



**NINE FAVE
GOOD GUT
RECIPES**

Dietitian Jill Place



HELLO GUTSY!

YES YOU ARE! Because you're bucking mainstream thought to seek answers to problems like Irritable Bowel Syndrome ... the NUMBER ONE reason people go to doctors these days

As well as pain, skin issues, and depression (to name just a few health issues) that doctors can't seem to solve right now.

I APPLAUD YOU! Your search brought you here.

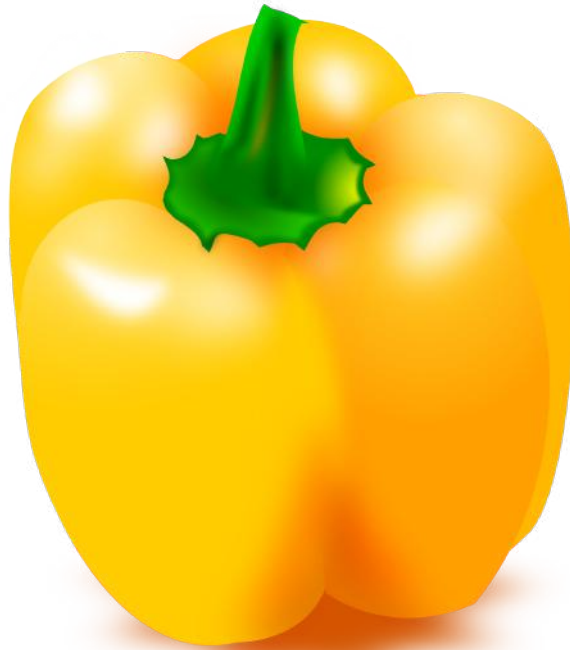
So what's the answer? Reducing inflammation and healing your gut by changing your lifestyle



INTRODUCTION

... STARTING WITH WHAT YOU EAT!

I'm a HUGE fan of the modified Paleo diet ... eating grain, Gluten and Dairy Free most of the time ... with occasional pasta and bagels (Gluten Free of course!). And adding good-bacteria with fermented foods. So here's some of my personal all-Paleo and fermented-food fave recipes to get you started!



AND GUTSY...

I'VE GOT A MIND-BLOWING SURPRISE FOR YOU! You're now on my exclusive GOOD GUT CHALLENGE list.

Dietitian Jill's 5-Day GOOD GUT Challenge begins January 27th ... in National Staying Healthy Month And you'll get first crack at joining us for an immersible experience that'll help you change your life. In only an hour a day!

Want to have a healthier, energetic, pain-free life that reaches into your 70's, 80's ... even 90's? But your efforts to change even the smallest things about yourself all end in failure?

This challenge is for you! You'll get more information automatically as we get closer to the launch. Meanwhile ... **why don't you join my Facebook Forum** for updates by clicking the link below:
healyourhealthnow.com/5dayGGChallengeForum.

I'm limiting it to 30 participants at a rock-bottom price everyone can afford. So **HEAL YOUR HEALTH (and gut) NOW!**

5-MINUTE PROBIOTIC HUMMUS

INGREDIENTS

1 15-ounce can organic chick peas, drained and rinsed **OR**
1 cup macadamia nuts, soaked in water for 24 hours, drained and rinsed
¼ cup organic tahini (reduce to 2 Tbsp [1/8 cup] if using macadamias)
3 tbsp lemon juice
1 large garlic clove, crushed and peeled (or more)
1 ½ tbsp olive oil
½ tsp sea salt
½ tsp cumin
2 tbsp sauerkraut, pickle, or other fermented vegetable juice or coconut water kefir (or more)

INSTRUCTIONS

Add all the ingredients (including drained chick peas **OR** macadamias) to your food processor or a high-speed blender. Process until smooth, adding more fermented juice to desired consistency.

Store in a glass container in the fridge for up to 1 week. Serve with cut-up veggies, Paleo crackers, or I schmear it on bagels.





