



REVIVE ALIVE NUTRITION AND WELLNESS

Three Lunches to Heal Your Gut

*Recipes full of nourishing, gut-friendly ingredients
to make ahead for a quick workweek meal*



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Hello!

While studying to become a Registered Dietitian, it took me some time to find my focus in the world of nutrition. It was not until completing my dietetic internship that it dawned on me:



YOUR GUT IS THE KEY TO YOUR HEALTH!

Your gut health can be affected by so many factors in your life, from your **diet** to your **stress** level to the amount of **sleep** you get at night. Keeping your gut microbiome diverse and balanced is important in maintaining gut health, which research has shown is connected to many different systems in your body as well. While how the gut interacts with the rest of the body is still being discovered, we do know a few ways to keep the GI tract happy and healthy through diet and other lifestyle choices.

The three recipes presented here are full of **healing** and **nourishing** ingredients, and are easy to prepare ahead of time to grab for a quick lunch during the week. While dealing with poor gut health can be frustrating, hopefully these easy meals can bring a bit of comfort in your day!



Hayley

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I would love to see how you are making these recipes your own! Tag your photos on social media with @revivealivenutrition



Ginger-Turmeric Roast Chicken and Root Vegetables with Quinoa

TIME: 45 MINUTES
SERVES: 4

This chicken is flavored with such wonderful warming, anti-inflammatory spices, and balanced perfectly with the sweet root veggies. Package both up with a scoop of quinoa, and reheat for the perfect protein-packed lunch!

DIRECTIONS

Combine ginger root, turmeric root, garlic, spices, olive oil, apple cider vinegar, soy sauce, and water in a blender to form a loose paste.

Rub chicken with paste and set aside. Heat oven to 425°F, and cover a sheet pan with parchment paper.

Toss cubed root vegetables with the avocado oil, salt, and pepper and spread out on the parchment-lined baking sheet.

Place marinating chicken breasts on top of the veggies on the baking sheet. Place in the oven and roast for 20 to 25 minutes, until chicken is cooked through.

Remove chicken and root veggies from the oven and serve alongside the quinoa.

INGREDIENTS

1- 2 inch piece fresh ginger root, peeled
1- 2 inch piece fresh turmeric root, peeled
4 cloves garlic, peeled
1 tablespoon cumin
1 tablespoon paprika
1 teaspoon dried oregano
3 tablespoons olive oil
3 tablespoons apple cider vinegar
3 tablespoons soy sauce (or tamari)
2 tablespoons water
1.5 pounds chicken breast
2 red or golden beets, cut into 1" cubes
2 parsnips, cut into 1" cubes
2 sweet potatoes, cut into 1" cubes
1 tablespoon avocado oil
1 teaspoon salt and pepper (each)

Basic Quinoa

INGREDIENTS

2 cups water
1 cup quinoa, dried
Salt

DIRECTIONS

Rinse quinoa well until water runs clear. Combine water (or broth), quinoa, and salt in a medium saucepan and bring to a boil. Reduce heat to low, cover, and simmer until tender and most of the liquid is absorbed, 15 to 20 minutes. Fluff with a fork.



Grilled Tofu and Vegetable Wrap with Miso-Tahini Dressing

TIME: 30 MINUTES
SERVES: 4

Both the tofu and miso in this recipe are fermented soybean products which promote gut health. The ingredients are easy to prepare ahead and then toss together in a wrap when needed for a quick lunch. Lettuce wraps are also a fun alternative!

DIRECTIONS

Cut the tofu block into ½-inch strips widthwise, and place on a paper towel to remove some of the liquid.

Heat a grill or grill pan on medium-high heat. Brush the tofu and vegetables with avocado oil, sprinkle with soy sauce, and season with salt and pepper.

Place tofu and vegetables on the grill and cook 3-5 minutes on each side or until cooked through with some char.

Remove from heat, and serve the tofu and vegetables wrapped in the tortilla/wrap of your choice topped with miso-tahini dressing.

INGREDIENTS

1- 14 ounce package extra firm tofu, drained
2 tablespoons avocado oil
1 yellow summer squash, sliced lengthwise into ½-inch thick rectangles
1 zucchini, sliced lengthwise into ½-inch thick rectangles
1/2 pound asparagus, ends trimmed
1 red bell pepper, seeded and cut into strips
2 teaspoons soy sauce
Salt and pepper

Miso-Tahini Dressing

INGREDIENTS

4 tablespoons tahini
1 tablespoon miso paste
2 tablespoons soy sauce (adjust to taste)
2 tablespoons water (adjust to desired consistency)

DIRECTIONS

Whisk all ingredients together in a small mixing bowl.



Celeriac and Beef Stew with Herbed Greek Yogurt Topping

TIME: 1 HOUR 30 MINUTES
SERVES: 4

Is there anything more comforting than a warm bowl of hearty stew? This one pot recipe is so nourishing for the gut and full of healthy ingredients. The perfect option to prepare on the weekend and enjoy throughout the week!

DIRECTIONS

Warm a large dutch oven over medium-high heat, and then add the oil and heat until shimmering. Add the onion and the garlic, and saute until translucent, about 3 minutes.

Next, add the beef stew meat to the pot and brown on all sides. Remove the meat and deglaze the pan with the broth.

Add the chopped vegetables, tomatoes, apple cider vinegar, herbs and spices, and mix together. Add the stew meat back to the pot and lower heat to medium-low.

Bring to a simmer, and simmer at a low heat for 45-minutes to an hour, until the meat and vegetables are cooked through and the sauce has thickened slightly. Serve topped with herbed greek yogurt.

INGREDIENTS

1 tablespoon avocado oil
½ yellow onion, chopped
1 clove garlic, minced
1 pound beef stew meat
1 cup bone broth or stock
2 carrots, chopped
1 medium celeriac root, chopped
1/2 cup mushrooms, halved
1- 14.5 ounce can diced tomatoes, strained
2 teaspoon apple cider vinegar
Few sprigs fresh rosemary and thyme
Sea salt and pepper

Herbed Greek Yogurt

INGREDIENTS

½ cup whole milk greek yogurt
¼ cup chopped fresh herbs (parsley, cilantro, chives, etc)
1 clove garlic
Salt and pepper

DIRECTIONS

Add all ingredients to a blender or food processor and blend until combined.

