



THE SLIM GUT DIET

30 TASTY ANTI-INFLAMMATORY
RECIPES THAT BURN FAT

~ better body co.

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Why This Slim Gut Diet eBook is One of the Most Important Books You'll Ever Read

If you're constantly suffering from body pain, low energy and constant weight gain...

The odds are, your body is suffering from long-term chronic inflammation, a condition where your body cells are constantly suffering from injuries and can't function well.

And inflammation is actually more serious than many people think. In America, not only is it the leading cause of numerous diseases, it happens to be one of the most ignored reasons for weight problems.

Not to mention, this had led to many fad weight loss diet plans appearing in the market...

You may have even tried some of these popular "crash diets" only to be disappointed time and again.

That's because these diet plans not only cut fat away from our meals, it also deprives our body from important nutrients. It makes your body crave for more sugar.

So as you look at yourself in the mirror...

You might wonder why your body is feeling even more heavy and lethargic.

That's the issue with many weight loss diets. By starving yourself of appropriate meals and nutrients, your body can't burn those calories and it silently gets eroded by chronic inflammation! Our bodies are not designed to work in this way. Not only are we harming our bodies, we could even be shortening our lifespan.

But fret not!

You can actually control your body's inflammation naturally through your daily meals.

What you have to do is **incorporate anti-inflammatory food and recipes into your meals.**

In fact, many dieticians and nutritionists stress the importance of diet in eliminating inflammatory toxins from our body.

Note that this won't be an overnight process. If you have severe inflammation in joints, changing your diet requirements in meals would not eliminate arthritis from your body in a blink of an eye. But a good anti-inflammatory diet can lessen the number of triggering shots of pain you get at intervals.

And with these small and steady improvements over time...

You can reduce your body's inflammation to the point to you feel like you're in your 20's again, free from pain and with those stubborn fats melting away.

Nature has even presented us with myriads of natural options that help us in fighting inflammation, such as:

- Turmeric
 - Vitamin-k leafy green vegetables including spinach, broccoli,
 - Fruits that have color pigments such as raspberries, cherries, blackberries
 - Oatmeal, whole wheat and unrefined grains that have high fiber content
 - Beans with substantial fiber in them
 - Intake of healthy fats once in a while such as nuts. Too much intake of them will speed up your calories and fat consumption in the body
 - Sardines, tuna, and salmon are the excellent sources of natural anti-inflammatory foods.
- So, include them at least twice in a week in your diet.

If you're an American lady between 40 to 60 looking to overcome your inflammatory problems through diet, you'd want to keep an eye on these options.

And we'll be giving you 30 slim gut diet recipes that not only heals your body from inflammation, but are easy enough to save you from long, tiresome hours in the kitchen.

These recipes were proudly co-written by Chef Joel Slinger, an French-Trained American Chef and restaurateur whose methods & techniques has made him a valuable member of the Better Body Company.



In addition to creating extremely tasty anti-inflammatory recipes, the renowned chef has produced several best-selling digital cookbooks in America, where many of us are looking for alternatives to our unhealthy Standard American Diet.

Although Chef Joel has over 13 years in fine dining experience, his techniques taught in this book actually simplify the complex method done in a professional kitchen.

This allows the average mama at home to enjoy the fullest flavor while giving you the best nutrients your body needs.

(left) Chef Joel Slinger, 13 years experience in fine dining cuisine & creating anti-inflammatory dishes.

Chef Joel upholds the opinion that fine dining does not necessarily mean that we invest considerably in maintaining our healthy lifestyle. He has proven that we can become nutritious on a budget while creating yummy healthy dishes.

Drawing from Chef Joel's decades of expertise, this ebook will be teaching you...

- How to replace common ingredients with natural anti-inflammatory ingredients
- Alternative cooking techniques that not only retain the full flavor of your food, but its important nutrients as well
- 30 Slim Gut Diet recipes that heals your gut from inflammation and steadily burn stubborn fat.



Praise For The Slim Gut Diet: Testimonials, Rave Reviews & Happy Housewives

- Chef Joel's recipes are the best! I love the eggs & spinach one how he taught me how to create them in a better way. I still can't believe that I was able to purchase this cookbook for less than \$20. The best part is that kids love it and I'm now a superhero!

Karla C, Washington, US, 42 Stay Home Mum

- I lost 8 pounds in 1 month after following these recipes. I love the healthy Advocado & Chicken Taco. Earlier this year I was fighting a losing battle with my chronic inflammation, and after getting hold of this book, I realized that substitution of foods really helped. It's also hilarious that my husband can't stop hanging around me in the kitchen now (:

Lina L. Florida, US, 66 Retired School Teacher

- Who on earth knew that balsamic chicken would taste so good? The Slim Gut Diet was so refreshing. Earlier, I've read and bought many "online" books and have been deeply disappointed. This free book is so informative and engaging that I believe that it deserves to be sold at least at \$19.90 in bookstores! I've requested for a hard copy. I hope they produce more of these books.

Jean T. Alabama US, 38, Accountant

Chapter # 1: Ingredient Substitution, How To Replace Ingredients To Get A Skinnier Gut

To better understand how you should choose anti-inflammatory ingredients, we'll take a quick look at our immune system and the inflammatory triggers our body receive.

Our immune system is like a security system and inflammation is like the alarm that triggers it. When our body detects inflammatory substances like harmful bacteria and toxic chemicals, our immune system actively generates proteins called antibodies to fight back. Once the body is cleansed of these inflammatory substances, the immune system settles down.

However, our diet nowadays is overwhelmed with inflammatory foods like our savory donuts, pizzas, muffins, fries and meat patties....

As a result our immune system never gets a chance to rest as our body is continually pumping inflammatory toxins from our diet.

This means our body can't function well and we end up with issues like weight gain, drowsiness, obesity and digestive problems... If we continued to let our body suffer like this, we end up with long-term health problems such as heart attack, diabetes, high blood pressure and even cancer. To heal our gut and shed unwanted fat, these are the key toxic inflammatory and weight-gaining ingredients that we must consciously avoid.

- Sugar in cookies, desserts, bakery sweets such as doughnuts, muffins, cupcakes, candy bars, soda, soft drinks, hot beverages.
- Vegetable oils such as palm oil, soy, corn, safflower, sunflowers and many others that have a high concentration of omega 6, inflammatory fat rather than fat-free omega 3. Most of the American households used vegetable oil in dressing a rich salad, frying food, crackers, starters, potato chips, and barbeque dinners.
- Oily absurdities that include fatty food that is deep fried. They include French fries, burger patties, onion rings, deep fried fish fillets, chicken strips, nuggets, and the list goes on.
- White processed flour that has minimal digesting fibers and high content of carbs that lead to an increase in the body calorie intake. White flour is often used in pizzas, bakery bread, bagels, muffins, pasta, pancakes.
- Ghee and butter are mostly found in Asian sweets and deserts and is a major component in baking cakes and rich Italian foods.
- Dairy products such as milk, yogurt, processed cheese. Dairy products are a source of inducing inflammatory saturated fats in our diet.
- No sugar added foods or "diet" soft drink. Such foods create an illusion of no sugar, yet the artificial sweeteners added in them can be more harmful and inflammatory than regular sugars.

- Unnatural flavoring and additives. They include artificial colorings that are normally added in breakfast cereals, processed fruit cans, ice creams, and flavored milkshakes and drinks.
- Saturated fats found in fast foods and junk foods.
- Meat from steroid injected cattle, pig, and chicken. All these animals are not grain-fed and are grown through artificial means and even antibiotics.
- Processed meat such as pepperoni, salami, sausage, jerky, bacon.
- Excessive alcohol from beer and wine. Although moderate consumption can promote blood circulation and improve your heart condition, drinking too much will trigger inflammation instead.

Don't worry, it doesn't mean you're going to be eating rabbit food.

Here are the healthy (and tasty) replacements you can use.

Inflammatory ingredient	Replacement
Sugars	Honey, maple syrup
Vegetable oil	Olive oil, canola oil, coconut oil
White flour	Whole Wheat
White rice	Brown rice
Full fat milk	Cashew milk, soy milk, rice milk, flax seed mind, almond milk
Creamy yogurt	Almond yogurt, hemp yogurt, coconut yogurt
Soft cream cheese	Crumble cashews, nuts, almonds or tofu
Hard cheese such as mozzarella, cheddar	Grated Parmesan cheese, ricotta cheese
Unnatural flavoring from fruit cans	Fresh fruits cut into slices
Processed meat	Grilled meat, tuna
Soft drinks	Freshly squeezed juices
Flavored milkshake	Fresh smoothies

Selecting the correct ingredients is a great start. But ingredient selection is not the only thing that matters when it comes to preparing nutritious meals for curing your body from inflammation. The way you cook the ingredients is just as crucial.

Chapter 2: Alternative Cooking Techniques, How To Get The Same Great Taste With Healthier Cooking Techniques

Do you deep-fry your food and frequent the microwave oven?

Then your ingredients have lost most of their nutrients and are no better than unhealthy inflammatory food.

But this also means...

You can embrace yourself for a whole new world of healthier and tastier dishes!

Using the right cooking techniques not brings out the fullest flavor from your food, it helps you reduce chronic inflammation and shed unwanted weight.