STRONG GUT SOLUTIONS

The following recipes are not only terrific and fun (think hummus with cut veggies or grain-free chips [LOVE [Siete](#)] at your tailgating party). They're gut-healing too.

I'm also giving you my fermented shrubs recipes gone Paleo ... shrubs are a way of preserving fruit used for centuries ... which is not only tasty in drinks but fabulous in salad dressing.

Last, my Good Gut Pudding ... chock full of healing stuff like Glutamine and Collagen (get these great nutrients ... and more ... at my [Fullscript apothecary](#)) and so chocolate-y you'll SWOON!

GOOD GUT PUDDING

INGREDIENTS

- 1 avocado
- 1 tbsp virgin coconut oil, melted
- 2 to 4 tbsp raw cacao powder (depending upon how CHAW-CLATE-Y you want it)
- 1 cup unsweetened almond or coconut milk
- 1 scoop chocolate bone broth powder

OPTIONAL:

- 1 scoop collagen powder
- 1 tbsp L-glutamine powder
- 1 to 2 tbsp ground flax, hemp, or chia seed
- additional stevia for more sweetness

INSTRUCTIONS

Put all ingredients into a blender and spin until smooth and combined. Add more milk if you need to blend smoothly.

Scrape protein and cacao powders off the sides of the blender if needed.

Serve with red or dark blue berries or make a pudding pie in a grain-free crust.



SHRUBS: A FERMENTED FOOD SOLUTION

INGREDIENTS

FOR THE CHERRY VANILLA MAPLE SHRUB:

2 cups stemmed sweet cherries (I used frozen as I couldn't find fresh)

½ vanilla bean

½ cup maple syrup

½ cup apple cider vinegar (preferably raw, such as Bragg's)

1 tbsp balsamic vinegar

INSTRUCTIONS

FOR THE CHERRY VANILLA MAPLE SHRUB:

Place the cherries in a large jar or bowl (you can leave the pits in). Add the vanilla bean and maple syrup and use a muddle stick (or other blunt object) to mash the cherries to a pulp.

Stir in the vinegars. Cover and let sit on the kitchen counter for 24 to 48 hours. Strain the shrub, pressing down on the solids to extract all the juice. Discard the pulp.

Pour the shrub into a jar or bottle and store in the refrigerator. It should keep for at least 1 month. Add a couple of tablespoons to sparkling water (I need to sweeten it more with stevia) or use as the base for a dressing. Or take a spoonful ... remember ... a spoonful a day keeps dis-ease away!



SHRUBS: A FERMENTED FOOD SOLUTION

INGREDIENTS

FOR THE DIGESTIVE SHRUB:

- 1 cup berries of choice
- 1 cup coarsely chopped orange (I used 1 medium)
- ¼ cup chopped orange peel (I used the peel from the orange)
- ¼ cup licorice root (you want the cut and sifted kind for tea not the root itself)
- 2 tbsp or more chopped ginger
- 3 -4 cinnamon sticks
- 4 cups raw apple cider vinegar



INSTRUCTIONS

FOR THE DIGESTIVE SHRUB:

Put all fruits and herbs into a clean glass 1-quart jar. Add additional fruit to fill the jar if desired. Using a muddle stick or wooden spoon, muddle the mix to release the juices and oils.

Pour in vinegar until the jar is nearly full, leaving about one inch of space on the top. Place a clean cheesecloth or coffee filter over the jar and secure it with a rubber band or the metal ring of your jar. Leave the jar out overnight for about 12 hours to accelerate the fermentation process.

After 12 hours, remove the cover, place a piece of parchment paper or a double coffee filter over the opening, and then screw the lid onto your jar. This ensures that the vinegar doesn't contact the plastic surface of your lid. Shake the jar gently two or three times a day for 3 days.

After three days, change the parchment/coffee filter to prevent mold growth and transfer the jar to the fridge for 4 more days, continuing to shake it a few times a day.

