

***Eat Well  
Move Well  
RECIPES***



*Food 4 healthy guts*

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## Bacon, eggs and avocados

4 ingredients · 5 minutes · 2 servings



### Directions

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- Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes.
- Transfer the bacon to a paper towel-lined plate and set aside.
- Discard most of the bacon grease from the pan, leaving a small amount to cook the eggs.
- Add the whisked eggs to the pan and stir frequently as they cook, alternatively fry the eggs lightly.
- Season with salt and pepper to taste
- Divide the avocados, eggs, and bacon between plates. Enjoy!

### Ingredients

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6 slices Bacon  
4 Egg (whisked)  
1 bulb Avocado (sliced)  
Sea Salt & Black Pepper (to taste)

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Nutrition per serving  
Fat 63g  
Carbs 14g  
Fiber 10g  
Sugar 2g  
Protein 27g



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# Smoked Salmon, scrambled egg and Avocados

3 ingredients · 5 minutes · 3 serving



## Directions

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- Add a little butter to a heavy bottomed pan.
- Whisk the eggs with salt and pepper to taste
- Add the eggs to the butter in the pan and stir gently until cooked.
- Place the salmon, scrambled egg and avocados on two plates

## Ingredients

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200 grams Smoked  
Salmon  
1 bulb avocados  
4 eggs ( whisked)  
Sea Salt & Black Pepper  
(to taste)

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Nutrition per serving  
fat 36g  
Carbs 14g  
Fiber 10g  
Sugar 1g  
Protein 34g



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## Mixed berries and yoghurt

4 ingredients 5 minutes · 1 servings



### Directions

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- Add all the ingredients into a bowl and enjoy!
- Any type of berry can be added.
- For crunch add chopped unsalted nuts
- Greek yoghurt can be swapped for coconut yoghurt

### Ingredients

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- 450g Strawberry
  - 50g Raspberry
  - 50g Full fat greek yoghurt
  - 10g Chia seeds
  - 1 tbs Flaxseed
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### Nutrition per serving

- Fat 9g
- Carbs 20g
- Fiber 10g
- Sugar 6g
- Protein 9g



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# Greek Chicken Salad

10 ingredients · 45 minutes · 2 servings



## Directions

- Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag.
- Add the chicken breasts and marinate for 20 minutes or overnight.
- Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- Divide the salad and chicken between plates.

## Notes

If you use cooked chicken you can miss out all the steps to cook and marinate the chicken

Alternative marinade and cook the chicken when you have time and store in the fridge for no more than 3 days

You don't have to chop anything, buy prepared salad and just tip out the packet!

Add feta for more protein

## Ingredients

19g Greek seasoning  
1 whole Lemon ( juiced)  
60 ml Extra virgin olive oil  
600g Chicken breast, boneless and skinned  
450g Cherry tomatoes  
1 Cucumber diced  
40g Red onion finely diced  
130 grams Pitted olives  
45 milliliters Balsamic vinegar  
Salt and pepper

## Nutrition per serving

Fat 21g  
Carbs 13g  
Fiber 2g  
Sugar 7g  
Protein 34g



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## Avocados beef stir fry

9 ingredients · 20 minutes · 2 servings



### Directions

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- Add sesame oil to a large frying pan over medium heat.
- Saute garlic, ginger and onion for 2 to 3 minutes.
- Add sliced steak and stir until cooked, about 5 minutes.
- Add tamari, vinegar and salt and stir until well coated.
- Toss in avocado just before serving.

### Notes

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Stir fry is so easy, You can add most chopped vegetables

to a stir fry.

You can buy prepared stir fry vegetables if you want to

save time

### Ingredients

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- 30 milliliters Sesame Oil
- 3 garlic cloves
- 6 grams Ginger ( peeled and chopped)
- 1 white onion, ( small sliced)
- 230g Sirloin steak ( thinly sliced)
- 15 milliliters Tamari
- 20 milliliters Red wine vinegar
- 2 Avocados ( peeled and cubed)
- Sea Salt & Black Pepper (to taste)

### Nutrition per serving

- Fat 59g
- Carbs 25g
- Fiber 15g
- Sugar 6g
- Protein 28g



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# Prawn, Chicken and Chorizo Paella

