, iron, zinc and selenium (>20% DV)

Nonnie’s Zucchini Omelet

*Servings =2*

Ingredients:

* 1 tablespoon extra-virgin olive oil or coconut oil
* 1 medium onion, finely chopped
* 1 medium zucchini, (skin removed), grated (or use stemless spinach)
* 3 eggs
* 3 tablespoons water
* 2–3 ounces natural cheddar cheese, grated
* salt and pepper to taste

Directions:

1. Preheat oven to 350°F.
2. Heat oil in a medium-sized, deep, oven proof pan.
3. Add onions, zucchini, salt and pepper and sauté on medium heat for 1-2 minutes.
4. Cover the pan and let the veggies cook for about 2-3 minutes or until tender.
5. In a mixing bowl, whisk together eggs and water. Add grated cheese, salt and pepper and mix well.
6. Pour egg mixture into the pan and cook on low-medium heat for 1 minute.
7. Place the pan in oven and allow to bake until dish is lightly browned on top (or a knife plunged into center comes out clean). Enjoy!

Recipe adapted from: Raman Prasad’s Adventures in the Family Kitchen: Original Recipes Based on the Specific Carbohydrate Diet

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| --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 7 g | **Total Carbohydrate**: 11 g |
| **Serving size: 1/2 of recipe** | | **Omega-3**: 295 mg | **Added sugar**: 0 mg |
| **Calories**  **per serving** | **298** | Protein: 21 g | Dietary Fiber: 2 g |
| Iron: 2 mg • Folate: 95 mcg • | Calcium: 356 mg• |

\*\*Excellent source of protein, vitamin A, vitamin D, vitamin E, vitamin C, folate, vitamin B-12, calcium, phosphorus and zinc (>20% DV)

Smoothies

Banana Oat Smoothie

Nutty Banana Smoothie

Papaya Smoothie

Pumpkin Spice Smoothie

Spinach Fruit Smoothie

Banana Oat Smoothie

*Servings =2*

Ingredients:

* 1/2 cup ice cubes  
  2 medium bananas
* 1 1/3 unsweetened almond milk   
  2 tablespoons cooked steel-cut oats

Directions:

1. Place ice cubes into blender and blend to crush.  Add the remaining ingredients; blend until smooth.

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| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 0 g | **Total Carbohydrate**: 31 g |
| **Serving size: 1/2 of recipe** | | **Omega-3**: 35 mg | **Added sugar**: 0 g |
| **Calories**  **per serving** | **143** | Protein: 3 g | Dietary Fiber: 4 g |
| Iron: 1 mg • Folate: 26 mcg • | Calcium: 139 mg• |

\*\*Excellent source of vitamin E (>20% DV)

Nutty Banana Smoothie

*Servings = 2*

(note: require pre-preparation, frozen banana)

Ingredients:

* 3/4 cup unsweetened non-dairy milk (e.g. almond, soy, coconut, etc.)
* 3/4 cup plain unsweetened Greek or regular yogurt
* 1 tablespoon honey (local is best)
* 1/3 cup creamy almond or peanut butter – with no added sugar
* 2 bananas, peeled, sliced and frozen
* 1 teaspoon pure vanilla extract (optional)

Directions:

1. Combine all ingredients into a blender.  Blend until smooth.

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| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 3 g | **Total Carbohydrate**: 52 g |
| **Serving size: ½ of recipe** | | **Omega-3**: 161 mg | **Added sugar**: 9 g |
| **Calories**  **per serving** | **484** | Protein: 18 g | Dietary Fiber: 9 g |
| Iron: 3 mg • Folate: 66 mcg • | Calcium: 340 mg • |

\*\*Excellent source of protein, vitamin E, potassium, calcium, phosphorous and magnesium (>20% DV)

Papaya Smoothie

*Servings =4*

Ingredients:

* 1 cup unsweetened vanilla almond milk
* 1/4 cup plain Greek yogurt - unsweetened
* 1/2 large ripe papaya, peeled/seeded and chopped
* 1 small banana, peeled and sliced
* 1 cup ice
* 2 tablespoon raw honey – local is best

Directions:

1. Put all the ingredients in a blender and blend until smooth.

Recipe adapted from: foodnetwork.com

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| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 0 g | **Total Carbohydrate**: 21 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 34 mg | **Added sugar**: 9 g |
| **Calories**  **per serving** | **97** | Protein: 4 g | Dietary Fiber: 2 g |
| Iron: 0 mg • Folate: 24 mcg • | Calcium: 80 mg• |

\*\*Excellent source of vitamin C (>20% DV)

Pumpkin Spice Smoothie

*Servings = 1*

(note: requires pre preparation, frozen banana)

Ingredients:

* 1 cup unsweetened vanilla almond milk
* 1/2 cup pumpkin, canned
* 1/2 small ripe banana, peeled, sliced and frozen
* dash of cinnamon
* dash of nutmeg
* 1 teaspoon honey – local is best

Directions:

1. Place all ingredients into a blender and blend until smooth consistency is achieved.

Recipe adapted from: Smoothies by Mary Corpening Barber

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| --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: | **Total Carbohydrate**: |
| **Serving size:** | | **Omega-3**: | **Added sugar**: |
| **Calories**  **per serving** | **189** | Protein: | Dietary Fiber: |
| Iron: • Folate: • | Calcium: • |

