



## Day 3 LC less than 90g

Created by food for healthy guts



# Spinach & Sweet Potato Frittata

5 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C).
2. Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
3. Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
4. Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

### Additional Toppings

Salsa, hot sauce, or ketchup.

### No Spinach

Use kale or swiss chard instead.

## Ingredients

**15 milliliters** Extra Virgin Olive Oil

**1** Sweet Potato (medium, peeled and cut into small cubes)

**90 grams** Baby Spinach (chopped)

**8** Egg (whisked)

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Fat</b>	13g	Vitamin C	7mg
<b>Carbs</b>	8g	Iron	3mg
Fiber	1g	Folate	94µg
Sugar	2g	Vitamin B12	0.9µg
<b>Protein</b>	14g		

Jackie Morrell

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



# Pecan Trail Mix

4 ingredients · 5 minutes · 4 servings



## Directions

1. Add all of the ingredients into a jar. Shake well until mixed together. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the pantry for up to one month.

### Serving Size

One serving equals approximately 1/2 cup.

## Ingredients

**99 grams** Pecans

**32 grams** Pumpkin Seeds

**30 grams** Dried Unsweetened Cranberries

**57 grams** Dark Chocolate (at least 70%, chopped)

## Nutrition

Amount per serving

<b>Fat</b>	28g	Vitamin C	0mg
<b>Carbs</b>	16g	Iron	3mg
Fiber	5g	Folate	10µg
Sugar	9g	Vitamin B12	0µg
<b>Protein</b>	6g		

# Coconut Chicken Curry & Zoodles

10 ingredients · 30 minutes · 4 servings



## Directions

1. In a large skillet, heat half of the avocado oil over medium heat. Add in the cubed chicken breast and cook for 10 to 12 minutes or until the chicken is cooked through.
2. In a small saucepan, whisk together the coconut milk, coconut flour, turmeric, curry powder, cumin, salt and pepper. Bring to a gentle boil, reduce heat and allow the sauce to thicken slightly.
3. Once the sauce is your desired thickness, add it to the skillet with the chicken and cook for 5 minutes.
4. In a separate skillet, add the other half of the avocado oil over low heat and add the spiralized zucchini. Add a lid to steam the zucchini and cook for 5 to 10 minutes on low heat.
5. Divide the zucchini noodles between plates. Top with the coconut chicken curry. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Vegetables

Add broccoli, cauliflower or your favorite leafy greens to the dish.

### Make it Vegan

Use lentils, cauliflower or tofu instead of chicken.

### No Spiralizer

Grate zucchini or slice it into rounds.

### No Avocado Oil

Use olive oil or coconut oil instead.

## Ingredients

- 30 milliliters** Avocado Oil (divided)
- 454 grams** Chicken Breast (boneless, skinless, cubed)
- 364 milliliters** Canned Coconut Milk
- 21 grams** Coconut Flour
- 18 grams** Turmeric
- 6 grams** Curry Powder
- 2 grams** Cumin
- 2 grams** Sea Salt
- 725 milligrams** Black Pepper
- 2** Zucchini (spiralized)

## Nutrition

Amount per serving

<b>Fat</b>	27g	Vitamin C	18mg
<b>Carbs</b>	13g	Iron	5mg
Fiber	5g	Folate	36µg
Sugar	4g	Vitamin B12	0.2µg
<b>Protein</b>	29g		

Jackie Morrell

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



# Steak Fried Rice

5 ingredients · 25 minutes · 4 servings



## Directions

1. Cook the rice according to the package instructions and set aside.
2. Heat a large nonstick pan over medium-high heat. Add the cubed steak and season with salt and pepper. Cook to your desired doneness, then transfer to a bowl.
3. Add the eggs to the same pan and stir to scramble as it cooks, about two to three minutes.
4. Push the eggs to the side of the pan, and add the frozen vegetables. Season with salt and pepper and cook until warmed through, about three minutes.
5. Add the rice and cooked steak. Stir until well combined and season with additional salt and pepper if needed. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cup.

### More Flavor

Add soy sauce, tamari, coconut aminos, or sesame oil. Add sautéed garlic and onions.

### Additional Toppings

Top with sliced green onions and cilantro.

## Ingredients

**123 grams** Jasmine Rice (dry, uncooked)

**454 grams** Top Sirloin Steak (cubed)

Sea Salt & Black Pepper (to taste)

**3** Egg (large, whisked)

**364 grams** Frozen Vegetable Mix

## Nutrition

Amount per serving

<b>Fat</b>	20g	Vitamin C	3mg
<b>Carbs</b>	38g	Iron	3mg
Fiber	5g	Folate	47µg
Sugar	3g	Vitamin B12	1.6µg
<b>Protein</b>	32g		

# Mini Raw Blueberry Cheesecakes

7 ingredients · 1 hour 30 minutes · 8 servings



## Directions

1. Prepare a muffin tray with muffin liners or use a silicone muffin tray.
2. Pulse the almond flour and dates in a food processor until you create a crumbly, somewhat sticky mixture. Divide the mixture into your prepared muffin tray. Press the mixture down firmly to create a crust and set aside in the freezer.
3. Wipe clean the food processor and add the cashews, blueberries, lemon juice, coconut milk, and banana. Blend the mixture until you get a smooth, creamy texture. Remove the muffin tray from the freezer and spread approximately two tablespoons of the cashew mixture on top of the crusts, being sure to evenly distribute the mixture.
4. Put the muffin tray back in the freezer for at least one hour to set. When you are ready to enjoy the cheesecakes, remove them from the freezer five to ten minutes before to soften the cheesecake slightly. Enjoy!

## Notes

### Leftovers

Freeze in an airtight container for up to one week.

### Serving Size

One serving is one cheesecake.

### More Flavor

Add maple syrup or honey to the cashew mixture for more sweetness.

### Additional Toppings

Fresh or frozen blueberries and/or coconut whipped cream.

### Short on Time

Soak the cashews in boiled water for 10 minutes.

## Ingredients

**56 grams** Almond Flour

**74 grams** Pitted Dates

**138 grams** Cashews (soaked for at least two hours)

**78 grams** Frozen Blueberries

**10 milliliters** Lemon Juice

**61 milliliters** Canned Coconut Milk

**1/2** Banana

## Nutrition

Amount per serving

<b>Fat</b>	13g	Vitamin C	1mg
<b>Carbs</b>	17g	Iron	1mg
Fiber	2g	Folate	16µg
Sugar	9g	Vitamin B12	0µg
<b>Protein</b>	5g		

Jackie Morrell

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

