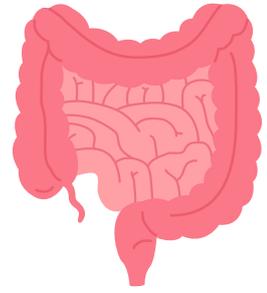




Alive February Challenge

Week 4: Gut Health



Your gut is the cornerstone of your overall health, influencing everything from digestion to immunity, mood, and skin health. A balanced gut microbiome, made up of trillions of bacteria, is essential for absorbing nutrients, maintaining a healthy weight, and reducing the risk of chronic diseases. Nutrition is a key factor in supporting gut health, with fibre-rich foods, probiotics, and prebiotics all contributing to a thriving gut environment.

Nutrients to Prioritize

Fibre

Fibre is a powerhouse for digestive health. It helps keep things moving smoothly through your digestive tract, preventing constipation and bloating. Aim for various fibre sources—like whole grains, fruits, vegetables, and legumes—to feed your gut bacteria and promote a healthy balance. This can lead to better nutrient absorption and overall digestive comfort.

Probiotics

Probiotics are beneficial bacteria that support gut health. They can help restore the balance of your gut microbiome, especially after antibiotics or illness. Foods like yogurt, kefir, kimchi, sauerkraut, and kombucha are rich in probiotics. These foods can enhance digestion, support the immune system, and may even improve mood and mental well-being.

Prebiotics

Prebiotics are types of fibre that feed the good bacteria in your gut. Foods like garlic, onions, bananas, asparagus, and oats contain prebiotics that fuel your beneficial gut microbes, helping them thrive. A healthy microbiome is linked to a stronger immune system and improved digestion.

Healthy Fats

Healthy fats, like those from avocados, olive oil, and nuts, help reduce inflammation in the gut. Omega-3 fatty acids in fatty fish such as salmon are particularly beneficial for gut health and may help reduce the risk of gastrointestinal disorders.

Recipes

Gut Healing Smoothie



Ingredients (1 serving):

- 1 cup Water (cold)
- 1 cup Kale Leaves
- 1/4 Avocado (peeled and pit removed)
- 1/2 Banana (frozen)
- 1 1/2 tsps Chia Seeds
- 1 tbsp Ground Flax Seed
- 2 tsps Hemp Seeds
- 1 tbsp Raw Honey

Directions:

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Turmeric Chia Pudding



Ingredients (1 serving):

- 1/2 cup Unsweetened Almond Milk
- 1/4 tsp Turmeric
- 1/4 tsp Cinnamon
- 1/8 tsp Ground Ginger (optional)
- 2 tsps Maple Syrup
- 2 tsps Chia Seeds

Directions:

1. Combine the almond milk, turmeric, cinnamon, ginger, and maple syrup in a mixing bowl. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
2. Stir well then divide between bowls or jars. Enjoy!

Recipes

Miso Tempeh, Kale & Asparagus with Buckwheat



Ingredients (2 servings):

- 1/3 cup Buckwheat Groats
- 1 1/3 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Miso Paste
- 1 tbsp Rice Vinegar
- 2 Garlic (clove, minced, divided)
- 8 ozs Tempeh (sliced)
- 6 Cremini Mushrooms (sliced)
- 1 cup Asparagus (trimmed and chopped)
- 2 stalks Green Onion (chopped, divided)
- 2 cups Kale Leaves (chopped)

Directions:

1. Cook the buckwheat according to the package directions.
2. Preheat the oven to 375°F. Line a baking sheet with parchment paper.
3. Mix half of the oil, miso paste, rice vinegar, and half of the garlic into a paste. Place the tempeh pieces on the baking sheet and brush the paste onto the tempeh. Bake for 15 to 20 minutes or until the tempeh starts to brown. Set aside.
4. Add the remaining oil to a large pan over medium heat. Once hot, add the remaining garlic, mushrooms, asparagus, and half of the green onion. Sauté for three to five minutes, or until the mushrooms soften and start to brown.
5. Add the kale to the pan and toss well. Heat for two minutes or until the kale starts to wilt, stirring as it cooks.
6. Divide the buckwheat, vegetable mixture, and tempeh evenly between plates. Garnish with the remaining green onions

Recipes

Chicken & Kimchi with Quinoa



Ingredients (2 servings):

- 1/3 cup Quinoa (dry, rinsed)
- 1 tbsp Sesame Oil (divided)
- 8 ozs Chicken Breast (boneless, skinless, thinly sliced)
- 2 cups Coleslaw Mix
- 1 Red Bell Pepper (large, thinly sliced)
- 1 cup Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 tbsp Tamari
- 1 1/2 tsps Sesame Seeds (toasted)
- 1/2 cup Kimchi

Directions:

1. Cook the quinoa according to the package directions. Set aside.
2. Meanwhile, heat half of the oil in a large pan over medium-high heat. Once the pan is hot, add the chicken and cook for five to seven minutes or until browned and cooked through. Remove the chicken from the pan and set aside.
3. In the same pan, add the remaining oil, then add the coleslaw mix, bell pepper, and mushrooms. Cook, stirring occasionally, until the vegetables are tender, about three minutes. Add the garlic and cook for another minute, until fragrant.
4. Add the tamari and sesame seeds and return the chicken to the pan. Stir until well-coated.
5. Serve the chicken and vegetable mixture over a bed of cooked quinoa and top with kimchi. Enjoy!