

MEAL PREP

gut healthy staples



RECIPES

DRINKS

Carrot Orange Immunity Juice
Ginger Green Juice
Chocolate Protein Almond Milk

FERMENTED

Pickles
Sauerkraut
Miso Ginger Dressing

BREAKFAST

Probiotic Chia Pudding

SIDES

Nori Quinoa

CARROT ORANGE IMMUNITY JUICE



Ingredients:

- 8 oranges
- 4 large carrots
- 1 thumbnail ginger
- 1 thumbnail turmeric
- 1/2 tsp black pepper

Steps:

- I. Peel and chop carrots. Slice the peels from the oranges. Add everything into a juicer except for the black pepper.
- II. Whisk the pepper into your juice and divide between glasses. Enjoy within 3-5 days.

Notes:

- I. I use a [HUROM H400 JUICER](#) use code ANNIE10 for a discount.
- II. I use [THESE JUICE BOTTLES](#).

GINGER GREEN JUICE

Ingredients:

- 8 large kale leaves
- 1 large english cucumber (or 2 persian cucumbers)
- 2 green apples, cored
- 1/2 lemon, juice from
- 1 thumbnail ginger



Steps:

- I. Add all your ingredients to a juicer.
- II. Enjoy within 3-5 days.

Notes:

- I. I use a [HUROM H400 JUICER](#) use code ANNIE10 for a discount.
- II. I use [THESE JUICE BOTTLES](#).

CHOCOLATE PROTEIN ALMOND MILK



Ingredients:

- 2 cups almonds, soaked
- 3 cups water
- 2 scoops chocolate protein powder
- 1/2 tsp cinnamon
- 1 tsp sea salt
- 2 tsp vanilla
- 2 tbsp maple syrup

Steps:

- I. Make the almond milk first. Soak the almonds in water for 24 hours, then strain and wash. Add the almonds to your juicer along with the water. Run it through a couple times to remove the pulp.
- II. Whisk in the cinnamon, protein powder, salt, vanilla, and maple syrup.
- III. Store in the fridge and enjoy within 10 days or so.

Notes:

- I. I use [THIS](#) protein powder.
- II. When you store this milk in the fridge, natural separation will occur - that's normal! Give it a stir before drinking.
- III. You can drink this milk as is, but I highly recommend it with cereal. It's delicious with [THIS](#) cereal.

PICKLES

Ingredients:

- 6 persian cucumbers, quartered vertically
- 6 sage leaves
- 1 tbsp whole grain dijon mustard
- 2 garlic cloves
- 1 cup white vinegar
- 1 cup water
- 1 tbsp sea salt



Steps:

- I. Add the water, vinegar, sea salt, and garlic to a saucepan. Bring to a boil then immediately remove from heat.
- II. Slice the ends from the cucumbers then quarter them. Make sure to slice them vertically.
- III. Add the cucumbers to a jar along with the mustard and sage leaves. Once the liquid has cooled, add on top of the cucumbers so that they're fully submerged. Store in the fridge.

Notes:

- I. I use [THIS](#) .5 liter weck jar which holds the cucumbers perfectly.
- II. These pickles will last a month, sometimes, longer, in the fridge.

SAUERKRAUT



Ingredients:

- 1/2 head green cabbage, cored and thinly sliced
- sea salt (determine amount by multiplying the grams of cabbage by .02. My result was 691g of sliced cabbage and 13.8g salt)

Steps:

- I. To create sauerkraut, you need to mash your cabbage until it forms a liquid. That liquid will be the brine your cabbage ferments in.
- II. The cabbage may be tough to break down. I like to add it to a ziploc with the salt and use a rolling pin to soften it.
- III. From there, add the cabbage to your jar and use a muddler to mash it down. Continue mashing until there is enough brine to cover the cabbage.
- IV. Ferment for 2 weeks at room temperature, then store in the fridge.

Notes:

- I. I recommend using a mason jar and an airlock to properly ferment your cabbage. I used [THIS](#) fermenting kit.

MISO SESAME DRESSING

Ingredients:

- 1/4 cup miso paste
- 2 tbsp toasted sesame oil
- 1 1/2 tbsp tamari
- 1 tbsp rice vinegar
- 1 tbsp brown sugar
- 1 thumbnail ginger



Steps:

I. Add all ingredients to a blender and blend until smooth. Store in an airtight container in the fridge and enjoy within 1-2 weeks.

Notes:

I. This dressing can be used as a dressing OR a sauce. I love drizzling it over rice bowls.

NORI QUINOA



Ingredients:

- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1/2 sheet nori, chopped into small bits

Steps:

- I. Cook your quinoa in the vegetable broth. Transfer to a container.
- II. Chop your nori into small bits and stir into the quinoa.
- III. Allow to cool before closing your container and storing in the fridge.

Notes:

- I. Use this recipe as a base for bowls or a topping in your favorite salad.

PROBIOTIC CHIA PUDDING

Ingredients:

- 1/2 cup chia seeds
- 10 oz Forager vanilla probiotic yogurt
- 2 cups soy milk
- 4 scoops vanilla protein powder
- 1/4 cup maple syrup



Steps:

- I. Grab a large jar and add your milk, maple syrup, and yogurt. Stir well.
- II. Add in the protein powder and use a frother to remove any clumps.
- III. Once the mixture is smooth, stir in the chia seeds. Store in the fridge and wait at least 8 hours before consuming to allow the mixture to thicken.

Notes:

- I. I use THIS protein powder.
- II. Once the chia pudding has set, you can keep it in the jar and use it for breakfast bowls, or you can create chia pudding parfaits with fruit, nuts, seeds, etc.
- III. I use THIS frother.

Thank

You!



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NUTRITION