After a total fermentation period of 6 to 7 days, strain the solid parts out through a fine mesh strainer over a bowl or large measuring cup. Press on the solids to extract all the liquid, then discard.

Pour the liquid into a clean jar. This mixture will keep in the fridge for 2 to 3 months or more. Take a spoonful a day or sweeten with stevia and mix into a glass of sparkling water.



MAINS

It's easy to do breakfast and lunch with Paleo ... my [wonderful granola](#) with some coconut yogurt and berries or a smoothie or my Good Gut Pudding (see recipe) and a super salad (a veggie-packed salad a day keeps dis-ease away) for lunch.

For dinner ... here are some suggestions. Super ribs (yes ... ribs ... with some veggies and sweet potato fries) and a veggie wrap (also a lunch option) when you want to eat light.

And the best ... my all-time fave stuffing that can be used as a side dish (when it was a take-along for Thanksgiving, it was gone in 15 minutes!) or a vegetarian main dish with veggie sausage (careful ... many have Gluten ... [I LOVE Beyond Meat](#) ... the HOT one ... with 2 GRAMS of net carbs)

Eat them ALLLL UP!

MINDFULLY MOUTHWATERING PALEO RIBS

INGREDIENTS

- 1 can beer ... your choice
- 1 cup coarsely chopped onion (I use fennel as I'm allergic)
- 1 ½ tbsp coarsely chopped garlic (2 cloves)
- 1 ½ cups no sugar added ketchup
- ¼ cup molasses
- 1 tbsp Lakanto or coconut sugar
- 2 tsp salt
- 2 tsp pepper
- 4 lbs baby back ribs (4 racks)

INSTRUCTIONS

PRE-PREPARATION:

Cut ribs into threes.

Heat water and 1 can beer in large pot until boiling. Adjust heat and simmer ribs on low about 10 minutes. When you see fat being rendered in the water, remove the ribs with tongs and set aside.

SAUCE PREPARATION:

Stir together all sauce ingredients (onion through pepper) in a 2-quart heavy saucepan and bring to a boil over medium heat. Reduce heat and simmer, covered, for 15 minutes.

Transfer sauce to a blender and puree until smooth. Cool and add to a large sealable plastic bag with ribs. Press as much air as you can out so that the sauce is touching the ribs and seal. Marinate at least 24 hours.



MINDFULLY MOUTHWATERING PALEO RIBS

INSTRUCTIONS

RIBS PREPARATION:

Put rack in lower third of oven and preheat oven to 350 degrees F. Line a large shallow baking pan with foil and place a sheet of parchment over it

Remove ribs from bag with tongs and place on baking sheet; cover with another sheet of parchment and crimp aluminum foil tightly around the edges of the pan.

Bake one hour. Then, remove top layer of foil and parchment, return to oven and bake another hour.

Alternately, remove ribs about half an hour to 15 minutes before they're done and place on grill 15 to 20 minutes to finish.



PALEO CORNBREAD AND SAUSAGE STUFFING

INGREDIENTS

- 1 lb pork or **Beyond Meat** sausage
- 2 tbsp extra virgin olive oil or fat of choice (I use melted coconut oil)
- 1 large onion (or fennel for the onion-sensitive), chopped
- 3 celery stalks, chopped
- 8 fresh sage leaves, chopped
- ¼ cup flat leaf parsley, chopped
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 1 recipe **grain-free cornbread**, cut into cubes and left uncovered overnight to dry
- 3 large eggs
- 1 cup chicken/vegetable stock

INSTRUCTIONS

Preheat oven to 350 degrees F. Cooked sausage over medium heat in a skillet and break up pieces using a wooden spoon. When cooked, transfer to a large mixing bowl.

Heat olive oil (or other fat) in the skillet and add onion (fennel) and celery and cook, stirring frequently until the vegetables are tender, about 5 minutes.

Add chopped parsley and sage leaves, and stir well until the flavors and incorporated. Season with salt and freshly ground black pepper. Transfer the mixture to the bowl with the sausage.