Even a health practitioner would even advise you to change your mode of cooking before you go for any gruelling workout.

And here are 3 cooking techniques many healthy cooks love to adopt.

Technique #1: Grilling Your Food

More than being enjoyable, grilling is actually good for health. When you grill a beef steak or a patty, you consume less fat. It is because the fat tends to dribble from the grills.

If you cooked a burger patty in a pan on a stove, you will see that the fat reabsorbed into the patty in the form of oil because unlike on a grill, it has no outlet to drip.

Moreover, if you grill vegetables on grates, you will realize that they retain much of their minerals and nutrients as compared to being cooked on the stove or boiled.

So if you're cooking vegetables, toss them on a grill or wrap them in aluminum foil and place them on grill to make them crisp and nutritious to eat.

If you grill burger steaks, patty or other meat slabs, you do not even need to use any greasy element such as oil and butter because grilling allows the meat to retain moisture.

In fact, the meat becomes more nutritious because its nutrients such as thiamine and riboflavin gets well-preserved. These nutrients have been known to support your energy levels and immune system.

That aside, grilling even paves the way for outdoor activities such as family barbeques, an added bonus to a hale and hearty diet. But if grilling isn't your thing, you can...



Technique #2: Stir Fry Your Food

The oily absurdities that we consume on a daily basis are generally deep fried.

All that fried chicken and bagels we usually eat force our body to retain fat while increasing our daily calories intake to much as tenfold! It's no wonder America is prone to high-risk diseases and heart problems.



The best alternative to deep frying is stir-frying.

This traditional Asian technique of using minimal oil makes your food greasy, juicy and enjoyable to munch. With that small quantity of oil and high temperature, you can quickly pan sear your seafood, meat, and vegetables.

Stir-frying helps the food in retaining its nutrients and is a viable substitute for deep frying. Stir-frying takes less than five minutes to get your food ready on the table. However, a experienced cook is needed for this technique so that at high temperatures, the food does not get burnt and dishes out as crisp and fresh.

If you prefer something easier, you can try...

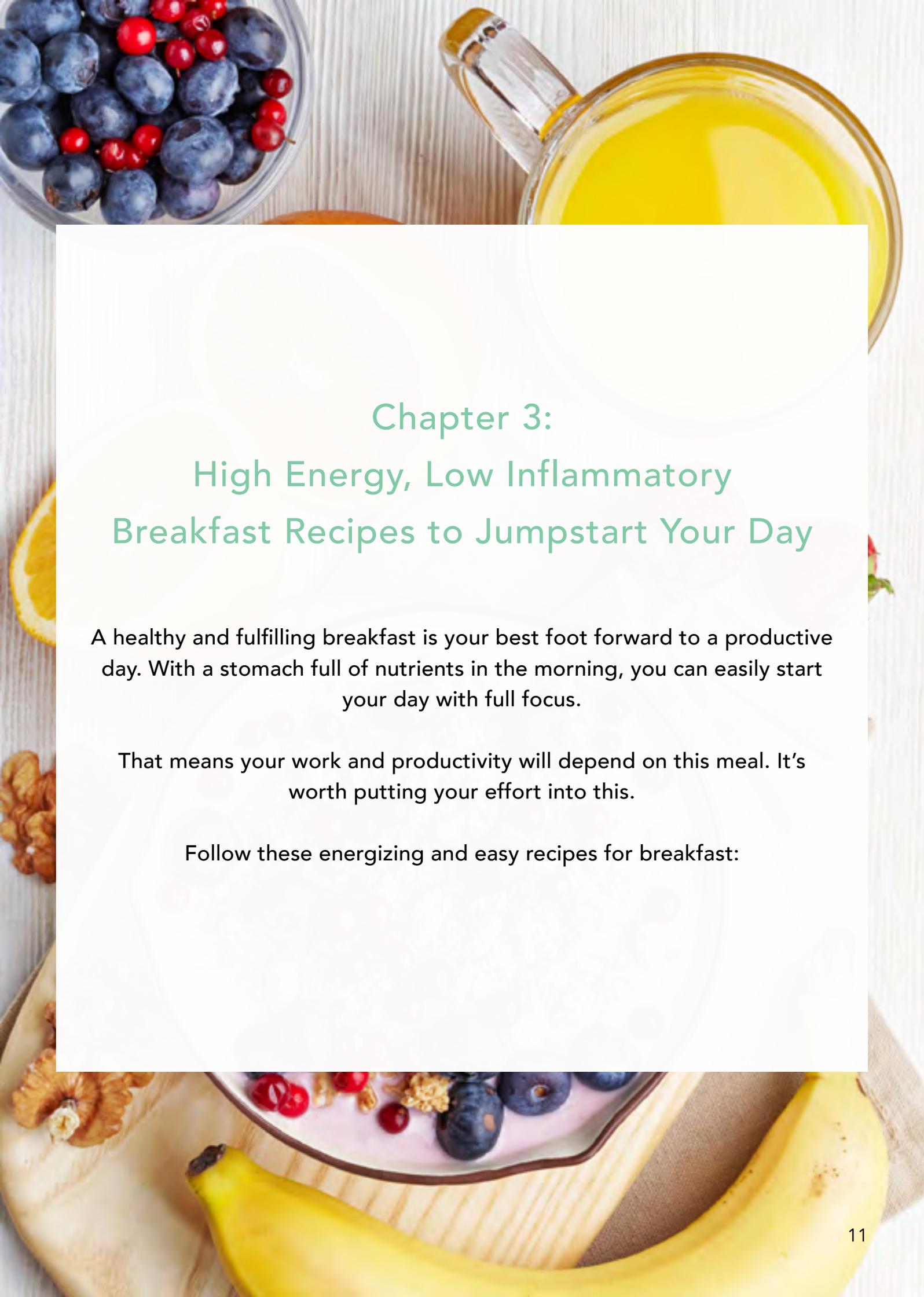
Technique #3: Steaming Your Food

Many health practitioners uphold the view that steaming is the best technique we can employ for cooking. You can essentially steam at both high and low pressure. In low-pressure steaming, you can cook your food through direct and indirect steam. Cooking your food through indirect steam means that you place a steel plate or a separating object between the boiling water and the food you desire to steam. In other words, it's a water bath.

If you cook at high pressure, you shorten your process and minimize your sweaty hours in the kitchen. The best part is that your kitchen stays spotless as there is no oil droplets, no mess or smoke. And the health benefits of steaming are simply numerous. You preserve the ingredients best properties such as its flavor, color, texture, nutrients. This includes its antioxidants too, where 90% of it is retained when cooked through steam. These antioxidants are vital in reducing your body's inflammation in the long-term. Moreover, steamed food is tender and easily digestible. It is more gentle on your gut and suitable for anyone with gut issues. You literally get a complete healthy meal as no oil is even required.

That said, let's take on some powerful slim gut diet recipes!



The background of the page is a collage of healthy breakfast items. At the top left, there's a clear glass bowl filled with fresh blueberries and raspberries. To the right, a glass mug is filled with bright orange juice. Below these, a white bowl contains a serving of white yogurt. At the bottom, another white bowl is filled with pink yogurt, topped with blueberries, raspberries, and granola. A banana is visible at the bottom right, and a slice of orange is on the left side. The entire scene is set against a light-colored wooden surface.

Chapter 3: High Energy, Low Inflammatory Breakfast Recipes to Jumpstart Your Day

A healthy and fulfilling breakfast is your best foot forward to a productive day. With a stomach full of nutrients in the morning, you can easily start your day with full focus.

That means your work and productivity will depend on this meal. It's worth putting your effort into this.

Follow these energizing and easy recipes for breakfast:

1. Healthy, Sweet Maple-Baked Rice Porridge

Unlike white rice that is fattening and high in carbs, the star ingredient of this food is brown rice which is extremely low in sugar levels and gluten-free. Hence, it's a thumbs up choice for those who are keen to reduce weight without compromising their sweet tooth.

The flavoring agents of the recipe are cinnamon (an anti-inflammatory spice), maple sweet and vanilla extract. Plus, the caramelizing of these flavors during baking gives as much satisfaction as icing on cake!



Serves: 2

Duration: 15 minutes preparation time,
15 minutes baking time

Ingredients:

1. Brown rice: ½ cup
2. Salt: a pinch
3. Vanilla extract: 1 tsp
4. Maple syrup: 1 tbsp
5. Fruits to complement with it: sliced apples, peach, berries, plums, cherries
6. Cinnamon: ½ tsp
7. Water for boiling rice: 1 cup

Method:

1. Put the oven to preheat at 400 degrees. In one cup of water put a half cup of brown rice to boil on medium-high heat.
2. Once the rice starts to boil in water, add cinnamon and vanilla extract and stir.
3. As the rice start to soak the water, cover the pan with a lid and turn the heat to medium-low for 10 minutes.
4. When the rice becomes tender, turn off the heat and then in two equal portions, dish the cooked rice into two heatproof bowls.
5. Pour maple syrup and sliced fruits on the top of each bowl and sprinkle some salt.
6. Now put the two bowls in the preheated oven and bake for 15 minutes until the maple sauce starts to bubble and fruits caramelize.

2. Sexy Baked Eggs With Herb Seasoning

If you want to fill your body with a high dose of protein before a vigorous morning workout or a strenuous day ahead...