\*\*Excellent source of fiber, vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, calcium, iron and potassium (>20% DV)

Spinach Fruit Smoothie

*Servings =2*

Ingredients:

* 3-5 ice cubes
* 1.5 cups fresh orange juice (or 100% OJ without added sugar), cold
* 2 cups, washed and chopped baby spinach (or baby kale)
* 1 medium papaya, peeled, seeded, roughly chopped (~1 cup),
* 1/2 banana, sliced and frozen

Directions:

1. Place the ice cubes in the blender and pulse to crush.
2. Add orange juice, and spinach; pulse to begin breaking up the greens and then blend until very smooth.
3. Add the papaya and banana, and blend until the mixture is uniform, thick, and moves easily in the blender jar. Enjoy immediately!

Adapted from The Boston Globe Magazine / January 5, 2014

|  |  |  |  |
| --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 1 g | **Total Carbohydrate**: 34 g |
| **Serving size: 1/2 of recipe** | | **Omega-3**: 111 mg | **Added sugar**: 0 g |
| **Calories**  **per serving** | **183** | Protein: 9 g | Dietary Fiber: 3 g |
| Iron: 0 mg • Folate: 9 mcg • | Calcium: 270 mg• |

\*\*Excellent source of vitamin A, vitamin K, vitamin C, vitamin B-6, folate and potassium (>20%), Good source of vitamin E and fiber (>10% DV)

Entrées

Avocado and Tuna Salad

Baked Fish in a Parcel

Iron-rich Shepherd’s Pie

Miso Salmon with Acorn Squash

Mushroom Oats Risotto

Salmon Burger

Savory Oats

Sue’s Spinach Cheese Puff

Avocado and Tuna salad

*Servings =2*

Ingredients:

* 3 medium sized sweet potatoes
* 2 cans of light tuna
* 1 ripe avocado
* 1/2 cup chopped red onion (pureed)
* 1 tablespoon pickle juice or water
* 1 teaspoon dried dill
* 1/2 teaspoon Dijon mustard
* 1/4 teaspoon cumin powder
* salt and ground pepper to taste

Directions:

1. Scrub sweet potatoes, but do not peel.
2. Place potatoes in a pan and add enough water just to cover.
3. Bring the water to boil and cover and simmer 20 to 25 minutes or until tender.
4. Drain the water and cool slightly. After removing the skin of the potatoes cut them into 1/2-inch slices. And set aside.
5. In a large bowl, mash the avocado with the back of a fork or potato masher.
6. Add in tuna, and red onion; and mix well.
7. Add in pickle juice, dried dill, mustard, cumin, salt and pepper and mix well.
8. Enjoy the salad with the side of sliced sweet potatoes.

Note: Avocado to be consumed within couple of hours of preparation as it may turn black with time. Use juice from lemons or limes as a natural preservative!

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 3 g | | **Total Carbohydrate**: 50 g |
| **Serving size: 1/2 of recipe** | | **Omega-3**: 335 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **548** | Protein: 41 g | | Dietary Fiber: 12 g |
| Iron: 4 mg • | Folate: 105 mcg • | Calcium: 115 mg |

\*\*Excellent source of protein, fiber, vitamin A, vitamin D, vitamin K, vitamin C, riboflavin, folate, phosphorus, selenium and potassium (>20% DV)

Baked Fish in a Parcel with Miso Sauce

*Servings =4*

Miso Tahini Sauce

Ingredients:

* 1/4 cup warm water
* 1 tablespoon miso (refrigerated, as it has live good bacteria)
* 1/3 cup tahini (or non-crunchy, unsweetened peanut butter)
* 1 tablespoon tamari
* 1 teaspoon orange zest
* 1 teaspoon lemon juice
* 1 tablespoon finely chopped cilantro leaves

Directions:

1. In a medium bowl, whisk together all ingredients. For a thinner sauce, add more water.

This sauce can be kept in the refrigerator for a few days.

Recipe adapted from: Moosewood Restaurant Low-Fat Favorites

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| --- | --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 2 g | | **Total Carbohydrate**: 6 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 102 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **131** | Protein: 4 g | | Dietary Fiber: 2 g |
| Iron: 2 g • | Folate: 22 mcg | • Calcium: 90 mg |

Baked Fish in a Parcel

Ingredients:

* 4 firm fish fillets - 5 to 6 ounces each (like scrod, tuna, salmon, haddock)
* 2 tablespoons finely chopped fresh basil
* 2 teaspoons finely chopped fresh thyme, rosemary, tarragon, basil, or dill
* dash of salt and black pepper
* 4 tablespoons fresh lemon juice
* 4 lemon slices
* 4 sprigs of fresh thyme, rosemary, tarragon, basil, or dill sprigs
* Other: Parchment paper

Directions:

1. Preheat the oven to 425°F.
2. Rinse the fish fillets and set aside. For each fillet, fold a 12 x 15 inch piece of parchment paper in half to form a smaller rectangle.
3. Open the parchment paper on a flat working surface and place a fish fillet to one side of the center fold. Top the fillet with 1/2 teaspoon of the chopped basil, 1/2 teaspoon of the chopped thyme or other herbs of your choice, a sprinkling of salt and pepper, and 1 teaspoon of lemon juice.
4. Top with lemon slice and a sprig of herb of your choice.
5. Fold the parchment over the fish and then, starting at one end and working your way around to the other end, fold the cut edges of the parchment paper twice or three times to form a sealed packet,
6. Place the packets on an un-oiled baking sheet and bake for 15 to 20 minutes -- slightly longer for thick fillets. The packets will become puffed and golden brown. When the fish flakes easily with a fork, open the packets and serve with miso tahini sauce (remember not to eat fresh herb sprigs.)

