
30 GUT-FRIENDLY RECIPES

Gut-Friendly Recipe Cards

30 printable recipe cards — easy to browse, easy to gift or share.

by Coach Nadira

BEFORE YOU COOK

How to use these cards

These 30 recipes are organized into five categories — Breakfast, Lunch, Dinner, Snacks, and Drinks & Extras — so you can grab whatever fits your day. Print the pages and cut along the middle to make individual cards, or simply keep this as a digital cookbook on your phone or tablet. Every card ends with a short “Gut Boost” note explaining the one or two ingredients doing the real work.

The gut-health basics

Two kinds of ingredients show up again and again in this collection:

Probiotic foods	Contain live, beneficial bacteria. Look for “live and active cultures” on labels. Examples used in this book: yogurt, kefir, kimchi, sauerkraut, miso, tempeh, kombucha.
Prebiotic foods	Fiber-rich plants that feed the good bacteria already living in your gut. Examples used in this book: garlic, onions, leeks, asparagus, artichokes, bananas, apples, oats, barley, and legumes.
Diversity	Eating many different plants — not just “healthy” ones, but a wide variety — is one of the most consistent findings in gut-microbiome research. Mixing recipes from every category each week is an easy way to build that variety in.

What's in each category

Breakfast · Lunch · Dinner · Snacks · Drinks & Extras

This collection draws on general, publicly available guidance from sources including Harvard Health Publishing and Cleveland Clinic. It's meant as everyday cooking inspiration, not medical or nutrition advice — please check with your doctor or a registered dietitian about what's right for you, especially if you're managing a digestive condition or food allergy.

Kefir Berry Bowl

BREAKFAST · 5 min

INGREDIENTS

- 1 cup plain kefir
- 3/4 cup mixed berries
- 1 tbsp chia seeds
- 2 tbsp chopped walnuts
- Drizzle of honey

METHOD

1. Pour kefir into a bowl.
2. Top with berries, chia seeds, and walnuts.
3. Finish with a light drizzle of honey.

GUT BOOST — Kefir's live cultures plus fiber from berries and chia feed good bacteria from the first bite.

Overnight Oats with Banana & Flax

BREAKFAST · 5 min + overnight

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup milk or yogurt
- 1/2 banana, sliced
- 1 tbsp ground flaxseed
- Pinch of cinnamon

METHOD

1. Stir oats, milk, flaxseed, and cinnamon together in a jar.
2. Refrigerate overnight.
3. Top with sliced banana before eating.

GUT BOOST — Oats and flax are prebiotic fiber — food for the bacteria already living in your gut.

Veggie & Herb Scramble with Sauerkraut

BREAKFAST · 10 min

INGREDIENTS

- 2 eggs
- 1/2 cup spinach
- 1/4 onion, diced
- 1 clove garlic, minced
- 2 tbsp sauerkraut, on the side

METHOD

1. Saute onion and garlic until soft.
2. Add spinach and cook until wilted.
3. Pour in eggs and scramble.
4. Serve with a small spoon of sauerkraut on the side.

GUT BOOST — A spoonful of unpasteurized sauerkraut adds live probiotic bacteria to a savory breakfast.

Apple-Cinnamon Yogurt Parfait

BREAKFAST · 5 min

INGREDIENTS

- 1 cup plain Greek yogurt
- 1/2 apple, diced
- 2 tbsp rolled oats
- 1 tbsp walnuts
- Pinch of cinnamon

METHOD

1. Layer yogurt, diced apple, and oats in a glass.
2. Repeat for a second layer.
3. Top with walnuts and cinnamon.

GUT BOOST — Live-culture yogurt plus apple's soluble fiber (pectin) is a classic gut-friendly pairing.

Sweet Potato & Black Bean Breakfast Hash

BREAKFAST · 20 min

INGREDIENTS

- 1 small sweet potato, diced
- 1/2 cup black beans, drained
- 1/4 bell pepper, diced
- 1/4 onion, diced
- 1 clove garlic, minced
- 1 egg, fried (optional)

METHOD

1. Saute sweet potato until nearly tender, about 10 minutes.
2. Add pepper, onion, and garlic; cook until soft.
3. Stir in black beans and warm through.
4. Top with a fried egg if using.

GUT BOOST — Sweet potato and black beans bring fiber and resistant starch, both food for beneficial bacteria.