A good helping of baked eggs will do the job perfectly! On the bright side, baked eggs aid in weight loss because the high protein content in it strives to make your muscles stronger. As the recipe is baked, it means that the oil content is close to nothing. So, there is no fatty element in frying the eggs is involved.

As the eggs are all set to bake in the oven, you have free time to complete your chores. Eat the nutritious meal once its ready and off you go to tackle the challenges of the day.



Serves: 1

Duration: 5 to 6 minutes

Ingredients:

1. Eggs: 2
2. For Seasoning: a pinch
 - Garlic powder
 - White pepper
 - Salt
 - Dried thyme
 - Dried parsley
 - Dried oregano
 - Dried Dill
3. Melted butter: 1 tsp
4. Milk: 1 tsp

Method:

1. Firstly, set your oven to a low broil mode.
2. Grease the bottom of the oven dish with melted butter and milk.
3. Crack the eggs on the oven dish that is greased with butter and milk. Sprinkle them with dried herbs, salt, garlic powder, and white pepper.
4. Then place it in the oven and bake it according to your preference.

3. "Busy-Day" Quinoa Chia Porridge

How much more can you crave if you are offered a bowl of warm goodness with this recipe! The core ingredients, quinoa, and nuts are anti-inflammatory in nature and help in stabilizing the glucose levels in our blood. The cinnamon flavor also helps to curb unpleasant inflammation in our body. Moreover, the creamy texture of the porridge is not provided through heavy cream or full-fat milk but through cashew milk which is good fat.



Serves: 2

Duration: 7 minutes (preparation 5 minutes and cooking time 2 minutes)

Ingredients:

1. Quinoa: 2 cups cooked
2. Chia seeds: 1 tbsp soaked in water
3. Cashew milk: 1 cup
4. Raw honey: 2 tsp
5. Toasted nuts: ¼ cup
6. Fresh fruits of organic berries: 1 cup
7. Cinnamon: ½ tsp

Method:

1. Mix quinoa in cashew milk and put in on the stove so that the combination gets warmed on a medium-low flame.
2. Add organic berries, cinnamon, toasted nuts and stir in the mixture of milk and quinoa so that the also become warm.
3. Add Chia seeds on the top.
4. After serving in two bowls, you can garnish the porridge with cacao nibs for an extra anti toxicant to go with your breakfast meal.

4. Poached Egg With Creamy Avocado Toast

If you get fresh eggs for this recipe, then you can get a plentiful dose of vitamin B12 and healthy omega 3 fatty acids.

The star ingredient of this recipe is avocado which is a rich source of healthy fats that protect our body against inflammation.

Subsidiary vegetables to go along this hearty breakfast are a handful of spinach. In a nutshell, this breakfast meal is equipped with high-grade anti-inflammatory measures.



Serves: 1

Duration: 13 minutes

Ingredients:

1. Eggs, poached or scrambled: 2
2. Toasted whole grain bread slice: 1
3. Avocado: ½
4. Fresh garden picked spinach: a handful
5. Chili flakes: to sprinkle
6. Salt: a pinch
7. Ghee: ½ tsp

Method:

1. First of all toast the whole grain bread with ghee.
2. After placing the avocado on the toasted bread slice, sprinkle on the top a handful of freshly cut spinach.
3. Then put eggs, poached or scrambled.
4. At the end, sprinkle chili flakes and salt.
5. Enjoy the meal either as an open face sandwich with knife and butter or add another toasted slice of whole grain bread to make a closed sandwich.

5. Pecan Banana Bread With Oats

If you have an easy-to-grab breakfast meal ready in the fridge and all you need to do is munch it before work... That would make things a lot quicker, wouldn't it!

The core ingredient of this recipe is oats which is extremely low on glycemic index (this means it will release very little sugar after being digested).

It's also a thumbs up for those who are concerned about their obesity.



Serves: 1

Duration: 6 hours and 15 minutes because the oats mixture needs to get chilled in the refrigerator for 6 hours but active preparation time is 15 minutes.

Ingredients:

1. Oats: $\frac{1}{2}$ cup soaked
2. Milk: $\frac{3}{4}$ cup
3. Ripe, mashed bananas: 1
4. Toasted coconut flakes: 1 tbsp unsweetened
5. Greek yogurt plain: 3 tbsp
6. Raw honey: 1 tsp
7. Chia seeds soaked: $\frac{1}{2}$ tsp
8. Salt: pinch
9. Vanilla essence: 1 tsp
10. For Garnish
 - Fresh bananas cut in rounds
 - Figs in halves
 - Toasted pecans
 - Pomegranate seeds
 - Honey

Method:

1. Mix together mashed bananas, oats, raw honey, chia seeds, milk, Greek yogurt, vanilla essence, and salt and stir until the mixture becomes smooth.
2. Put the mixture in the refrigerator after pouring it into a small jar.
3. In the morning, just warm the mixture a bit and sprinkle it with the garnishes.

6. Sweet Tumeric, Ginger & Pineapple Smoothie

If your glass of energizing drink contains all the anti-inflammatory rock stars, such a pineapple, turmeric and ginger, then your mornings are pretty much perfect.

Complemented with chia seeds (an excellent source of anti-inflammatory omega 3), the pineapple smoothie is a recommended drink for a hale and hearty lifestyle!



Serves: 1

Duration: 10 minutes

Ingredients:

1. Fresh pineapple chunks: 1 cup
2. Peeled cucumber: 1
3. Spinach: ½ cup
4. Mango chunks: ¼ cup
5. Freshly grated Ginger: 1 tsp
6. Brewed and cooled green tea: 1 cup
7. Medium sized banana: ½
8. Ground turmeric: ¼ tsp
9. Roughly chopped mint leaves: 3
10. Soaked chia seeds: 1 tbsp
11. Protein powder: 1 scoop
12. Crushed ice: optional

Method:

1. In a high-speed blender, mix all the ingredients except for Chia seeds so that they do not stick at the end of the blender.
2. Once the smoothie is ready, add the Chia seeds in the end. Serve with crushed ice on the top if you want to enjoy it cold.

7. Savoury Oatmeal With Sunny-Side Up & Ricotta Cheese

Give your oatmeal a different taste by omitting sweetness and season with a unique salt and pepper combination. You even get a good helping of protein through pasteurized eggs.

Garnish it with ricotta cheese instead of fattening cheddar cheese.



Serves: 1

Duration: 10 minutes

Ingredients:

1. Egg: 1
2. Oats: ½ cup soaked in water overnight
3. Salt: ¼ tsp
4. Pepper: ¼ tsp
5. Coconut oil: 1 tsp
6. Red chili flakes: to sprinkle
7. Finely chopped onions: 2 tbsp
8. Ricotta cheese: 2 tbsp
9. Water: 1 cup

Method:

1. In one cup of water in a saucepan bring the soaked oats to boil. When the water in the pan gets absorbed by the oats, add salt, pepper, ricotta cheese and stir two to three times.
2. In a nonstick pan, stir-fry the chopped onions and red chili flakes in 1tsp coconut oil on a high flame. Add the onions in the oatmeal. In the same pan, add ½ tsp coconut oil, crack the egg in it and fry.
3. Now dish the oatmeal in the bowl and complement it with the fried egg. Enjoy a healthy morning start with this energizing meal.

8. Berries & Banana Blast Workout Smoothie

Make your early morning meal healthy and cool with a good dose of anti-inflammatory berries. You can make the smoothie in the night and refrigerate it so that you can grab it and gulp it in one go before rushing to work.

The best part is that it has no sugar in it; the sweetness comes from natural sources, namely the fruits themselves.

A glassful of protein keeps you charged and full all day and made up of just five ingredients... Undoubtedly a better choice than a can of soda!



Serves: 1

Duration: 5 minutes

Ingredients:

1. Fresh blackberries: ½ cup
2. Fresh blueberries: ½ cup
3. Soy milk: 1 cup
4. Greek yogurt: ½ cup
5. Banana: 1 medium sized

Method:

1. In a high-speed blender add all the five ingredients and blend it.
2. If you make it in the morning, add crushed ice as well so that it becomes refreshing on a hot day. If it is made overnight, these 5 ingredients are enough.

9. Crunchy Brown Butter Toast With Chia Seeds & Banana

The brown toast buttered with sun butter, topped with fresh round sliced bananas and chia seeds will keep your tummy satisfied and will give you a good energy boost for the day.

The choice of ingredient is important here.

A tablespoon of raw honey instead of sugary syrup adds sweetness in a non-fattening way. Brown bread also has less calories than white bread, and sun butter has less fats as compared to peanut butter.



Serves: 1

Duration: 5 minutes

Ingredients:

1. Banana: 1 medium, cut into rounds
2. Chia seeds: 2 tsp
3. Raw honey: 1 tbsp
4. Sun butter: 1 tsp
5. Whole grain brown bread: 1 toasted

Method:

1. Spread the butter on the toasted bread slice.
2. Now place the bananas in straight lines on the buttered bread.
3. Garnish healthy chia seeds on the top.
4. If you want to satisfy your sweet tooth, dab 1 tbsp. honey on it.