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| --- | --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 0 g | | **Total Carbohydrate**: 2 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 321 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **195** | Protein: 41 g | | Dietary Fiber: 0 g |
| Iron: 1 mg • | Folate: 19 mcg • | Calcium: 32 mg |

\*\*Excellent source of protein, vitamin D, vitamin C and phosphorus (>20% DV)

Iron-rich Shepherd’s Pie with Sweet Potato Topping

*Servings =6*

Ingredients:

* 5 medium-sized sweet potatoes
* 1/2 cup unsweetened apple juice
* 4 organic chicken livers, defrosted-if frozen
* 1 pound lean ground beef (preferably grass-finished, organic)
* 2 tablespoons extra-virgin olive oil
* 1 large onion, chopped (may need to be pureed)
* 2 medium carrots, washed and shredded (may need to be pureed)
* 4 cups fresh stemless baby spinach or other baby greens, washed and chopped
* 4 oz fresh shiitake mushrooms, stems removed, thinly sliced (may need to be pureed)
* 1 teaspoon garlic powder
* Salt and pepper to taste

Directions:

1. Preheat oven to 450°F.
2. Puncture skin of potatoes several times with a fork and place them on a baking sheet. Bake for 30-45 minutes or until soft.
3. Remove potatoes from oven, and turn temperature to 400°F. Let potatoes cool enough to remove skins.
4. Mash potatoes with a hand blender or in food processor, add up to 1/2 cup of apple juice to make consistency smooth and creamier. Set aside.
5. Add chicken livers to a blender and blend until pureed. Pour into bowl with raw ground beef and mix well with either gloved or clean hands.
6. Add 1 tablespoon of oil to a large frying pan, and add beef and liver mixture, stirring on medium heat until just brown. Remove meat from pan and set aside.
7. In a second pan, heat remaining 1 tablespoon of olive oil. Add chopped onion, shredded carrots, and sliced mushrooms. Sauté on low heat until vegetables are soft, and then add the spinach and browned beef to mixture. Add garlic powder and salt and pepper. Continue cooking for 1 minute or until spinach starts to wilt.
8. Spread beef and vegetable mixture to the bottom of an 8x8 inch baking pan.

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| --- | --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 3 g | | **Total Carbohydrate**: 30 g |
| **Serving size: 1/6 of recipe** | | **Omega-3**: 70 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **312** | Protein: 25 g | | Dietary Fiber: 5 g |
| Iron: 7 mg • | Folate: 235 mcg • | Calcium: 74 mg |

1. Smooth potato puree over the top and bake for 15 minutes on 400°F until potatoes start to brown. Serve hot.

\*\*Excellent source of vitamin A, vitamin K, vitamin C, vitamin B-12, folate, phosphorus, iron, zinc, selenium and potassium (>20% DV)

Miso Salmon with Acorn Squash

*Servings = 4*

Ingredients:

* 1 acorn squash
* 1 tablespoon extra-virgin olive oil
* salt and pepper to taste
* 4 salmon filets
* 2 tablespoons lemon juice
* 3 tablespoons mild yellow miso paste (refrigerated, not any other)
* 1/4 cup sesame oil

Directions:

1. Preheat oven to 400°F.
2. Cut acorn squash in half, drizzle with olive oil and season with salt and pepper. Put on pan and roast in oven for 30 minutes.
3. Place salmon in a non-stick oven proof pan and set aside.
4. In a small bowl whisk together the lemon juice, miso paste and sesame oil. Drizzle 3 tablespoons of the dressing over salmon and set the remaining dressing aside.
5. Bake the salmon for 15 minutes at the same temperature along with squash.
6. After squash is done scoop the pulp and mash until smooth.
7. Top each salmon filet and acorn squash with extra miso sauce and serve.

Recipe adapted from: traderjoes.com

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 6 g | | **Total Carbohydrate**: 15 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 8445 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **782** | Protein: 81 g | | Dietary Fiber: 4 g |
| Iron: 4 mg • | Folate: 108 mcg• | Calcium: 88 mg |

\*\*Excellent source of protein, vitamin D, niacin, vitamin B-12, phosphorus, iron, zinc and potassium (>20% DV)

Mushroom Oats Risotto

*servings=2*

Ingredients:

* 1 tablespoon extra-virgin olive oil
* 1/2 small onion, diced (may need to be pureed)
* 2 cloves of garlic, minced
* 2 cup unsweetened almond milk
* 2 cups low sodium chicken or vegetable broth
* 1 cup steel-cut oats
* 1 cup mushrooms (may need to be pureed)
* 1 teaspoon dried basil
* 1 teaspoon dried oregano
* 1/2 teaspoon dried marjoram
* salt and pepper to taste
* 2 tablespoons aged parmesan cheese

Directions:

1. Heat oil in a crock pot. Sauté diced onions and garlic.
2. Add almond milk and chicken broth and bring it to boil.
3. Add steel-cut oats and reduce the heat to medium.
4. While oats are cooking, wash the mushrooms and puree thoroughly in a blender.
5. After 10 minutes add the pureed mushrooms, dried herbs, salt and pepper.
6. Continue to cook on low-medium heat until the oats are fully cooked.
7. Once most of the liquid is absorbed and oats are well done, top with cheese and serve hot.

