



GUT SENSITIVE RECIPES



NUTRITION GLOW
LILIANA LÖDERUP

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Day 1
Reset and Soothe



OAT & BANANA BOWL

Solubel fiber, gentle on the gut lining

Ingredients

- Rolled oats cooked (gluten free) in water, lactose-free milk or unsweetened almond milk
- ½ banana, mashed
- Pinch of cinnamon

Avoid: nuts or seeds if your gut is flaring.



Directions

- 1 Mash the banana
 - Peel the banana and mash it in a saucepan until smooth.
- 2 Add oats and liquid
 - Stir in the oats, water or milk, and a small pinch of salt if using.
- 3 Cook
 - Bring to a gentle boil over medium heat, then reduce to low.
 - Simmer for about 5 minutes, stirring occasionally, until creamy and thickened.
- 4 Adjust consistency
 - Add a splash more liquid if you prefer a thinner porridge.
- 5 Serve warm
 - Enjoy as is, or top with blue berries or a sprinkle of cinnamon.

WARM, NATURALLY SWEET, AND NOURISHING

HERBAL TEAS

Soothing



- Peppermint, ginger, roobois,
white or green te
- If tolerated chamomile tea

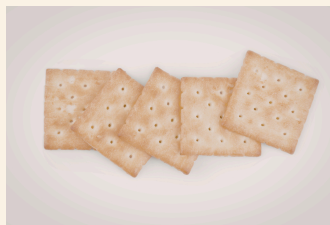
Remember to drink fluids
to hydrate yourself during
the day

SNACK

quick and easy



- 2 cooked eggs
- 3-4 pieces Saltine crackers or
2-3 pieces rice cakes



Serve with:

- Tea of choice as above
- or a cup of chicken broth
(recipe under day #2)



CHICKEN & RICE STEW



Ingredients

- 2 free-range chicken breasts or thighs, cut into bite-sized pieces
- 1 cup rice
- 1 carrot, chopped
- 1 small onion, finely chopped (if tolerated)
- 1-2 tbsp olive or avocado oil
- 4 cups water or chicken broth
- Salt and pepper to taste

Warm, soft, very digestible

Directions

- 1 Sauté the base
 - Heat olive or avocado oil in a large pot over medium heat.
 - Add the onion and carrot and sauté for 3-4 minutes until softened.
- 2 Add the chicken
 - Stir in the chicken pieces and cook for a few minutes until lightly sealed on the outside.
- 3 Add rice and liquid
 - Add the rice and pour in the water or chicken broth. Stir well.
- 4 Simmer
 - Bring to a gentle boil, then reduce heat to low.
 - Cover and simmer for 20-25 minutes, or until the rice is tender and the chicken is fully cooked.
- 5 Season and adjust
 - Season with salt and pepper to taste.

Add a little more hot water or broth if you prefer a thinner stew.



SNACK



Lactose-free natural yoghurt, Greek or kefir with
a drizzle
of honey (if tolerated)

Can be paired with 1-2 pieces of rice cakes and a
choice of a warm drink





CARROT & POTATO SOUP

Enjoy a wonderful homemade soup



Directions

- 1 Prepare the vegetables
 - Peel and chop the carrots and potatoes into evenly sized pieces.
- 2 Sauté for flavor
 - Heat a drizzle of olive or avocado oil in a large pot over medium heat.
 - Add the carrots and potatoes. If using ginger, grate it and add it now.
 - Sauté for 3–5 minutes to enhance the flavor.
- 3 Simmer
 - Pour in enough water or vegetable broth to fully cover the vegetables.
 - Bring to a boil, then reduce to a simmer.
 - Cook for 15–20 minutes, or until the vegetables are soft.
- 4 Blend until smooth
 - Remove from heat and blend using a hand blender (or carefully transfer to a regular blender) until smooth and creamy.
- 5 Season and adjust
 - Add salt and pepper to taste. If needed, adjust consistency with a little more hot water or broth.

Ingredients

- Carrots, potato, olive oil
- Blended smooth

Serve with:

- Plain gluten-free or sourdough bread

Optional: ginger if tolerated



Day 2
Stabilize and Nourish



SPINACH OMELETTE



Ingredients

- Eggs gently scrambled in olive or avocado oil
- Spinach wilted until very soft

Optional, serve with:

- Boiled potatoes

Directions

- 1** Prepare the spinach
 - Heat olive or avocado oil in a pan over medium heat.
 - Add the spinach and sauté briefly until wilted. Remove and set aside.
- 2** Beat the eggs
 - Whisk the eggs in a bowl with a pinch of sea salt and pepper.
- 3** Cook the omelette
 - Pour the eggs into the pan. Let cook undisturbed for 1–2 minutes.
- 4** Add spinach
 - Place the sautéed spinach on one half of the omelette.
- 5** Fold and finish
 - When the eggs are mostly set but still slightly soft on top, fold the omelette in half.
 - Cook for another minute, then serve warm.