10. Cheesy Tomato Toast With Chilli

Enjoy a healthy savory sandwich made of whole grain bread in breakfast with no fattening dressing of mayonnaise, cream cheese or full-fat butter.

The ricotta cheese will act like a healthy, low-calorie greasing agent and tomatoes will fill it with vitamin C. A gluten-free breakfast full of fibers on your table is all set to give you a healthy start.



Serves: 2

Duration: 5 minutes

Ingredients:

1. Ricotta cheese cream: 2 tbsp
2. Brown bread slice: 4 toasted
3. Tomatoes: 2
4. Fresh parsley: 1 tbsp
5. Chili flakes: a pinch
6. Salt and pepper: pinch

Method:

1. Toast the whole grain brown bread. Spread the ricotta cheese cream on it.
2. Place the fresh tomatoes on it.
3. Sprinkle salt, freshly crushed black pepper and chili flakes.
4. Garnish with fresh parsley. Munch the crispy toast with delight.

11. Chocolate & Maple Syrup Quinoa Meal

Who says chocolate is not allowed for a slim gut diet? A bowlful of quinoa with some slabs of dark chocolate is good for the heart. It is naturally sweetened with maple syrup, and cocoa powder is a great anti-toxicant.

Sideline with anti-inflammatory fruits such as berries, this protein-rich morning meal is adequate to keep you active for long periods of time.



Serves: 1

Duration: 30 minutes

Ingredients:

1. White quinoa: 1 cup uncooked
2. Almond milk: 1 cup
3. Coconut milk: 1 cup
4. Cocoa powder unsweetened: ¼ cup
5. Slabs of dark chocolate: 3 or 4
6. Berries: 5
7. Banana: 1 small
8. Vanilla extract: 1 tsp
9. Maple syrup: 1 tsp

Method:

1. First, rinse and drain the uncooked meshed quinoa.
2. Next, take a saucepan and place it on the heat.
3. Once it gets heated, add the drained quinoa and toast till the water inside than evaporates.
4. Bring the dried quinoa to boil in coconut milk, almond milk, a pinch of salt and stir.
5. Then lower the flame and place the quinoa on low heat, uncovered and stirred occasionally until it starts to absorb the milk.
6. After the milk gets soaked add flavorings such as maple syrup, vanilla extract, cocoa powder and mix it perfectly.
7. After tasting, pour the quinoa meal into single serving bowls.
8. Complement it with fresh fruits and slabs of dark chocolate.

12. Spinach, Cottage Cheese & Baked Eggs

How about taking a good helping of protein diet with an anti-inflammatory ingredient, spinach? Your breakfast would totally go to a next level as the soft cottage cheese will make every bite delicious and savory.

As these fried eggs are baked, not fried, you can consume the meal without worries. Even the oil used is olive oil, a strong anti-inflammatory substance that helps to prevent heart diseases.



Serves: 4

Duration: 20 minutes

Ingredients:

1. Eggs: 4
2. Spinach: 1 bowl, freshly cut
3. Olive oil: 4 tsp (divide into two portions)
4. Cottage cheese: 1 cup
5. Crushed garlic: 1 tbsp
6. Salt and pepper to sprinkle on the top of cracked eggs

Method:

1. First of all, put the oven to preheat at 350 degrees.
2. Then in a nonstick frying pan, take 2 tps olive oil and sauté the half cup spinach with garlic.
3. Add ½ cup of cottage cheese just a few seconds before turning the flame off.
4. Grease four small bowls with remaining olive oil.
5. Now in these bowls, divide the cooked spinach.
6. Crack 4 eggs in each bowl. Sprinkle the let over raw spinach and cottage cheese on it.
7. Sprinkle salt and pepper in the end.
8. Put the small bowls in the oven and cook till the egg yolk hardens or whenever you feel the eggs are done for you.

13. Frozen Banana Lollipops With Almond Butter

Bananas are nutritious and making them into breakfast lollipops with different toppings and colors will highlight your creativity in cooking. Make your banana lollipops healthy by adding anti-inflammatory flavorings such as cinnamon, flaxseeds, chia seeds or good fats in the form of nuts.



Serves: 2

Duration: preparation time 5 minutes but in order to freeze, it takes 2 to 3 hours

Ingredients:

1. Bananas: 2
2. Almond butter: 4 tbsp
3. Cinnamon: a pinch
4. Flaxseeds: 1 tsp
5. Walnuts: 1 tsp
6. Skewers or stick: 4

Method:

1. Take two firm medium-sized ripe bananas, peel them and cut them into equal parts.
2. Place them on skewers or Popsicle sticks.
3. Spread the bananas with almond butter, 1 tbsp on each banana.
4. Sprinkle whatever garnishing you want; either cinnamon, flaxseeds, walnuts or little of all of them.
5. Place the banana sticks into the refrigerator for 2 to three hours. Enjoy yummy icy bites on your commute to work.

14. "Italian" Egg Muffins

Muffins without sugar! An amazing start of the day with a good helping of high protein diet with all the anti-inflammatory ingredients such as spinach, olive oil, garlic and a pinch of turmeric.

The ricotta cheese and grated parmesan on the top will make every bite delightful. The eggs are baked and have no seeping oil from them. It is a complete healthy meal with all the essential nutrients.

Healthy bites of these muffins in the morning is all you need to keep your productivity rampant all day.



Serves: 4

Duration: 20 minutes

Ingredients:

1. Eggs: 4
2. Spinach: 4 cups freshly cut
3. Salt: 2 tsp
4. Black pepper: 2 tsp
5. Parmesan cheese: 1 cup grated
6. Ricotta cheese: 1 cup in cubes
7. Tomatoes: 1 cup cut in cubes
8. Capsicum: 1 cup cut in cubes
9. Olives: 1 tbsp. chopped
10. Parsley: 2 tsp
11. Olive oil: 1 tbsp

Method:

1. Firstly, put the oven to preheat at 375 degrees. Grease the muffin tray with olive oil.
2. In a nonstick pan, cook the spinach with 1 tsp oil stir fry at high flame capsicum, tomatoes, and spinach while sprinkling salt and black pepper on it.
3. In a big bowl crack all the four eggs and whisk them so that a foamy texture appears. Add the stir-fried vegetables, and 1 cup ricotta cheese, parmesan cheese, and olives.
4. Divide the egg mixture equally in each compartment of the muffin tray.
5. Put to bake for 15 minutes till the egg begin to harden.

15. Baked Ham Quinoa Cups

Make your breakfast hale and hearty by making muffins without high calorie and low fiber white flour and use a healthy alternative, quinoa.

Use a healthy portion of quinoa with a handful of anti-inflammatory green veggies, seasoned with mild salt and pepper and bake them all together.

A breakfast that involves no oil content in cooking or any fattening ingredients, a fruitful day commences with a satisfying tummy. These yummy pops are relished by both children and adults alike!