Add dried cornbread to the mixing bowl. Whisk eggs and chicken/vegetable stock and pour over the cornbread and sausage stuffing. Toss gently until all ingredients are moistened.



PALEO CORNBREAD AND SAUSAGE STUFFING

INSTRUCTIONS

Transfer to a greased baking dish and bake at 350 degrees F for 30 to 35 minutes until top is golden brown. Serve warm and enjoy.

NOTE:

The nutritional info label for this recipe on my website doesn't include the nutritional info for the cornbread. Check out the one on the cornbread recipe linked above or on the box of mix.



THE QUEEN'S HANDWICH

INGREDIENTS

FOR THE HANDWICH:

1 cup broccoli
½ cup cauliflower, in small florets
(optional)
2 tbsp or more red cabbage, finely
grated
2 tbsp carrot, finely grated
2 tbsp or more yellow squash, finely
grated
¼ cup Barbecued Onions (see recipe
below) (optional)
1 Gluten Free or Grain Free tortilla
1 tbsp mayonnaise or Paleo dressing
(try the 1000 Island)
3 thin slivers dill pickle
½ cup dark green lettuce, arugula, or
other greens
½ cup alfalfa or other sprouts
2 slices avocado (optional)
sea salt, Spike, or salt-free seasoning
(optional)



INSTRUCTIONS

FOR THE VEGETABLES:

Cut broccoli into thin lengths, using only florets and the upper portion of the stalk.

Steam broccoli and cauliflower in vegetable steamer, covered, over boiling water for 5 minutes or until vegetables are tender when pierced with the tip of a sharp knife.

Combine carrot, cabbage, and squash, and mix thoroughly.

FOR THE BARBECUED ONIONS:

In small skillet heat oil. Add onion (fennel) and saute until it begins to soften. Add barbecue sauce and continue sauteing, stirring frequently until onion (fennel) is thoroughly wilted.

Makes enough for 3 or 4 handwiches. Leftovers are delicious in any vegetable soup.

ASSEMBLE:

In hot dry skillet, heat the tortilla, flipping, until soft (don't crisp; you're just softening it so it will roll easily without cracking). Place on a large sheet of plastic.

THE QUEEN'S HANDWICH

INGREDIENTS

FOR THE BARBECUED ONIONS:

2 tsp expeller-pressed oil (I use grapeseed)

1 small onion or fennel, sliced thinly
½ tbsp Hain, Robbie's or other sugar-free BBQ sauce

INSTRUCTIONS

Spread tortilla with mayonnaise or Paleo dressing. Add a line of broccoli down senter. Crumble cauliflower and place a line of it on broccoli. Add a line of pickle, a line of grated vegetables, and a line of Barbecued Onions (Fennel).

Top with lettuce, sprouts, and avocado. Sprinkle with Spike or other seasonings of choice.

Fold up bottom of tortilla lengthwise on filling, then roll tortilla crepe-style around filling.

Wrap tightly in plastic wrap until ready to serve. These will keep for 2 to 3 days in the refrigerator (if you hide them!).

Cut handwich in half and push plastic wrap partially down, but leave the other end closed to catch the drippy sauces.





SWEETS

I can't do WITHOUT sweets ... and they're super-simple when you go Paleo ... even if you're a baking idiot like me.

The Double Chocolate Banana Bread is one that's often in my fridge ... and the Apple Crisp is another mix-and-bake staple that's so good it can be served either every day or holi-day.

The chocolate "cheesecake" is more complex and truly party-cake. Take it along to any event and it'll be gone in minutes!

Sweet on sweets? You can't go wrong here!

PALEO DOUBLE CHOCOLATE BANANA BREAD

INGREDIENTS

3 very overripe small bananas or 2 larger ones, mashed
3 large eggs at room temperature
¼ cup raw (or regular) honey
¼ cup coconut milk at room temperature
1 tsp pure vanilla extract
½ cup coconut flour, sifted
2 tbsp arrowroot starch or tapioca flour
6 tbsp raw cacao powder (or cocoa), sifted
1 tsp baking soda
¼ tsp sea salt
½ cup dark chocolate chips or paleo chocolate chips, divided

INSTRUCTIONS

Preheat your oven to 350 degrees F and line a medium loaf pan with parchment paper (I used an 8 x 4" and it rose beautifully) and spray lightly with cooking spray.