Miso-Ginger Breakfast Broth Bowl

BREAKFAST · 10 min

INGREDIENTS

- 1 cup vegetable broth
- 1 tsp miso paste
- 1/2 tsp grated ginger
- 1/2 cup cooked rice or soba
- Handful of greens
- 1 soft-boiled egg

METHOD

1. Warm broth gently — do not boil once miso is added.
2. Whisk in miso and ginger off the heat.
3. Add rice and greens to a bowl and pour broth over.
4. Top with the soft-boiled egg.

GUT BOOST — Miso is fermented and full of live cultures — keep the broth below a boil to protect them.

Rainbow Chopped Salad with Lentils

LUNCH · 15 min

INGREDIENTS

- 2 cups mixed greens
- 1/2 cup cooked lentils
- 1/4 cup shredded carrot
- 1/4 cup shredded cabbage
- 1/4 bell pepper, diced
- Olive oil & lemon dressing

METHOD

1. Combine all vegetables and lentils in a bowl.
2. Dress with olive oil and lemon juice.
3. Toss well and serve.

GUT BOOST — Eating a wide variety of plants in one bowl feeds a wider variety of good bacteria.

Kimchi Fried Rice

LUNCH · 15 min

INGREDIENTS

- 1 cup cooked brown rice (day-old is best)
- 1/2 cup kimchi, chopped
- 1 egg
- 2 scallions, sliced
- 1 clove garlic, minced
- 1 tsp sesame oil

METHOD

1. Saute garlic in sesame oil until fragrant.
2. Add rice and kimchi; stir-fry 4-5 minutes.
3. Push rice aside, scramble the egg, then mix through.
4. Top with scallions.

GUT BOOST — Kimchi is fermented cabbage — added at the end, it keeps more of its live cultures intact.

Artichoke & White Bean Salad

LUNCH · 10 min

INGREDIENTS

- 1 cup canned artichoke hearts, quartered
- 1 cup white beans, drained
- 1 cup arugula
- Juice of 1/2 lemon
- 1 tbsp olive oil
- Shaved parmesan (optional)

METHOD

1. Combine artichokes, beans, and arugula in a bowl.
2. Whisk lemon juice and olive oil, then toss through.
3. Top with parmesan if using.

GUT BOOST — Artichokes are one of the richest prebiotic vegetables — this salad is built around them.

Barley & Roasted Vegetable Bowl

LUNCH · 30 min

INGREDIENTS

- 3/4 cup cooked pearled barley
- 1 zucchini, chopped
- 1 bell pepper, chopped
- 1/2 onion, chopped
- 2 tbsp crumbled feta
- Herb & olive oil dressing

METHOD

1. Roast zucchini, pepper, and onion at 425°F for 20 minutes.
2. Spoon roasted vegetables over warm barley.
3. Top with feta and herb dressing.

GUT BOOST — Barley's beta-glucan fiber is one of the most well-studied foods for gut bacteria.

Tempeh & Veggie Lettuce Wraps

LUNCH · 15 min

INGREDIENTS

- 4 oz tempeh, crumbled
- 1/2 cup shredded cabbage
- 1/4 cup shredded carrot
- Peanut-lime sauce
- Butter lettuce leaves

METHOD

1. Pan-fry tempeh until golden, about 5 minutes.
2. Toss cabbage and carrot with a spoon of the sauce.
3. Spoon tempeh and slaw into lettuce leaves.
4. Drizzle with more sauce and wrap to eat.

GUT BOOST — Tempeh is a fermented soy food — a plant-based source of live cultures.

Leek & White Bean Soup

LUNCH · 25 min

INGREDIENTS

- 2 leeks, sliced (white & light green parts)
- 2 cloves garlic, minced
- 2 cups white beans, drained
- 4 cups vegetable broth
- 1 tsp thyme

METHOD

1. Saute leeks and garlic until soft, about 8 minutes.
2. Add beans, broth, and thyme.
3. Simmer 15 minutes.
4. Blend half the soup for a creamier texture, if you like.

GUT BOOST — Leeks and garlic are two of the most concentrated prebiotic foods you can cook with.