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 3 g | | **Total Carbohydrate**: 63 g |
| **Serving size: 1/2 of recipe** | | **Omega-3**: 158 mg | | **Added sugar**: 1 g |
| **Calories**  **per serving** | **452** | Protein: 15 g | | Dietary Fiber: 10 g |
| Iron: 5 mg • | Folate: 40 mcg • | Calcium: 365 mg |

\*\*Excellent source vitamin E (>20% DV)

Salmon Burger with Miso Tahini Sauce & Butternut Squash

*Servings=2*

Miso Tahini Sauce

Ingredients:

* 1/4 cup warm water
* 1 tablespoon miso (refrigerated, as it has live good bacteria)
* 1/3 cup tahini (or non-crunchy, unsweetened peanut butter)
* 1 tablespoon tamari
* 1 teaspoon orange zest
* 1 teaspoon lemon juice
* 1 tablespoon finely chopped cilantro leaves

Directions:

1. In a medium bowl, whisk together all ingredients. For a thinner sauce, add more water.

This sauce can be kept in the refrigerator for a few days.

Recipe adapted from: Moosewood Restaurant Low-Fat Favorites

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 2 g | | **Total Carbohydrate**: 6 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 102 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **131** | Protein: 4 g | | Dietary Fiber: 2 g |
| Iron: 2 g • | Folate: 22 mcg | • Calcium: 90 mg |

Salmon patties:

Ingredients:

* 1 cup water
* 1 lb salmon fillet
* 2 teaspoon lemon juice
* 1/2 cup finely chopped onion
* 2 teaspoon parsley flakes
* 1/2 teaspoon garlic puree or paste
* 2 medium eggs or 1/2 cup egg whites
* 1/4 cup IBD-friendly mayonnaise
* 1/2 cup fresh ground flax seeds
* cooking spray or 4 tablespoon canola oil

Directions:

1. To poach the salmon, heat water in a large non-stick skillet. Place salmon fillets with skin-side down on the pan and cover. Cook 5 to 10 minutes, depending on the thickness of the fillet, until firm and done.
2. Discard the skin of the fish and mix the poached fish with lemon juice.
3. Add chopped onion, parsley flakes, and garlic puree, and mix well.
4. In a separate bowl, whisk together the eggs and mayonnaise. Combine with salmon mixture.
5. Add ground flax seeds a bit at a time until they hold together to form patties.
6. Shape into 4 patties and fry in nonstick pan using cooking spray or small amount of canola oil.

Butternut Squash

Ingredients:

* 2 cups peeled, diced butternut squash
* 1 teaspoon extra virgin olive oil
* 2 cloves garlic minced
* 1/2 teaspoon chopped fresh sage
* salt and pepper to taste

Directions:

1. Preheat oven to 400°F
2. In a large bowl, mix butternut squash with olive oil and garlic. Season with salt and black pepper.
3. Arrange coated squash on a baking sheet and bake for 20-25 minutes until squash is tender.

Serve fish patties and baked butternut squash with miso tahini sauce

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 7 g | | **Total Carbohydrate**: 27 g |
| **Serving size: 1/2 of recipe** | | **Omega-3**: 13730 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **875** | Protein: 58 g | | Dietary Fiber: 12 g |
| Iron: 5 mg • | Folate: 128 mcg• | Calcium: 193 mg |

\*\*Excellent source of protein, fiber, vitamin A, vitamin E, vitamin K, vitamin C, vitamin B-12, phosphorus, magnesium, zinc, selenium and potassium (>20% DV)

Savory Oats

*Servings =2*

Ingredients:

* 1 cup water
* 2 cups low sodium chicken or vegetable broth (with no added preservatives)
* 1 cup unsweetened almond milk
* 1 cup steel-cut oats or groats
* 4 oz. cubed tofu or cooked chicken (ground)
* 2 tablespoons miso (refrigerated)

Directions:

1. Add water, chicken broth, and almond milk into a pot and bring it to a boil while stirring occasionally.
2. Add oats to the boiling mixture and cook on medium heat for 15-20 minutes.
3. Add cubed tofu or ground cooked chicken and continue to cook until oats are soft and most of the liquid is absorbed.
4. Turn off heat and let it cool for 5 minutes. Add miso and mix well.
5. Set aside one portion of savory chicken oats for lunch tomorrow.