Serves: 4

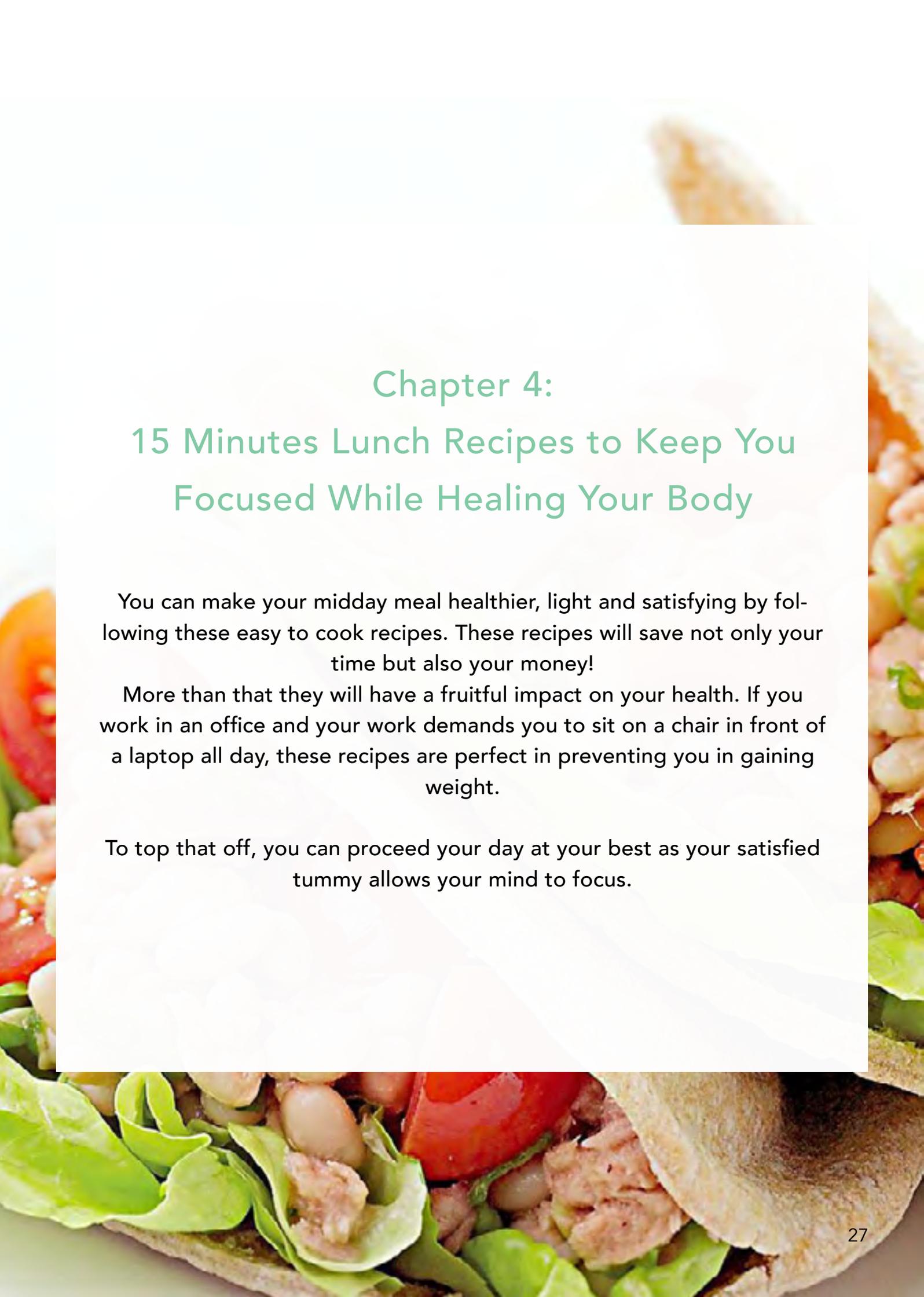
Duration: 20 minutes

Ingredients:

1. Eggs: 4 (2 whole and 2 egg whites)
2. Grated parmesan cheese: 1 cup
3. Quinoa: 2 cups cooked
4. Zucchini: 1 cup shredded
5. Onions: ½ cup chopped
6. Salt and pepper: to taste
7. Boiled ham cut in cubes: ½ cup
8. Freshly chopped parsley: 1 tbsp

Method:

1. Combine all the ingredients in mixing bowl and whisk them thoroughly. Put the oven to preheat at 300 degrees.
2. Equally divide the quinoa egg mixture into small baking Pyrex bowls and sprinkle parmesan cheese on them and put to bake for 15 minutes.
3. When the quinoa cups are done let them cool for a while and enjoy with a sideline of whole wheat toasted bread. A perfect Sunday morning breakfast!



Chapter 4: 15 Minutes Lunch Recipes to Keep You Focused While Healing Your Body

You can make your midday meal healthier, light and satisfying by following these easy to cook recipes. These recipes will save not only your time but also your money!

More than that they will have a fruitful impact on your health. If you work in an office and your work demands you to sit on a chair in front of a laptop all day, these recipes are perfect in preventing you in gaining weight.

To top that off, you can proceed your day at your best as your satisfied tummy allows your mind to focus.

1. Mexican Lunch Sweet Potato & Black Bean Burritos

Burritos are a healthy snack for a midday meal. As the protein from egg whites, avocado dressing, and black beans keep your tummy full, the sweet potato takes the flavor to a completely new level. The gluten-free, fiber-rich wheat tortilla wrap also makes burritos a healthy meal.



Serves: 6

Duration: 20 minutes

Ingredients:

1. Whole wheat tortillas: 6
2. Avocado dressing: 1 cup
3. Black beans: 1 can
4. Sweet potato: 3 medium sized
5. Boiled Egg whites: 8 and cut into small cubes
6. Cumin powder: 1 tsp
7. Red chili powder: 1 tsp
8. Ricotta cheese cream: ½ cup

Method:

1. Steam the sweet potatoes until they become soft and then mash them with a fork in a bowl. You can also roast them in the oven for 30 minutes at 400 degrees.
2. In the second bowl, mix all the other ingredients such as black beans, boiled egg whites, red chili powder, and cumin powder.
3. Now warm the brown tortillas in microwave or toast them on a nonstick pan.
4. Spread avocado dressing, and sweet potatoes.
5. Then place the prepared black beans and egg whites mixture evenly on each wrap.
6. Top ricotta cheese cream on them before folding.
7. Wrap them in aluminum foil and pack it in backpack or purse for a healthy meal at work.

2. Flame-Grilled BBQ Chicken Fillets

This recipe is loved by all because it is grilled. So there is no possibility of greasy fats in the form of oil spoiling the protein content of the chicken.

Plus, you can sideline it with grilled veggies such as capsicum and onions or a gluten-free brown rice.



Serves: 4

Duration: preparatory time 5 minutes, grilling time 30 minutes

Ingredients:

1. Lemon juice: ½ cup
2. Barbecue sauce: 1 cup
3. Chicken breast fillets: 6
4. Hot sauce: 1 tbsp
5. Low sodium salt: 1 tsp
6. Honey: 2 tbsp
7. Black pepper: 1 tsp freshly ground
8. Olive oil for brushing the fillets on the grill

Method:

1. In a bowl mix all the ingredients except for chicken fillets and olive oil.
2. Whisk till a smooth texture of the marinating sauce appears.
3. Now put the fillets in the marinating bowl and toss them till the sauce is covered on them.
4. Place the grill on high flame, place the filets on the grill and brush them with olive oil.
5. When one side gets tender, turn it so that the other side gets grill marks.
6. Now place the juicy grilled chicken on a platter and served with grilled veggies or brown rice.

3. Oriental Lettuce Chicken Wraps

Have a nutritious meal in your palms by wrapping protein and veggies of your choice in an anti-inflammatory leaf.

There is no heavy dressing of mayonnaise, cream cheese or sweet and source sauce, nor any fattening, high-calorie wrap is involved.

The lettuce wrap is nutritious and full of fiber that will keep your tummy full till evening.



Serves: 4

Duration: 15 minutes

Ingredients:

1. Minced chicken: ¼ kg
2. Olive oil: 2 tsp
3. Chopped mushrooms: ¼ cup
4. Chopped onions: ¼ cup
5. Chilli flakes: 1 tsp
6. Freshly ground black pepper: 1 tsp
7. Salt: to taste
8. Basil: ¼ cup chopped

Ingredients for the sauce:

9. Ricotta cheese cream: ¼ cup
10. White pepper: 1 tsp
11. Crushed garlic: 1 tsp
12. Gluten-free soya sauce: 1 tsp
13. Rice vinegar: 1 tsp

Method for the sauce:

1. In a bowl whisk all the sauce ingredients so that a smooth texture is formed

Method for chicken filling:

1. In a nonstick pan, saute the chopped onion and garlic in two tsp. olive oil.
2. Then add chicken mince, stir it on high flame till the water of the chicken evaporates.
3. Then add all the seasonings and stir them well. Before turning off the flame add chopped mushrooms and give one stir.
4. As the chicken mince filling cools down, take fresh lettuce and spread the sauce.
5. Then add filling. You can either roll them or eat them open-faced.

4. "Astronaut" Chicken & Mixed Veggies

In order to get a super-fast and fresh meal, grill the summer veggies along with chicken fillets in an aluminum foil wrap.

So you have all the juicy, nutritious veggies as sidelines that will make your meal fulfilling while the grilling part makes it even healthier.



Serves: 4

Duration: 30 minutes

Ingredients:

1. Chicken breasts slices: 4
2. Baby tomatoes: 4 cut into half
3. Corns with their kernels stripped
4. Garlic: 2 cloves
5. Low sodium salt: 1 tsp
6. Ground black pepper: 1 tsp
7. Olive oil: 1 tbsp
8. Freshly chopped basil for garnishing
9. Salt and pepper for seasoning

Method:

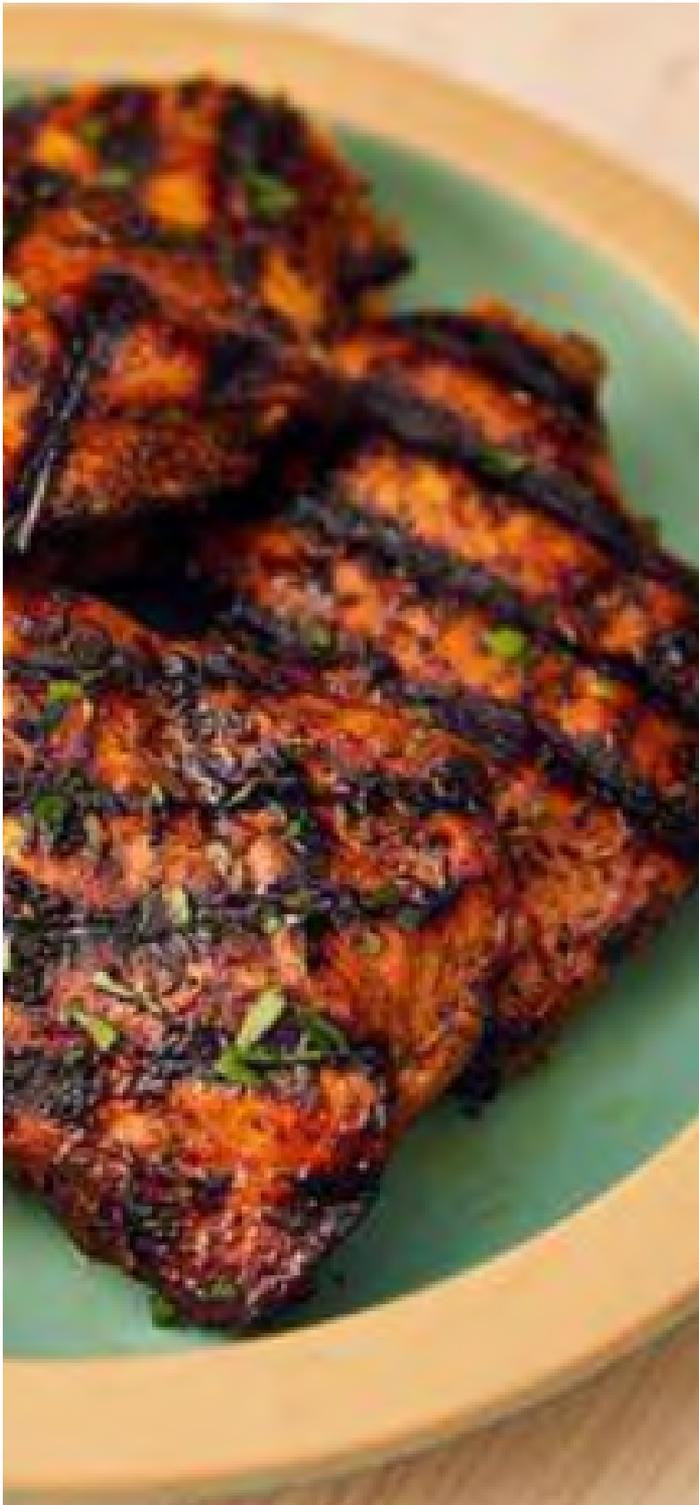
1. First of all, heat the grill to high.
2. Then cut aluminum foil into small pockets that are enough to accommodate chicken and veggies.
3. Place the chicken breast and veggies on the foil and sprinkle salt and pepper.
4. Brush olive oil on the top of them. Now fold the foil paper in such a manner that it is crossed on the top of chicken and all sides are sealed.
5. Grill until the chicken is cooked and veggies are soft.
6. When the meal is ready, garnish with the anti-inflammatory perk, basil.

5. Juicy Chicken Thighs With Balsamic Vinegar & Honey

If chicken is grilled without being marinated, it becomes dry and rubbery.

However, if juicy, low calorie and anti-inflammatory ingredients are added, such as brown sugar, herbs, and vinegar, then the grilled chicken becomes a delight to slice and eat!

Complement it with steamed rice or boiled veggies for a healthy sideline.



Serves: 4

Duration: 20 minutes for cooking and
1-hour marinating time

Ingredients for marinating chicken:

1. Chicken thigh fillets: 4
2. Brown sugar: 2 tbsp
3. Garlic cloves minced: 1 tbsp
4. Dried herbs such as thyme, parsley, and rosemary: 1 tsp each
5. Olive oil: 1 tbsp
6. Balsamic vinegar: 1 tbsp
7. Salt and pepper: to taste

Method:

1. In a mixing bowl, combine all the marinating ingredients and toss the chicken fillets in them.
2. Marinate for at least 1 hour.
3. On the heated grill, place the fillets and dab them with olive oil and cook 7 minutes each side until the grill marks appear. Garnish with fresh parsley before serving.



Chapter 5: “Easy To Clean Up” Dinner Recipes for Your Body to Rejuvenate at Sleep

If you're going to take slim gut diet seriously, then this proverb is something you'll want to remember...

“Eat breakfast like a king, lunch like a prince and dinner like a beggar”.

For dinner, it is always advisable to take light and easily digestible meals so that you get a peaceful, good night's sleep.

Make it a rule of your thumb to consume light meals at late evening hours so your tummy has adequate time to digest the food.

And here are some of the healthy, low-calorie dinner recipes for you that make use of anti-inflammatory ingredients.

1. Dill-Baked Salmon On Lemon Bed

Treat your tastebuds to this juicy, crispy salmon fillet laid on a bed of lemons, infused with sour flavor to stimulate your senses!

All you need to do is marinate with light spices, and it will caramelize in the oven on its own.

Serve this high protein diet with steamed veggies.



Serves: 1

Duration: 30 minutes

Ingredients:

1. Salmon: 1 fillet
2. Dried herbs such as thyme, parsley, dill, and rosemary: 1 tsp each
3. Lemons: 2 thinly sliced
4. Salt and black pepper: to sprinkle on the top
5. Olive oil: 2 tbsp
6. Minced garlic: 3 cloves
7. Honey: 2 tbsp

Method:

1. Firstly put your oven to preheat at 350 degrees. On the oven dish, spread a foil paper.
2. Make a bed of thinly sliced lemons and place on it salmon. Sprinkle salt, pepper on it.
3. In a small bowl prepare the oil seasoning by whisking olive oil, dried herbs, minced garlic, and honey and pour it on the salmon fillet.
4. Bake the salmon in the oven for 25 minutes and then for two minutes put the fish to broil till the seasoning on it caramelizes.

2. Cauliflower Pasta With Tomato & Oregano

Just because you are on a slim gut diet does not mean you can't touch carbohydrates. By incorporating all the healthy alternatives to fatty ingredients such as cheese and white flour pasta, you can keep Italian food on your menu for dinner.



Serves: 4

Duration: 30 minutes

Ingredients:

1. Minced chicken: ½ kg
2. Crushed tomato: 1 cup
3. Oregano: 1 tsp
4. Red chili flakes: 2 tsp
5. Ground black pepper: 2 tsp
6. Minced garlic: 3 cloves
7. Onions chopped: ½ cup
8. Cauliflower: cut into florets, steamed 3 cups
9. Spinach: 1 cup chopped
10. Ricotta cheese: ½ cup
11. Grated parmesan: 1 cup
12. Olive oil: 4 tbsp
13. Basil: 1 tsp

Method:

1. In a nonstick pan, add 2 tbsp olive oil and sauté the chopped onions and spinach in it.
2. Then add minced garlic and minced chicken.
3. Stir till the water dries and add crushed red chili flakes, salt, and pepper.
4. In the second nonstick pan, add another two tbsp. of olive oil and prepare the tomato sauce.

5. Add crushed tomato paste with oregano and light seasoning such as black pepper, salt, chili flakes and bring the paste to simmer.
6. After removing from heat, sprinkle 1 tsp basil.
7. Now in a greased baking dish, spread the steamed cauliflowers, add the prepared chicken mince and topple them with prepared red tomato sauce.
8. Next place ricotta cheese and grated parmesan on the top.
9. Put the baking dish inside the preheated oven and bake for 15 minutes at 200 degrees till the sauce and the core ingredients amalgamate together. Enjoy cheesy Italian cauliflower pasta on your way to becoming hale and hearty!

3. Mini-Bell Pepper Pizza

Who says pizza is not allowed in maintaining a slim gut lifestyle!

Of course, you want varieties and flavorings of all the savory food you have forsaken in order to go into a healthy mode.

So instead of high-calorie white flour and yeast to swell the dough, you can make mini pizzas by cutting bell peppers in round.

Top with pizza seasoning, low-fat cheese and grated parmesan... you're ready to munch the light and nutritious cheesy bites of pizza on your dinner table.



Serves: 4

Duration: 20 minutes

Ingredients:

1. Bell peppers: 2 big size, yellow in color
2. Minced garlic: 3 cloves
3. Onion: 1 finely chopped
4. Chicken mince: 1/4 kg
5. Egg: 1 beaten
6. Worcestershire sauce: 1 tsp
7. Tomato paste: 1 tbsp
8. Fresh thyme leaves: 1 tsp
9. Brown sugar: 1 tbsp
10. Grated parmesan: 1 cup
11. Ricotta cheese cubes: 1/2 cup
12. Salt and pepper: 1 tsp each
13. Olive oil for cooking: 2 tsp
14. Olive oil for greasing
15. Fresh parsley to garnish: 1 tsp
16. Brown bread crumbs: 1/2 cup

Method:

1. Firstly put the oven to Preheat at 350 degrees.
2. On a baking tray spread aluminum paper.
3. Grease it with olive oil and place the bell peppers that are cut into 2 mm thick rings after removing the seeds.
4. In a mixing bowl add the filling ingredients that are minced chicken, bread crumbs, chopped thyme, chopped onions, garlic, salt, pepper and tomato paste.
5. After mixing it scoop the filling on the bell pepper rings.
6. For the pizzas seasonings, in another bowl, mix together the remaining tomato paste with brown sugar and whisk them to a smooth texture.
7. Pour it on the top of bell pepper pizzas. Next, add cheese toppings and freshly cut parsley.
8. Put the dish to bake for 15 minutes until the filling cooks and cheese melts.

4. Turtle Shells: Avocado, Chicken & Cheese Cups

This dish is an extremely healthy, low-calorie dinner meal because the core ingredient is Avocado. Avocado is anti-inflammatory and nutritious to eat, even in the form of a taco. It will take your slim gut diet to a new level.

Laden with high protein content, you are filled with energy at late evenings, and your tummy is satisfied before going to bed.