ADAPTED FROM: REF: The diabetes weight-loss cookbook, Katie & Giancarlo Caldesi, Kyle books, 2019

Serves 6



## Directions

- Heat 1/3 of the olive oil in a large heavy-based saucepan with a lid
- Season the chicken thighs and fry skin down, on medium heat until lightly browned
- Turn over and continue to fry until brown on all sides, takes about 20-25 minutes
- Add the chorizo and lardons and fry until crisp
- Add the garlic, onion, red pepper, thyme, and chilli flakes and cook until soft
- Pour in the wine and reduce for 5 minutes to cook out the alcohol
- The chicken should now be cooked
- Use a meat thermometer to check (the chicken should be 80deg or cut with a sharp knife the juice needs to be clear, NOT pink)
- Add the cauliflower rice and stir to combine
- Pour in the stock, saffron or paprika, put the lid on and gentle cook for 5 mins
- Add the chopped or tinned tomatoes, stir and cook for another 4 minutes
- Check the cauliflower rice is cooked
- Meanwhile, heat the remaining oil in a separate pan, and add the prawns
- Fry quickly for a couple of minutes until pink all over and add to the paella
- Do the same with the squid or squid rings using the prawn oil
- If using frozen prawns add the paella and gently cook for 5 minutes until cooked through
- Season
- Scatter the parsley over the paella and serve immediately

## Ingredients

- 1& 1/2 tbs olive oil
- 4 chicken thighs, skin on, boned cut in half
- 120g cooking chorizo
- 90g lardons
- 2 garlic cloves, lightly crushed
- 1 medium white onion, finely diced
- 1 red pepper, cut into strips
- 1/2 tsp thyme leaves
- 1/8 chill flakes
- 1/2 large cauliflower, riced
- 100ml chicken stock (hot)
- 1/2 tsp saffron thread or 1 tsp paprika
- 2 large tomatoes or 1/2 tin chopped tomatoes
- 6 jumbo prawns or 200g frozen prawns
- 225g squid, cleaned and chopped, or squid rings (ask your fishmonger)
- 2.5 tbs flat leaf parsley chopped
- salt and pepper to taste

## Nutrition Amount per serving

- Fat 21g
- Carbs 10g
- Fiber 3g
- Protein 32g



# Mexican Stuffed Peppers

16 ingredients · 45 minutes · 4 servings



## Directions

- Preheat the oven to (200°C) and grease a large baking tray
- Break the mince into pieces and place onto a separate baking tray in the oven. Cook for 20 mins until brown. Be careful when bringing the baking tray out of the oven. Tip the fat out of the tray, into a container.
- Cut the peppers in half across the middle, so they can stand upright.
- You may need to cut the stalk and remove the inner fibers
- Place peppers on the prepared tray, cut side up. Bake for 15-20 minutes(200°C) until softened but still holding their shape. Remove from the oven and cool slightly
- Meanwhile cook the vegetables.
- In a large heavy bottomed saucepan, gently heat the olive oil.
- Add the chopped onion, and garlic and fry gently until softened, about 5 minutes.
- Add the chopped chilli, coriander, cumin, paprika, and chilli powder, gently cook for 5 minutes stirring occasionally.
- Once the mince is cooked, add to the saucepan.
- Add drained black beans and tomato paste. Stir and simmer gently for 10 minutes.
- season to taste.
- Once the mince is cooked through, fill the pepper skins to the top.
- Add a slice of mozzarella to each pepper, bake for 5 minutes or until the cheese has melted.
- Take out of the oven and sprinkle with chopped spring onions.
- Can be served with a side salad or cooked rice

## Ingredients

- 4 mixed peppers halved
- 80g onions chopped
- 20g olive oil, plus extra for greasing
- 2 garlic cloves, chopped
- 1 - jalapeno chillies to taste. Chopped
- 5 sprigs fresh coriander, Can be frozen
- 2 tsp ground cumin
- 2 tsp smoked paprika
- 1 tsp mild chilli powder. to taste. Can be missed out
- 500g mince beef, could be turkey mince
- 200g tinned black beans drained and rinsed
- 30g tomato puree
- salt and pepper to taste
- 125g mozzarella , sliced
- 2 spring onions chopped

## Nutrition per serving

- Fat 24g
- Carbs 24g
- Fiber 8g
- Sugar 7g
- Protein 37g



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