Recipe adapted from: toastable.com

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| --- | --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 1 g | | **Total Carbohydrate**: 63 g |
| **Serving size: 1/2 of recipe** | | **Omega-3**: 259 mg | | **Added sugar**: 1 g |
| **Calories**  **per serving** | **404** | Protein: 18 g | | Dietary Fiber: 9 g |
| Iron: 5 mg • | Folate: 56 mcg • | Calcium: 201 mg |

\*\*Excellent source of fiber, protein, folate, calcium, phosphorus, iron, zinc and selenium (>20% DV)

Sue’s Spinach Cheese Puff

*Servings=2*

Ingredients:

* 1 tablespoon olive oil
* 2 cloves garlic
* 1 small onion, finely chopped
* 8 ounces farmers cheese (dry curd or cultured cottage cheese)
* 1/4 teaspoon salt
* 1/4 teaspoon black pepper
* 3 medium eggs
* 10 ounce baby spinach, chopped
* reduced fat cheddar cheese, grated – for garnish

Directions:

1. Preheat oven to 350°F.
2. Grease a 9-inch square baking dish with olive oil.
3. Melt butter in a pan over medium heat.
4. Add garlic and onion and sauté until tender and set aside.
5. In a mixing bowl, beat together the eggs and farmer’s/cottage cheese, salt and pepper until fluffy.
6. Add the cooked onion, garlic and chopped spinach to the beaten eggs and mix all the ingredients until combined.
7. Pour the mixture into the greased baking dish.
8. Bake for 30-40 minutes or until golden brown at the edges. Sprinkle the top with cheddar cheese right before you remove it from the oven. Allow the cheese to melt for another minute and serve.

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 22 g | | **Total Carbohydrate**: 12 g |
| **Serving size: 1/2 of recipe** | | **Omega-3**: 484 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **599** | Protein: 37 g | | Dietary Fiber: 4 g |
| Iron: 5 mg • | Folate: 329 mcg• | Calcium: 885 mg |

\*\*Excellent source of protein, vitamin A, vitamin E, vitamin K, vitamin C, folate, vitamin B-12, calcium, phosphorus, magnesium, selenium and potassium (>20% DV)

Soups

Caribbean Avocado Soup

Carrot & Coriander Soup

Roast Chicken Soup

Caribbean Avocado Soup

*Servings = 2*

Ingredients:

* 3 ripe avocados
* 2 1/2 cups chicken or vegetable stock (choose organic, no added preservatives)
* 1 teaspoon curry powder
* 1 teaspoon lemon juice
* 1/4 teaspoon salt
* 1/4 teaspoon white pepper
* 1/2 cup plain yogurt

Directions:

1. Cut the avocados in half lengthwise, scoop out the inside of 5 halves of the avocados, setting one half aside for garnish.
2. Place the avocados into a blender with 1-1/2 cups of chicken stock. Blend.
3. Add the curry powder, lemon juice, salt, white pepper, yogurt and remaining 1 cup of stock to the blender. Mix thoroughly.
4. Chill in the refrigerator for 5 to 10 minutes.
5. Serve immediately (as to not let avocado get brown) and garnish each bowl with a few slices of the reserved avocado.

*Recipe adapted from: Recipes for the Specific Carbohydrate Diet by Raman Prasad*

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| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 5.5 g | **Total Carbohydrate**: 24 g |
| **Serving size: ½ of recipe** | | **Omega-3**: 250 mg | **Added sugar**: 0 g |
| **Calories**  **per serving** | **434** | Protein: 14 g | Dietary Fiber: 15 g |
| Iron: 2 mg • Folate: 197 mcg • | Calcium: 160 mg • |

\*\*Excellent source of fiber, protein, calcium, phosphorous, and potassium (>20% DV)

Carrot and Coriander Soup

*Servings =4*

Ingredients:

* 1 tablespoon extra-virgin olive oil
* 1 medium onion, sliced
* 1 lb. carrots, washed and sliced (note: you can use other veggies here, too)
* 1 teaspoon coriander powder
* 4 cups vegetable stock (with no added preservatives)
* 1 large bunch fresh coriander (cilantro), remove the stems washed and roughly chopped
* salt and black pepper powder to taste

Directions:

1. Heat oil in a large pan and add sliced onions and the carrots. Sauté the vegetables on a low heat for 5 minutes or until the vegetables start to soften.
2. Stir in the coriander powder and season with salt and pepper.
3. Add the vegetable stock and bring it to a boil for 10-15 minutes or until the vegetables are tender.
4. Bring the soup to room temperature; and blend the soup with a hand blender or in a blender until smooth.
5. Reheat soup in a pan, stir in the chopped coriander leaves and serve.