Serves: 4

Duration: 20 minutes

Ingredients:

1. Black beans: ½ cup cooked
2. Corn kernels: steamed ½ cup
3. Green chilies: 1 tsp
4. Shredded rotisserie chicken: 1 cup
5. Grated parmesan: 1 cup
6. Taco Seasoning: 1 packet
7. Fresh cilantro for topping: 1 tbsp
8. Ripe avocados: 3

Taco dressing:

1. Lime juice: ½ cup
2. Cottage cheese: 1 cup
3. Salt and butter: 1 tsp each
4. Fresh cilantro: 1 tsp

Method:

1. Make the taco dressing by whisking all the ingredients for dressing to a smooth texture. Set it aside.
2. Steam the corn and black beans

3. Next, take three ripe avocados, cut them into half, scoop the inner soft part to another bowl and mash it thoroughly. The avocados have now become small hollow bowl like.
4. Now fill in each if the boat-shaped avocados 1/3 cup of filling of steamed corn, black beans, salt and pepper, taco seasoning, shredded chicken and green chilies.
5. Sprinkle 1 cup grated parmesan on each of the avocados.
6. In the taco dressing fold the mash avocados and dab it over the prepared tacos.
- 7 Spread aluminum foil on the baking dish, grease it and place each taco on it carefully.
8. Put the dish in the preheated oven and let it bake for 15 minutes at 190 degrees.

5. Grilled Rainbow Primavera

Filled with exciting flavors and colors, this dinner dish will definitely take your slim gut diet away from eating boring bland baked chicken breast fillets.

This recipe is not only creative but also motivates the people to come on a healthy diet because there are always alternatives to fattening ingredients.

This way, weight loss becomes enjoyable as you can eat everything with delight by preparing them with the right ingredients.

The dish has low calorie and anti-inflammatory veggies such as zucchini, bell pepper and tomato that are fulfilling for your tummy and blend beautifully with protein to the meal a nutritious touch.



Serves: 4

Duration: 30 minutes

Ingredients:

1. Chicken breasts fillet: 4 each has deep cuts made on the top
2. Zucchini: cut lengthwise with a shape of a half moon
3. Tomatoes: 3 medium, halved and cut into half moons
4. Yellow bell peppers: 2 thinly sliced
5. Red onion: ½ thinly sliced
6. Extra-virgin olive oil: 2 tbsp
7. Italian seasoning: 1 tsp
8. Low sodium salt: 1 tsp
9. Freshly ground black pepper: 1 tsp
10. Grated Parmesan: 1 cup
11. Freshly chopped parsley, for garnish: 1 tbsp

Method:

1. Put your oven to preheat at 375 degrees.
2. Make slits on the top of the chicken in such a way that the cut is not made thoroughly.
3. In each slit stuff the half-moon shaped veggies.
4. Brush olive oil on them and sprinkle the Italian seasoning, salt, pepper, and grated Parmesan.
5. Bake for 25 minutes until the chicken gets tender and is cooked. Sprinkle parsley before serving.

6. Balsamic Chicken & Asparagus

Easy, healthy, nutritious and yummy; who says going on diet is difficult?

Now you don't need to resist your temptations in grabbing fattening oily food when you can make a yummy satisfying chicken platter with low-calorie veggies such as asparagus and tomatoes to complement with.

Have this hearty dinner meal with steamed rice or brown rice.



Serves: 2

Duration: 20 minutes

Ingredients:

1. Balsamic vinegar 3 tbsp
2. Extra-virgin olive oil: ¼ cup divided for cooking chicken and stir frying veggies
3. Honey: 2 tbsp
4. Dijon mustard: 2 tbsp
5. Garlic: 2 cloves minced
6. Crushed red pepper flakes: 1tsp
7. Chicken breast tenders: 4
8. Kosher salt: 1 tsp
9. Freshly ground black pepper: 1 tsp
10. Asparagus, woody ends trimmed: according to your choice
11. Cherry tomatoes: 6 sliced into half

Method:

1. First prepare the balsamic sauce by adding balsamic vinegar, olive oil, mustard, honey, minced garlic, and red pepper flakes and whisk them to a smooth texture.

2. On a medium heat, on a big skillet add the remaining olive oil and cook chicken breast by sprinkling black pepper and salt and sear till it becomes golden.
3. Cook three minutes each side. Once ready, remove the fillets into a plate.
4. In the same skillet, stir fry asparagus on high heat and add tomatoes and stir for 5 minutes. until the tomatoes start to wilt and asparagus becomes green.
5. Now set aside the stir fried veggies on the dish and put the chicken fillet back on the skillet.
6. Pour the balsamic sauce on it and let it diffuse in it for 2 minutes on heat.
7. Dish the chicken on the veggies platter and consume it heartily with a bowl of steamed rice.

7. Taco Tomato “Volcanoes”

Tomatoes... delivered as a low carb hack. All you need to do in this recipe is ditch the white flour high carb tortillas and substitute with fresh tomatoes.



Serves: 4

Duration: 15 minutes

Ingredients:

1. Extra-virgin olive oil: 1 tbsp
2. Ground beef: ¼ kg
3. Onion: 1 medium chopped
4. Taco seasoning: 1 oz
5. Ripe beefsteak tomatoes: 4
6. Shredded low fat Mexican cheese blend: ½ cup
7. Shredded iceberg lettuce: ½ cup
8. Ricotta cream cheese: ¼ cup
9. Garlic: 3 cloves minced

Method:

1. On a medium heat on a nonstick pan, heat oil olive and add minced garlic and chopped onions.
2. Then add ground beef with taco seasoning.
3. Cook the meat while breaking it with wooden spoon.
4. When the water has dried and the meat is no longer pink, remove from heat
5. Cut the tomatoes in wedges from stem side but not make thorough cuts in them.
6. Fill in the meat filling, top with shredded cheese, lettuce and ricotta cream cheese.



Chapter 6: Bake, Set & Forget Guilt-Free Desserts That You Can Eat Everyday!

No matter how fulfilling your breakfast, lunch, and dinner might be, you'll probably have a sweet tooth to satisfy.

But dessert doesn't need to be chock full of trans fat and processed sugar.

With our slim gut diet desserts... you can maintain a healthy lifestyle with your sweet cravings fulfilled!

So here are some easy-to-cook dessert recipes that will satisfy your cravings while lowering inflammation:

1. Honey Oat Muffins With Nutmeg

The gluten-free bun made of oats instead of white flour and sweetened with raisins and raw honey is a perfect dessert recipe.

You can even use brown sugar for a healthy alternative to white sugar.



Serves: 12

Duration: 30 minutes

Ingredients:

1. Brown sugar: ½ cup
2. Baking powder: ½ tsp
3. Salt: ½ tsp
4. Raisins: ½ cup
5. Egg: 2
6. Oats: 1 cup
7. Olive oil: 1 tbsp
8. Nutmeg: ½ tsp
9. Skim milk: ¼ cup
10. Ripe banana: 1 mashed
11. Honey: 1 tbsp

Method:

1. Put the oven to preheat at 400 degrees. In a mixing bowl mix skim milk, honey, egg, butter, brown sugar, baking powder, nutmeg by whisking it so that no lumps remain.
2. Then add oats and raisins.
3. In a greased muffin tray, pour the mixture and put to bake for 15 minutes.

2. "Girls-Night Out" Avocado Ice Cream

Who says ice cream is not allowed in a healthy diet plan?

An avocado ice cream is best for slim gut diet as it has low calories and is gentle on the gut.

The ice cream itself is made without any dairy products and still has a creamy texture.

Let us look at the recipe and see what makes the ice cream so creamy despite having no dairy products!



Serves: 4

Duration: 1 hour 40 minutes

Ingredients:

1. Avocado puree from 3 ripe large avocados:
1 ½ cup
2. Water: 1½ cup
3. Brown sugar: 1 1/3 cup
4. Lime juice : ¼ cup
5. Tequila: 1/3 cup
6. Lime zest for garnish

Method:

1. In a food processor, process three ripe avocados to make a smooth puree.
2. Now add brown sugar, water, lime juice, and tequila to the processor and pulse until the mixture is completely processed.
3. Now place the mixture into the refrigerator for either 1 hour or overnight.
4. Now transfer the mixture of avocado into a cylinder of ice cream maker and freeze according to the instructions placed on the ice cream maker.
5. Once frozen, scoop the avocado ice cream into the bowl and garnish with lime zest.

3. Frozen Chocolate Bananas

Imagine biting a yummylicious banana, dipped in dark melted bitter chocolate and garnished with refreshing grated coconut...

You can keep your gut slim with these alternative ingredients.

Dark chocolate is good for heart and coconut is much better than sweet sprinkles or sugary icing. Naturally sweet with slightly bitter chocolate, this is a lovely combination for kids and adult alike.



Serves: 4

Duration: 2 hours 15 minutes due to freezing in refrigerator

Ingredients:

1. Bananas: 2 big cut in to half
2. Popsicle sticks: 4
3. Dark chocolate slab: 4 bid
4. Grated coconut: ½ cup

Method:

1. Insert the Popsicle stick in the bananas.
2. Make the chocolate dip by heating the slabs in the microwave for about 40 seconds.
3. Whisk the heated chocolate mixture with coconut.
4. Dip the bananas in the chocolate mixture and place in the refrigerator for 2 hours so that they can freeze perfectly.

Losing 3 lbs a Week: How to Control Your Portions & Plan Your Meals

Studies have shown when you cut your diet by 3500 calories, you can lose around 1 lb.