Sift the coconut flour and cacao powder together in a mixing bowl. Gently whisk together all other dry ingredients (except chocolate chips).
info@lefeurope.com

In a separate larger mixing bowl, whisk together the mashed bananas with the eggs, coconut milk, honey, and vanilla. Wet ingredients should be as close to room temperature as possible before starting.

Gently stir the dry ingredients into the wet using a spatula or wooden spoon. Batter should not be vigorously mixed or blended since this interferes with the bread rising. Batter should be relatively thick and lumpy when combined.



PALEO DOUBLE CHOCOLATE BANANA BREAD

INSTRUCTIONS

Stir in about 1/3 cup of chocolate chips, then transfer the batter to the prepared pan, spreading evenly. Sprinkle the remaining chocolate chips over the top.

Bake in preheated oven 50 to 60 minutes or until a toothpick inserted in the center of the loaf comes out clean (melted chocolate is OK). Allow the loaf to cool for 15 minutes in the pan, then carefully transfer to a wire rack or plate by holding two sides of the parchment paper. Allow bread to cool completely to room temperature before slicing. Store leftovers covered in refrigerator. LOVE YOURSELF!



PALEO CARAMEL APPLE CRISP

INGREDIENTS

FILLING:

5 cups peeled and diced tart apples (about 9 small ... I like Granny Smith)

¼ cup coconut oil, melted

¼ cup maple syrup

⅓ cup no sugar added SunButter

1 tsp vanilla extract

CRUMB TOPPING:

1 ¼ cups almond flour

1 tbsp coconut flour

¼ cup coconut sugar (or Lakanto)

3 ½ tbsp ghee (or coconut oil) at room temperature

1 tsp apple pie spice or cinnamon

¼ tsp salt



INSTRUCTIONS

Preheat the oven to 350 degrees F and grease a 9-inch square pan or deep dish pie plate. Set aside.

Place apples in a large bowl. In a medium measuring cup or bowl, combine coconut oil, maple syrup, SunButter, and vanilla. Stir until smooth. Pour over apples and add mixture to prepared dish.

To make the crumb topping, combine all ingredients above in medium bowl until crumbly. Sprinkle mixture over apples as evenly as possible.

Place in preheated oven and bake 28 to 30 minutes until top is lightly browned. Serve warm topped with additional caramel (below) or vanilla ice cream if desired.

NOTES:

For more caramel topping, mix all filling ingredients except apples together. Store in fridge and rewarm as needed.

Top with any or all toasted nuts, chocolate syrup, chocolate chips, or ice cream as desired.

PALEO CHOCOLATE NO-BAKE "CHEESECAKE"

INGREDIENTS

FOR THE CRUST

- 1 cup pecans or hazelnuts
- ½ cup shredded unsweetened coconut
- 2 tbsp cacao powder
- ¼ tsp salt
- 1 cup dates (I used deglets)
- 2 tbsp coconut oil, melted

FOR THE FILLING

- 2 cups raw cashews, soaked overnight
- 7 oz unsweetened chocolate, melted
- ½ cup plus 2 Tbsp. maple syrup (I used coconut nectar)
- 1 cup coconut cream
- 3 tbsp lemon juice
- 1 tbsp vanilla

INSTRUCTIONS

FOR THE CRUST

Line an 8" springform pan with parchment paper and set aside.

Process nuts into a flour in a food processor fitted with an "S" blade. Add coconut, cacao, and salt and process again. Set aside.

Process dates into a paste, then add ground nut mixture and oil to date paste and process to form a crumbly but sticky dough.

Press dough into an even layer on the bottom of of the prepared 8" springform pan.