Recipe adapted from: bbc.co.uk

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 1 g | | **Total Carbohydrate**: 24 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 52 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **146** | Protein: 4 g | | Dietary Fiber: 6 g |
| Iron: 1 mg • | Folate: 37 mcg • | Calcium: 66 mg |

\*\*Excellent source of fiber, vitamin A, vitamin K and vitamin C (>20% DV)

Roast Chicken Soup

*Servings =3*

Ingredients:

* 2 garlic cloves, minced
* 2 carrots, peeled and cubed
* 1 cup butternut squash, peeled and cubed
* 1 small sweet potato, peeled and cubed
* 1/2 onion, quartered
* 2 tablespoons extra virgin olive oil
* 4 cups chicken stock, (without added preservatives)
* 2-3 cups leftover shredded chicken or 1-pound uncooked chicken breasts
* 1/2 teaspoon dried thyme
* 1/2 teaspoon dried rosemary
* 1/4 teaspoon dried oregano
* 1/2 teaspoon dried parsley
* 1 cup water
* 2 cups baby spinach, washed and chopped
* salt to taste

Directions:

1. Preheat oven to 425°F.
2. Toss garlic, carrots, butternut squash and sweet potatoes in the olive oil and sprinkle with salt and pepper. Roast for 20 minutes, or until the vegetables are tender.
3. Meanwhile, bring the chicken stock to a simmer in a large stockpot. Add the chicken, dried herbs, and salt. Cover and cook while the vegetables are roasting, about 15 minutes. For raw chicken breasts, cook for about 45 minutes, until chicken is cooked through and tender enough to shred with a fork.
4. Add roasted vegetables, dried herbs, water, spinach and salt to the soup.
5. Simmer for 5-10 minutes. Blend/ puree the soup with a hand blender or blender.

Recipe adapted from: againstallgrain.com

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 2 g | | **Total Carbohydrate**: 13 g |
| **Serving size: 1/3 of recipe** | | **Omega-3**: 180 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **293** | Protein: 33 g | | Dietary Fiber: 3 g |
| Iron: 2 mg • | Folate: 54 mcg • | Calcium: 77 mg |

\*\*Excellent source of protein, vitamin A, vitamin K, vitamin C, niacin, phosphorus, selenium and potassium (>20% DV)

Desserts:

Applesauce Twisted with Cardamom and Saffron

Banana, Nut, and Coconut Ice Cream

Chia Seed Pudding

Chocolate Peanut Butter Avocado Pudding

Chocolate Mousse

Coconut Chocolate Candies

Pumpkin Treat

Vanilla Custard

Apple/Pear Sauce Twisted with Cardamom and Saffron

*Servings =4*

Ingredients

3 medium apples or pears, washed, peeled and chopped

3/4 cup water

1/4 teaspoon cinnamon powder

1/4 teaspoon cinnamon powder

4-5 strands of saffron

Instructions

Place apples/pears in a sauce pan or pan, and add water.

Bring this mixture to a boil and simmer on a low to medium heat.

Add spices cinnamon, cardamom and saffron and continue to cook on a low heat for 10-15 minutes or till the apples are softened.

Once the mixture becomes warm, you can either mash the apples or puree them in a blender. Pour apple-pearsauce in bottles or bowls. Once cooled refrigerate them, eat infrequently for best digestion.

Recipe adapted from: vegrecipesofindia.com

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 0 g | | **Total Carbohydrate**: 16 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 9 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **59** | Protein: 0 g | | Dietary Fiber: 2 g |
| Iron: 0 mg • | Folate: 0 mcg • | Calcium: 9 mg |

Banana, Nut & Coconut Ice Cream

*Servings = 6*

Ingredients:

* 3 bananas, peeled, sliced and frozen
* 1/4 cup unsweetened almond, coconut or soy milk
* 2 tablespoon almond butter (or nut butter of your choice) – with no added sugar and smooth
* dash of cinnamon

Directions:

1. Blend frozen bananas and coconut milk until creamy. Add nut butter and cinnamon and blend until mixed well.
2. Pour the mixture into an air-tight container and freeze for at least 5-6 hours or until frozen.

Recipe adapted from: thebeautybean.com

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 0 g | | **Total Carbohydrate**: 15 g |
| **Serving size: 1/6 of recipe** | | **Omega-3**: 16 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **86** | Protein: 2 g | | Dietary Fiber: 2 g |
| Iron: 0 mg • | Folate: 15 mcg • | Calcium: 30 mg |

\*\*Good source of Vitamin E (>10% DV)

Chia Seed Pudding

*Servings =2*

Ingredients:

* 1 cup unsweetened vanilla almond milk
* 1 cup unsweetened plain low-fat Greek yogurt
* 2 tablespoons honey – local is best
* 1 teaspoon pure vanilla extract
* dash of Kosher salt
* 4 tablespoons chia seeds

Directions:

1. Stir all ingredients well and cover in an air tight container. Make sure chia seeds are evenly distributed. Refrigerate overnight. May need to pureed whole mixture or add extra almond milk.

Variations: Use frozen banana or papaya instead of almond milk, add the yogurt and chia seeds. skip the salt. YUM!

Recipe adapted from: Foodnetwork.com

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| --- | --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 2 g | | **Total Carbohydrate**: 32 g |
| **Serving size: 1/2 of recipe** | | **Omega-3**: 3602 mg | | **Added sugar**: 17 g |
| **Calories**  **per serving** | **282** | Protein: 17 g | | Dietary Fiber: 7 g |
| Iron: 4 mg • | Folate: 16 mcg • | Calcium: 372 mg |

\*\*Excellent source of protein, fiber, vitamin E, vitamin K, calcium, phosphorus, magnesium and selenium (>20% DV)\*\*Good source of potassium (>10% DV)

Chocolate Peanut Butter Avocado Pudding

*Servings =6*

Ingredients:

* 1 and 1/2 ripe avocados
* 1 large ripe banana peeled and sliced
* 1/2 cup unsweetened cocoa or cacao powder
* 1/2 cup salted creamy unsweetened peanut butter + more for topping
* 1/4 cup raw honey – local is best
* 1/4 cup unsweetened vanilla almond milk (or other non-dairy milk)

Directions:

1. Add all ingredients into a food processor and blend until creamy and smooth.
2. Divide between 6 small serving glasses, cover with plastic wrap (pressing the plastic wrap down on the pudding to prevent a skin from forming) and chill for a few hours, or overnight.
3. Before serving drizzle with peanut butter.
4. Leftovers will keep in the fridge up to a few days, though best when fresh.