Start by reducing the number of calorie intake from your diet through healthy meals along with working out or increasing the pace of your daily activities.

Lowering calories means that you need to find a substitution for the food you used to consume earlier; including more leafy green veggies, replace full-fat dairy products with less fattening ones, avoid taking too much sugar, cut down carbs and increase the protein intake in your diet.

Moreover, portion control is one of the best ways to cut down your calorie intake. Instead of consuming food in large quantity, you can divide each meal into different segments which can be taken at different times. In this way, your tummy has ample time to digest your food quickly. Therefore, finding alternatives in your diet and reducing the portions will help to solve your weight gain problems and will prevent inflammation in your gut.

By dividing the meals into different parts, you will not feel lethargic or drained as opposed to crash diet plans.

You won't even notice that you're eating less!

Instead, you have a healthy intake of food at every short interval.

So let us look at a meal plan that will help you to lose 3lbs a week in a healthy way:



D A Y 1 & 3	Breakfast	2 egg whites with two pieces of whole grain bread and 1 glass of skim milk
	Mid Morning Snack	1 medium apple or 3 cups of unsalted popcorns
	Lunch	1 bowl of lentil soup, with 1 brown tortilla or two slices of brown bread. One bowl of fresh green veggies such as cucumber, lettuce along with cherry or tomatoes, seasoned with black pepper, low sodium salt, and lemon juice
	Evening Snack	Unsweetened tea with 2 whole grain biscuits
	Dinner	1 fillet of Grilled chicken on the bed of steamed rice along with stir fried anti-inflammatory and high fiber content veggies

D A Y 2	Breakfast	2 Egg muffins with one brown bread and a glass of Skim milk
	Mid Morning Snack	A handful of nuts
	Lunch	Stir fried veggies with grilled chicken tenders along with 1 brown tortilla
	Evening Snack	Homemade granola bar
	Dinner	Soba noodles made with tofu and lot of veggies such as carrots, cabbage, basil and capsicum

D A Y 4	Breakfast	1 baked spinach egg with two slices of toasted whole grain bread. A glass of skim milk
	Mid Morning Snack	A refreshing glass of pineapple smoothie
	Lunch	Two lettuce wraps with minced chicken filling
	Evening Snack	A bowl of Greek yogurt
	Dinner	Black pepper prawns with 1 cup of cooked brown rice complemented as asparagus and cherry tomatoes

D A Y 5	Breakfast	One bowl of oatmeal with round bananas and cherries
	Mid Morning Snack	1 Homemade granola bar
	Lunch	Open faced egg and boiled chicken sandwich topped with carrots, lettuce and ricotta cheese
	Evening Snack	Two light crisp crackers with skim milk
	Dinner	A bowl of baked cauliflower pasta

DAY 6	Repeat from any days above
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D A Y 7	Breakfast	Oatmeal with egg along with tea made from skimmed milk
	Mid Morning Snack	Berries and banana smoothie
	Lunch	Sweet potato and black bean burritos made from brown tortilla
	Evening Snack	1 bowl of Avocado ice cream
	Dinner	Baked fillet of salmon on a bed of freshly cut lemons in round shape. You can complement it with stir fried green beans and asparagus or a bowl of brown rice

WEEKLY HEALTH PLANNER

To help you heal your gut and steadily keep the pounds away, use this planner to track what you're eating in advance.

GOALS

LOSE : _____ LB/KG IN _____ WEEKS
_____ LB/KG PER WEEK

STARTING WEIGHT : _____

GOAL WEIGHT : _____

WHAT WILL YOU TREAT YOURSELF WITH WHEN YOU
ATTAIN YOUR GOAL? _____

THURSDAY

Breakfast _____

Lunch _____

Dinner _____

MONDAY

Breakfast _____

Lunch _____

Dinner _____

FRIDAY

Breakfast _____

Lunch _____

Dinner _____

TUESDAY

Breakfast _____

Lunch _____

Dinner _____

SATURDAY

Breakfast _____

Lunch _____

Dinner _____

WEDNESDAY

Breakfast _____

Lunch _____

Dinner _____

SUNDAY

Breakfast _____

Lunch _____

Dinner _____

This meal plan is a simple, but effective suggestion to get you started on the slim gut diet. And as you take action, it's wise to also understand...

How You Can Truly Benefit From the Slim Gut Diet: Hint, It's Not Just The Recipes...

Following a slim gut diet is a great way to get your health back on track.

But these healthy recipes will only work... if your gut is **functioning optimally**.

Your gut needs to be able to digest these healthy food properly, absorbing its nutrients for your body to fight chronic inflammation and burn unwanted fat.

If your gut is not functioning well... even the healthiest recipes will fail you.

If you've previously tried healthy diets, counted your calories, took different kind of supplements and even endured intense workouts... but still can't lose weight...

Chances are your gut is not functioning well.

This means you're not going to benefit well from the slim gut diet.

Because you could unknowingly be suffering from a condition called...

Leaky gut.

This is where your **intestinal lining is damaged** and undigested food particles start passing through the gut membrane.



When these particles enter your bloodstream, **toxins carried with them can create low-level inflammation** throughout the body, causing flare-ups, IBS, constipation, diarrhea, and even skin/ complexion problems.

In order to truly benefit from the slim gut diet, you need to heal your gut.

Fortunately, it can be done by adding a supplement called...

Probiotics.

Not just any probiotic from the supermarket.

It needs to be...

3 Types Of Probiotics Proven to Restore Your Gut Health and Help You Lose Weight

The truth is 99% of the probiotic supplements won't help you to lose weight.

In fact, many of these common probiotic supplements might even cause weight gain.

In a scientific review of 17 randomized controlled trial, 51 studies and 14 experimental models, they found that common supermarket probiotics like Lactobacillus acidophilus makes you gain more weight than expected.

Avoid these common strains if you're looking to shed stubborn fat. (You would be surprised at just how many probiotic supplements contain these strains!)

So... what are the right strains of probiotics that restore your gut flora, fight inflammation and help you lose weight?

Here are the 3 strains that you should look out for.



L. gasseri - The Fat Buster

L. gasseri is one of the most effective probiotic for weight loss. It has been proven to both reduce body fat and prevent fat storage. A study of 210 people took L Gasseri over 12 weeks found they lost 8.5% of body fat on average, especially on their belly and hip area. This was achieved without any changes to their diet and lifestyle. Its unique ability to both burn belly fat and keep them off is the key to effective and effortless weight loss.



B. breve - The Metabolism Booster

B. breve is another powerhouse probiotic that promote weight loss. It has a unique ability to "turn on" the genes that increases fat metabolism (burning of fats). It also provides many other benefits such as:

- Reduce inflammation
- Maintain healthy body weight
- Support healthy cholesterol levels
- Help maintain healthy blood sugar levels
- Regulate stress hormones



B. lactis - Healer of Inflammation

B. lactis is often known as the "Booster Shot" of probiotics due to its proven abilities to fight tumor growths, improve digestion, and enhance immune system functions. Daily consumption of this probiotic has been proven to not only provide antioxidant and anti-inflammatory benefits, but also significantly reduce body weight and cholesterol.

To help you benefit from the slim gut diet and to make it convenient to get these 3 crucial probiotics into your gut...

We at Better Body Co. have combined these probiotic strains into one supplement called...

Provitalize - Unique Probiotic Strains & Anti-Inflammatory Herbs That Signal The Body To Lose Body Fat Automatically

Provitalize is an all natural probiotic supplement that uses ID-specific strains of *L. gasseri*, *B. breve* and *B. lactis* proven to turn on your body's metabolism.



It also includes key anti-inflammatory ingredients like Turmeric (with BioPerine™) and herbal ingredients like Moringa Leaf (rich in antioxidants and Vitamins A, E, C).

All the ingredients work in synergy to signal the body to lose weight automatically while restoring your gut flora to normal and healing your body from chronic inflammation.

It's specifically formulated as a "hard counter" to the Standard American Lifestyle, making sure that the gut and body works at peak performance every day.

This means your body can truly benefit from our slim gut diet too!

Not only does Provitalize come with all the benefits of normal probiotics...

- Improves gut health
- Re-balances good bacteria count
- Promotes strong immunity

It also cuts out dangerous visceral fat formation around your belly, hips and thighs (curbing cravings in the process).

And Provitalize users themselves couldn't agree more.



I Was Disappointed In So Many Weight Loss Products... But Now, With Provitalize, I've Lost 20 Pounds At 66!

I originally bought Provitalize for its anti-inflammatory properties, but I've quickly noticed that my cravings have been completely eliminated!

My tummy has gone down, I'm losing weight and my chronic pains and migraines have disappeared!!!

I took the chance, I believed and I've lost 20 POUNDS... in the last few months.

Not only that, my acid reflux has disappeared... My digestion is better and I'm telling ALL my friends about it!!!

I sure hope they try this product right now, and start living the life I wished I had YEARS AGO!

- Joyce B

Try Provitalize for Just \$1 a Day



For just \$1 a day, you can join over 10,000 Provitalize users who healed their body from inflammation and shed unwanted weight with a healthier gut.

[**CLICK HERE TO GET PROVITALIZE FOR JUST \\$1 A DAY!**](#)