Miso-Glazed Salmon with Asparagus

DINNER · 20 min

INGREDIENTS

- 1 salmon fillet
- 1 tbsp miso paste
- 1 tsp honey
- 1 tsp rice vinegar
- 1 bunch asparagus
- Cooked brown rice, to serve

METHOD

1. Whisk miso, honey, and vinegar; brush over salmon.
2. Roast salmon and asparagus at 400°F for 12-15 minutes.
3. Serve over brown rice.

GUT BOOST — Miso brings live cultures to the plate; asparagus is a classic prebiotic vegetable.

One-Pot Lentil & Vegetable Curry

DINNER · 30 min

INGREDIENTS

- 1 cup red lentils
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 1 tsp turmeric
- 1 can diced tomatoes
- 2 cups spinach

METHOD

1. Saute onion, garlic, and ginger until fragrant.
2. Stir in turmeric, then add lentils and tomatoes.
3. Simmer 20 minutes until lentils are soft.
4. Stir in spinach until wilted.

GUT BOOST — Lentils, alliums, and turmeric together bring fiber and diversity in one pot.

Chicken & Root Vegetable Sheet Pan

DINNER · 35 min

INGREDIENTS

- 4 chicken thighs
- 1 sweet potato, cubed
- 2 carrots, chopped
- 1/2 onion, chopped
- Olive oil, salt, pepper
- 2 tbsp sauerkraut, to serve

METHOD

1. Toss vegetables in olive oil; arrange with chicken on a sheet pan.
2. Roast at 425°F for 30 minutes.
3. Serve with a small side of sauerkraut.

GUT BOOST — The roasted vegetables bring fiber; the sauerkraut side adds live bacteria to balance the plate.

Stuffed Peppers with Quinoa & Black Beans

DINNER · 40 min

INGREDIENTS

- 4 bell peppers, tops removed
- 1 cup cooked quinoa
- 1 cup black beans, drained
- 1/2 cup corn
- 1/4 onion, diced
- 1/2 cup shredded cheese

METHOD

1. Mix quinoa, black beans, corn, and onion.
2. Stuff into peppers and top with cheese.
3. Bake at 375°F for 25-30 minutes.

GUT BOOST — Quinoa, beans, and corn together bring three different types of fiber to one dish.

Garlicky White Bean & Kale Stew

DINNER · 25 min

INGREDIENTS

- 2 cups white beans, drained
- 2 cups chopped kale
- 3 cloves garlic, minced
- 1/2 onion, diced
- 1 can diced tomatoes
- 3 cups vegetable broth

METHOD

1. Saute onion and garlic until soft.
2. Add tomatoes, beans, and broth; simmer 15 minutes.
3. Stir in kale until wilted, about 3 minutes.

GUT BOOST — A generous amount of garlic makes this a prebiotic-forward, one-pot dinner.

Tempeh Stir-Fry with Broccoli & Ginger

DINNER · 20 min

INGREDIENTS

- 4 oz tempeh, cubed
- 2 cups broccoli florets
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 2 tbsp soy sauce
- Cooked brown rice, to serve

METHOD

1. Pan-fry tempeh until golden; set aside.
2. Stir-fry broccoli, garlic, and ginger 4-5 minutes.
3. Return tempeh to the pan with soy sauce.
4. Serve over brown rice.

GUT BOOST — Fermented tempeh plus fibrous broccoli covers two gut-health bases in one skillet.

Apple Slices with Almond Butter

SNACKS · 3 min

INGREDIENTS

- 1 apple, sliced
- 2 tbsp almond butter
- Pinch of cinnamon

METHOD

1. Slice the apple.
2. Serve with almond butter for dipping.
3. Dust with cinnamon.

GUT BOOST — Apples are rich in pectin, a soluble fiber that's especially prebiotic.

Yogurt & Berry Cups

SNACKS · 5 min

INGREDIENTS

- 1 cup plain Greek yogurt
- 1/2 cup mixed berries
- 2 tbsp granola

METHOD

1. Spoon yogurt into a cup.
2. Top with berries and granola.

GUT BOOST — Simple, but it pairs live cultures with fiber — the two things gut health research keeps circling back to.

Roasted Chickpeas

SNACKS · 30 min

INGREDIENTS

- 1 can chickpeas, drained & dried
- 1 tbsp olive oil
- 1/2 tsp paprika
- Salt to taste

METHOD

1. Toss chickpeas with oil and spices.
2. Roast at 400°F for 25-30 minutes, shaking halfway.
3. Cool before eating for extra crunch.