Recipe adapted from: minimalistbaker.com

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 4 g | | **Total Carbohydrate**: 29 g |
| **Serving size: 1/6 of recipe** | | **Omega-3**: 50 mg | | **Added sugar**: 13 g |
| **Calories**  **per serving** | **283** | Protein: 8 g | | Dietary Fiber: 7 g |
| Iron: 2 mg | • Folate: 59 mcg | • Calcium: 36 mg |

\*\*Excellent source of fiber, magnesium, copper and manganese (>20% DV); Good source of protein, vitamin E, phosphorus and potassium (>10% DV)

Coconut Oil Chocolate Candies: a Favorite!

*Servings =6*

Ingredients:

* 1/2 cup coconut oil
* 1/4 cup cocoa powder (raw cocoa powder is preferred)
* 2 tablespoons raw honey – local is best, adjust according to taste
* 1 teaspoon pure vanilla extract (optional)
* 1 tsp grated orange peel (optional)

Directions:

1. Melt the coconut oil in a pan on low heat- just enough that it melts. Or microwave on high for 15 seconds, then whisk, and repeat, if necessary.
2. Combine the coconut oil, honey and vanilla extract in a blender and blend until smooth. Or mix well using a whisk.
3. Add the cocoa powder and either blend or whisk until smooth.
4. Pour the mixture into an ice cube tray or mini muffin tray (silicone ones work best, may need to grease the trays).
5. Cool for 30 minutes in the fridge or freezer.

**Note: Time varies depending on how hot the coconut oil was when you started. If the oil is only just reached its melting stage, these will set in as little as 15 minutes.**

Chocolate Mousse

*Servings =4*

Ingredients

* 1 pack silken tofu (12 oz.), drained
* 4 tablespoons cocoa powder
* 2 tablespoon honey (local is best)
* 1 teaspoon vanilla extract
* 1 tablespoon unsweetened non-crunchy peanut butter
* 1 teaspoon lemon zest (optional)
* non-dairy whipped cream –for garnishing (optional)

Directions

1. Put all the above ingredients except whipped cream in a blender or a food processor, and blend until smooth.
2. Pour the mixture into bowls or decorative glasses and refrigerate for at least 2-3 hours.
3. Garnish with whipped cream before serving.

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 1 g | | **Total Carbohydrate**: 15 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 152 mg | | **Added sugar**: 9 g |
| **Calories**  **per serving** | **124** | Protein: 8 g | | Dietary Fiber: 2 g |
| Iron: 2 mg | • Folate: 45 mcg | • Calcium: 47 mg |

\*\*Good source of protein, folate, phosphorus, magnesium and selenium (>10% DV)

Pumpkin Treat

*Servings=4*

Ingredients:

* 1 can of canned pumpkin, unsweetened.
* dash of cinnamon
* 1 tablespoons honey – local is best
* 1/4 cup plain unsweetened nonfat Greek yogurt

Directions:

1. Scoop the canned pumpkin into a microwave-safe bowl and microwave on high for 2 minutes, stirring occasionally.
2. Mix in cinnamon, honey, and yogurt. Serve warm.

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 0 g | | **Total Carbohydrate**: 14 g |
| **Serving size: 1/4 of recipe** | | **Omega-3**: 9 mg | | **Added sugar**: 4 g |
| **Calories**  **per serving** | **61** | Protein: 3 g | | Dietary Fiber: 3 g |
| Iron: 2 mg | • Folate: 14 mcg | • Calcium: 46 mg |

\*\*Excellent source of vitamin K (>20% DV), Good source of fiber (>10% DV)

Vanilla Custard

*Servings=5*

Ingredients:

* 2 cups unsweetened vanilla almond milk (or coconut milk)
* 2 tablespoons raw honey – local is best
* 3 eggs
* 1 teaspoon pure vanilla extract
* 1/8 teaspoon salt
* dash of cinnamon
* dash of nutmeg

Directions:

1. Preheat oven to 325°F.
2. In a small pot, heat almond milk and honey to boil. Turn off heat and allow to cool for 5 minutes.
3. Beat eggs, vanilla extract and salt in medium bowl. While whisking add warm milk, and cinnamon.
4. Separate into 5 cups or pour into a large glass pan. Sprinkle with nutmeg.
5. In a large baking pan, add about 1 inch of hot water. Place custard cups into larger pan.
6. Bake for 45- 60 minutes, or until a knife comes out clean. Cool and chill in refrigerator.