Place crust in the fridge to set, 30 minutes or overnight.

FOR THE FILLING

Combine all ingredients in food processor and process until smooth.

Pour filling over prepared crust. Transfer the cake to the fridge to set, 4 hours or overnight.





ACKNOWLEDGMENTS

Thanks to the many ideators these recipes were curated from ... including Josh Axe, Kelsey Ale, Marilyn Diamond, The Paleo Running Mama and more. These trailblazers provided the inspiration and I gave the recipes my own gut-for-you flourish!

These are only a smattering of the recipes I've collected. My office file is bulging with them. (The rib recipe I've given you here was influenced by one in a 2005 issue of the now defunct **Gourmet** magazine ... and repurposed Paleo).

Want more? Here's the whole recipe collection at healyourhealthnow.com. EAT IT UP!

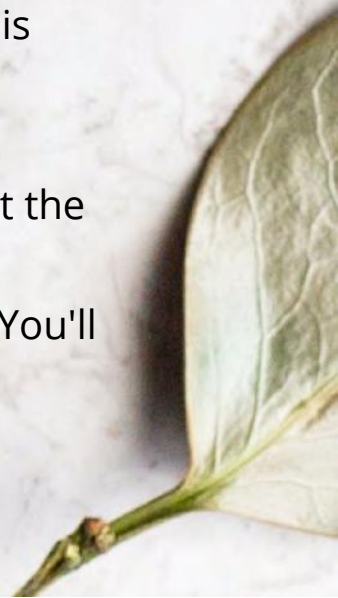


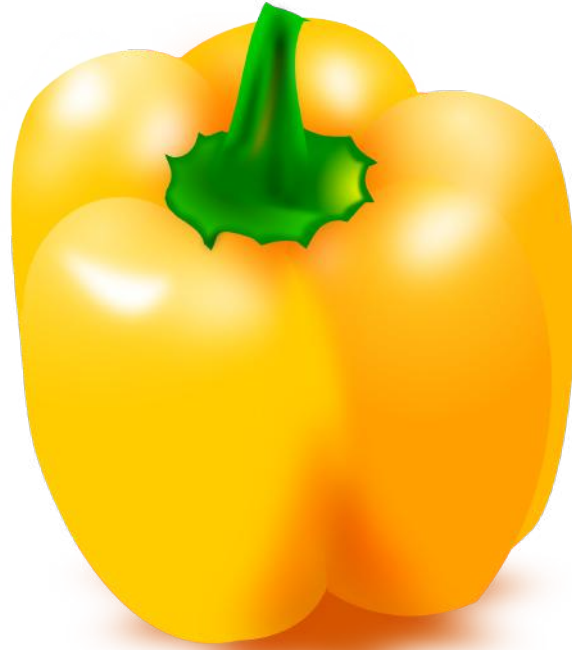


WONDERING? IS YOUR GUT GOOD?

Since research has shown that 80-90% of us have some form of leaky gut, it might be a good idea to find out if yours is too. I have a 5-minute quiz that can instantly tell you.

There is a link on the landing page where you got this at the bottom of the page. Or ... go to my website ... healyourhealthnow.com and take it on the homepage. You'll get your answer immediately.





AND DON'T FORGET GUTSY...

You're now on my exclusive GOOD GUT CHALLENGE list.

Dietitian Jill's 5-Day GOOD GUT Challenge begins January 27th ... in National Staying Healthy Month! You'll get first crack at joining us for an immersible experience that'll help you change your life. In only an hour a day! And new challenges as they happen.

Want to have a healthier, energetic, pain-free life that reaches into your 70's, 80's ... even 90's? But efforts to change even the smallest things about yourself have all ended in failure.

This challenge is for you! You'll get more information automatically as we get closer to the launch. Meanwhile ... **why don't you join my Facebook Forum by clicking healyourhealthnow.com/5dayGGChallengeForum**. I'm only taking 30 at a rock-bottom price everyone can afford!