



## Day 2 LC. less than 90g carbs

Created by food for healthy guts



# BLT Scramble

7 ingredients · 10 minutes · 1 serving



## Directions

1. Whisk the eggs in a bowl. Season with salt and pepper. Add the bacon and tomato and stir to combine.
2. Heat a skillet over medium-low heat and add the oil. Once the skillet is hot, add the egg mixture to the pan and stir continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency. Remove from the heat.
3. Place the romaine on a plate and top with the scramble. Top with avocado. Enjoy!

## Notes

### Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days and reheat the scramble in the oven or in a pan.

### Serving Size

One serving is about 1 1/2 cups chopped romaine and one cup of scrambled eggs.

### More Flavor

Add nutritional yeast or cheddar cheese.

### Additional Toppings

Dress the romaine with olive oil and lemon juice or your favorite dressing.

## Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 2 slices Bacon, Cooked (chopped)
- 1/2 Tomato (chopped, seeds removed)
- 3 milliliters Avocado Oil
- 4 leaves Romaine (chopped)
- 1/2 Avocado (sliced)

## Nutrition

Amount per serving

<b>Fat</b>	34g	Vitamin C	23mg
<b>Carbs</b>	15g	Iron	4mg
<b>Fiber</b>	10g	Folate	297µg
<b>Sugar</b>	2g	Vitamin B12	1.1µg
<b>Protein</b>	22g		

# Super Seed Chocolate Bark

5 ingredients · 40 minutes · 8 servings



## Directions

1. Line a plate or baking sheet with parchment paper.
2. Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
3. Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
4. Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
5. Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
6. When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

### Serving Size

One serving is equal to approximately 1/4 cup of bark.

### More Flavor

Add sea salt or vanilla extract.

### No Seeds

Use chopped nuts instead.

## Ingredients

**80 grams** Dark Chocolate

**10 milliliters** Coconut Oil

**32 grams** Pumpkin Seeds

**32 grams** Sunflower Seeds

**20 grams** Hemp Seeds

## Nutrition

Amount per serving

<b>Fat</b>	11g	Vitamin C	0mg
<b>Carbs</b>	6g	Iron	2mg
Fiber	2g	Folate	15µg
Sugar	3g	Vitamin B12	0µg
<b>Protein</b>	4g		

Jackie Morrell

<https://www.food4healthyguts.com/>



# Sweet Potato Shepherd's Pie

8 ingredients · 35 minutes · 4 servings



## Directions

1. Place the sweet potatoes in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes then mash with the oil and half of the salt. Set aside.
2. Meanwhile, add the beef, onion, carrot, Italian seasoning, garlic powder, and remaining salt to a skillet over medium-high heat. Cook for six to eight minutes until the beef is fully browned and the vegetables have softened. Drain any excess liquid.
3. Set oven broiler to high or 550°F (290°C).
4. Spread the beef filling in a baking dish. Spoon the mashed potatoes on top and smooth them into an even layer. Brush with the remaining oil and broil for 10 to 15 minutes until browned. Divide onto plates and enjoy!

## Notes

### Leftovers

Store in the refrigerator for up to three days or freeze for up to two months.

### Baking Dish

An 8 x 8-inch baking dish was used to create four servings.

### No Ground Beef

Use lean ground turkey, chicken, lamb, or pork.

### More Flavor

Add other spices or top with fresh herbs. Add chopped mushrooms or cauliflower to the beef filling.

### Save Time

Use frozen pre-chopped vegetables.

### Serve It With

Green salad or roasted vegetables.

## Ingredients

**2** Sweet Potato (medium, peeled and roughly chopped)

**15 milliliters** Extra Virgin Olive Oil (divided)

**6 grams** Sea Salt (divided)

**454 grams** Extra Lean Ground Beef

**1** Yellow Onion (medium, finely chopped)

**1** Carrot (medium, finely chopped)

**3 grams** Italian Seasoning

**3 grams** Garlic Powder

## Nutrition

Amount per serving

<b>Fat</b>	15g	Vitamin C	2mg
<b>Carbs</b>	18g	Iron	4mg
Fiber	3g	Folate	17µg
Sugar	6g	Vitamin B12	2.5µg
<b>Protein</b>	24g		

Jackie Morrell

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# One Pan Steak, Asparagus & Broccoli

6 ingredients · 10 minutes · 2 servings



## Directions

1. Heat half of the butter in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
2. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let it rest for at least five minutes before cutting into slices.
3. Reduce the heat to medium and add the remaining butter and half the oregano to the skillet. Cook the asparagus and broccoli for about six to eight minutes, or until cooked through. Season with the remaining salt.
4. Divide the asparagus, broccoli, and steak onto plates. Garnish with the remaining oregano and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Grill on the barbecue.

### Dairy-Free

Use olive oil, coconut oil, avocado oil, or ghee instead of butter.

### No Oregano

Use rosemary instead.

## Ingredients

- 7 grams Butter (divided)
- 340 grams Top Sirloin Steak
- 2 grams Sea Salt (divided)
- 2 grams Fresh Oregano (chopped, divided)
- 268 grams Asparagus (woody ends trimmed)
- 182 grams Broccoli (small florets, chopped)

## Nutrition

Amount per serving

<b>Fat</b>	28g	Vitamin C	89mg
<b>Carbs</b>	12g	Iron	6mg
Fiber	6g	Folate	148µg
Sugar	4g	Vitamin B12	1.9µg
<b>Protein</b>	40g		

# Coconut Yogurt with Berries & Granola

3 ingredients · 5 minutes · 1 serving



## Directions

1. Add the coconut yogurt to a bowl and top with the berries, any excess juices, and the granola. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Add granola just before serving.

### Additional Toppings

Chopped nuts, seeds, a drizzle of honey, cinnamon, other chopped fruit.

### No Coconut Yogurt

Use Greek yogurt instead.

## Ingredients

**169 grams** Unsweetened Coconut Yogurt

**93 grams** Frozen Berries (thawed)

**31 grams** Granola

## Nutrition

Amount per serving

<b>Fat</b>	13g	Vitamin C	20mg
<b>Carbs</b>	35g	Iron	2mg
Fiber	8g	Folate	26µg
Sugar	14g	Vitamin B12	2.0µg
<b>Protein</b>	6g		