Recipe adapted from: thewholejourney.com

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 1 g | | **Total Carbohydrate**: 8 g |
| **Serving size: 1/5 of recipe** | | **Omega-3**: 18 mg | | **Added sugar**: 7 g |
| **Calories**  **per serving** | **86** | Protein:4 g | | Dietary Fiber: 0 g |
| Iron: 1 mg | • Folate: 13 mcg | • Calcium: 95 mg |

\*\*Excellent source of vitamin E (>20% DV), Good source of selenium (>10% DV)

Beverages:

Assorted Tea with Honey

Coconut Water

Fresh Mint Tea

Frozen Lemonade

Lemon and Strawberry Infused Water

Sparkling Cranberry Juice with Lime

Virgin Pina Colada

Assorted Tea with Honey (Hot or Iced)

In a mug of boiling water put the tea bag and let it sit for 2-3 minutes.

Add honey to taste

Can be served hot or over ice

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| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 0 g | **Total Carbohydrate**: 18 g |
| **Serving size: 1 mug** | | **Omega-3**: 7 mg | **Added sugar**: 17 g |
| **Calories**  **per serving** | **67** | Protein: 0 g | Dietary Fiber: 0 g |
| Iron: 0 mg • Folate: 12 mcg • | Calcium: 0 mg• |

Coconut Water

Fresh or 100% coconut juice without coconut meat

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| **Nutrition** | | **Amount/serving** | **Amount/serving** |
| **Saturated fat**: 0 g | **Total Carbohydrate**: 8 g |
| **Serving size: 8 oz** | | **Omega-3**: 0 g | **Added sugar**: 0 g |
| **Calories**  **per serving** | **43** | Protein: 2 g | Dietary Fiber: 2 g |
| Iron: 0 mg • Folate: 7 mcg • | Calcium: 2 mg• |

\*\*Good source of potassium (>10% DV)

Fresh Mint Tea

Enjoy a cup of hot water with 2 twigs of fresh mint leaves, flavor with honey

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| --- | --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 0 g | | **Total Carbohydrate**: 17 g |
| **Serving size: 8 oz** | | **Omega-3**: 0 g | | **Added sugar**: 17 g |
| **Calories**  **per serving** | **64** | Protein: 0 g | | Dietary Fiber: 0 g |
| Iron: 0 mg | • Folate: 1 mcg | • Calcium: 8 mg |

\*Note: the 17 g of added sugar varies with amount of honey used. Nutrition facts displayed represents 1 tbsp of added honey.

Frozen Lemonade

*Servings=1*

Ingredients:

* 2 cups of ice
* 1/3 cup lemon juice
* 1-2 tablespoons of honey to taste

Directions:

1. Add all ingredients to a blender and blend until all the ice is crushed.
2. Garnish with a slice of fresh lemon or lemon

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 0 g | | **Total Carbohydrate**: 32 g |
| **Serving size: 1** | | **Omega-3**: 7 mg | | **Added sugar**: 26 g |
| **Calories**  **per serving** | **115** | Protein: 0 g | | Dietary Fiber: 0 g |
| Iron: 0 g | • Folate: 17 mcg | • Calcium: 7 mg |

\*\*Excellent source of vitamin C (>20% DV)

Lemon & Strawberry Infused Water

Directions:

1. In a glass of water add few slices of lemon, strawberry or other berries and/or mint leaves.
2. Let it sit for at least 10-15 minutes to allow the flavors to infuse and enjoy

Infused water does not provide significant nutrients but can enhance hydration and alkalinize the body. This can be tasty alternative to juice and soda! Make sure there are no seeds in water!

\*\*Good source of vitamin C (>10% DV)

Sparkling Cranberry Juice with Lime

*Servings=1*

Ingredients:

* 1/2 cup 100% cranberry juice
* 1/2 cup 100% orange juice
* 1/2 cup seltzer water (unsweetened)
* Ice and lime slices for garnish

Directions:

1. Mix all ingredients together and serve over ice. Add slices of lime for garnish

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| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 0 g | | **Total Carbohydrate**: 31 g |
| **Serving size: 1** | | **Omega-3**: 38 mg | | **Added sugar**: 12 g |
| **Calories**  **per serving** | **129** | Protein: 1 g | | Dietary Fiber: 0 g |
| Iron: 0 mg | • Folate: 24 mcg | • Calcium: 23 mg |

\*\*Excellent source of vitamin C (>20% DV)

Virgin Piña Colada

*Servings=1*

Ingredients:

1 cup papaya (chopped)

1/2 cup thick coconut milk

Directions:

In a blender add chopped papaya and blend to a smooth puree so there is no pineapple chunks

Add 4 ice cubes and 1/2 cup thick coconut milk and blend more.

Serve immediately.

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| --- | --- | --- | --- | --- |
| **Nutrition** | | **Amount/serving** | | **Amount/serving** |
| **Saturated fat**: 22 g | | **Total Carbohydrate**: 28 g |
| **Serving size: 1** | | **Omega-3**: 28 mg | | **Added sugar**: 0 g |
| **Calories**  **per serving** | **325** | Protein: 3 g | | Dietary Fiber: 3 g |
| Iron: 1 mg | • Folate: 47 mcg | • Calcium: 26 mg |

\*\*Excellent source of vitamin C (>20% DV); Good source of potassium (>10% DV)