GUT BOOST — A crunchy, portable way to get legume fiber without reaching for chips.

Veggie Sticks with Hummus

SNACKS · 5 min

INGREDIENTS

- Carrot sticks
- Cucumber slices
- Bell pepper strips
- 1/2 cup hummus (chickpeas & garlic)

METHOD

1. Arrange vegetables on a plate.
2. Serve with hummus for dipping.

GUT BOOST — Hummus is built on two prebiotic staples — chickpeas and garlic.

Trail Mix with Walnuts & Dried Fruit

SNACKS · 3 min

INGREDIENTS

- 1/4 cup walnuts
- 2 tbsp pumpkin seeds
- 2 tbsp dried apricots, chopped
- 1 tbsp dark chocolate chips

METHOD

1. Combine all ingredients in a small jar or bag.
2. Portion into single servings for the week.

GUT BOOST — A mix of nuts, seeds, and fruit brings fiber diversity in one handful.

Sauerkraut & Cheese Toast

SNACKS · 5 min

INGREDIENTS

- 1 slice whole-grain bread, toasted
- 1 slice cheese
- 2 tbsp sauerkraut

METHOD

1. Melt cheese onto the toast.
2. Top with sauerkraut just before eating.

GUT BOOST — Adding sauerkraut after toasting (not baking it) keeps its live cultures intact.

Ginger-Turmeric Gut Tonic

DRINKS & EXTRAS · 5 min

INGREDIENTS

- 1 cup warm water
- 1/2 tsp grated fresh ginger
- 1/4 tsp turmeric
- Juice of 1/2 lemon
- 1 tsp honey

METHOD

1. Combine all ingredients in a mug.
2. Stir well and sip warm.

GUT BOOST — A simple, soothing way to work ginger and turmeric into your day.

Kefir Green Smoothie

DRINKS & EXTRAS · 5 min

INGREDIENTS

- 1 cup plain kefir
- 1 cup spinach
- 1/2 banana
- 1 tbsp chia seeds

METHOD

1. Add all ingredients to a blender.
2. Blend until smooth.

GUT BOOST — Kefir plus a prebiotic banana makes this smoothie do double duty.

Kombucha Spritzer

DRINKS & EXTRAS · 3 min

INGREDIENTS

- 1/2 cup kombucha
- 1/2 cup sparkling water
- Fresh mint
- A squeeze of lime

METHOD

1. Combine kombucha and sparkling water over ice.
2. Add mint and a squeeze of lime.

GUT BOOST — A lighter way to enjoy kombucha's live cultures without a full glass of it.

Overnight Chia Fresca

DRINKS & EXTRAS · 5 min +
overnight

INGREDIENTS

- 1 tbsp chia seeds
- 1 cup water
- Juice of 1/2 lemon
- 1 tsp honey (optional)

METHOD

1. Stir chia seeds into water and let sit 10 minutes.
2. Refrigerate overnight.
3. Stir in lemon juice and honey before drinking.

GUT BOOST — Chia forms a gel that carries soluble fiber straight through your day.

Quick-Pickled Veggies

DRINKS & EXTRAS · 10 min +
chill

INGREDIENTS

- 1 cucumber, sliced
- 1 carrot, sliced
- 1/4 red onion, sliced
- 1/2 cup vinegar
- 1/2 cup water
- 1 tsp salt

METHOD

1. Pack vegetables into a jar.
2. Warm vinegar, water, and salt until salt dissolves.
3. Pour over vegetables and refrigerate at least 2 hours.

GUT BOOST — A quick refrigerator pickle — a fun, crunchy way to add more vegetables to any meal (note: this quick version isn't fermented, so it doesn't carry live cultures the way sauerkraut or kimchi does).

DIY Trail Granola with Oats & Flax

DRINKS & EXTRAS · 30 min

INGREDIENTS

- 2 cups rolled oats
- 2 tbsp ground flaxseed
- 1/4 cup walnuts, chopped
- 3 tbsp honey
- 1 tbsp olive oil
- Pinch of cinnamon

METHOD

1. Mix all ingredients together on a lined baking sheet.
2. Bake at 325°F for 20-25 minutes, stirring halfway.
3. Cool completely before storing in a jar.

GUT BOOST — A homemade way to keep fiber-rich oats and flax on hand for topping yogurt or snacking straight from the jar.