YOGHURT

EASY TO PREPARE



Ingredients

- Lactose-free yoghurt, kefir, Greek or soy yoghurt. Choose natural low fat and without added sugars or sweeteners
- Add a few blueberries and ejnoy



-Peppermint, ginger, roobois,
or white or green te
-If tolerated chamomile tea

HOMEMADE CHICKEN BROTH

soothing in difficult days



Ingredients

- 2–3 lbs free range chicken pieces (bone-in thighs, drumsticks, wings, or a whole chicken)
- 8 cups water (enough to fully cover chicken)
- 1 onion, peeled and halved (if tolerated)
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2–3 garlic cloves (optional)
- 1 teaspoon salt (adjust to taste)
- 1–2 bay leaves (optional)

Directions

- 1 Combine ingredients: Place chicken, vegetables, and seasonings into a large pot. Add water to cover everything by about 1 inch.
- 2 Bring to a boil: Heat over medium-high until it just begins to boil.
- 3 Simmer gently: Reduce heat to low. Skim off any foam from the top. Cover partially and simmer gently for 1½–2 hours.
- 4 Strain: Remove chicken and strain broth through a fine sieve into a clean pot or bowl.
- 5 Cool: Let cool, then refrigerate. Skim off excess fat from the top if desired.

Storage:

- Refrigerate up to 3-4 days
- Optional: Add egg noodles if tolerated and for extra energy
- Freeze up to 3 months

BAKED COD WITH WHITE RICE



Directions

- 1** Cook the rice
 - Rinse the rice under cold water.
 - Add rice, water, and a pinch of salt to a saucepan.
 - Bring to a boil, then reduce to low heat.
 - Cover and simmer for about 15 minutes, or until the water is absorbed and the rice is tender.
 - Remove from heat and let sit covered for 5 minutes. Fluff with a fork.
- 2** Prepare the cod
 - Preheat the oven to 200°C (400°F).
 - Place the cod fillets in a baking dish.
 - Drizzle with olive oil and season with sea salt and pepper.
 - Add a squeeze of lemon juice if desired.
- 3** Bake
 - Bake for 12–15 minutes, or until the fish is opaque and flakes easily with a fork.
- 4** Serve
 - Serve the baked cod alongside the rice.
 - Optional: add steamed vegetables or if tolerated a fresh salad.

Instructions

For the cod:

- 2 cod fillets
- 1–2 tbsp olive oil
- Salt and pepper to taste
- Lemon juice (optional)

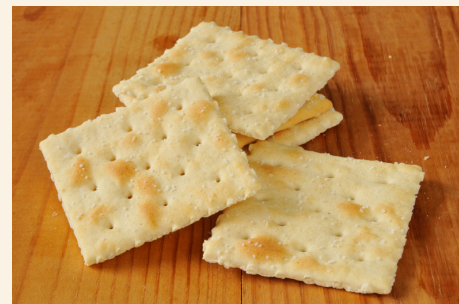
For the rice:

- 1 cup rice
- 2 cups water
- Pinch of sea salt

Light, protein-rich, and balanced

SIMPLE SNACKS

BANANA OR COOKED APPLE WITHOUT THE SKIN (IF TOLERATED) & CRACKERS

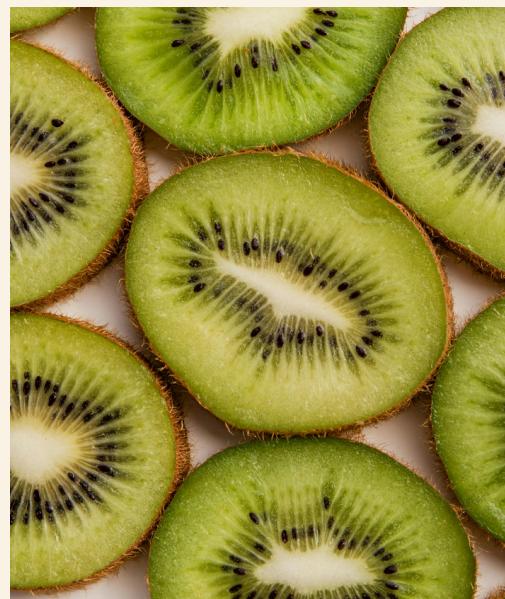


Cooked apples and crackers are helpful if you have a tendency toward loose stools

OR

KIWI

Kiwis are a great option if you experience difficulty passing stool.



TURKEY & ZUCCHINI PATTIES



Ingredients

- 1 lb ground turkey
- 1 medium zucchini, grated
- 1 egg
- ½ teaspoon sea salt (or to taste)

Serve with:

- Rice
- Small portion of steamed green beans or carrots

Directions

- 1** Prepare the zucchini: Grate the zucchini and gently squeeze out excess moisture using a clean kitchen towel or paper towels.
- 2** Mix: In a bowl, combine the ground turkey, grated zucchini, egg, and salt. Mix until just combined.
- 3** Form patties: Shape the mixture into small, even patties. Cook: Heat a skillet over medium-low heat and lightly oil if needed.
- 4** Pan-fry gently: Cook patties for about 4–5 minutes per side, or until golden brown and fully cooked through (internal temperature should reach 165°F / 74°C).
- 5** Serve: Let rest a few minutes before serving.

Day 3
Gentle Variety



OVERNIGHT OATS



Ingredients

- ½ cup rolled oats (gluten free)
- ½ cup lactose-free milk or unsweetened almond milk
- ½ teaspoon chia seeds (optional)
- Small handful blueberries

Directions

- 1 Combine: In a jar or small bowl, add the oats and milk. Stir well to combine.
- 2 Add chia (optional): Stir in ½ teaspoon chia seeds if using.
- 3 Top with blueberries: Add a small amount of blueberries on top or gently mix them in.
- 4 Refrigerate: Cover and place in the refrigerator overnight (or at least 4 hours).
- 5 Serve: Stir before eating. Add a splash of milk if needed to loosen the texture.

Enjoy cold straight from the fridge



SNACK

BLUEBERRY TAHINI PROTEIN SMOOTHIE

Easy to make and nutritious

Ingredients

- 5 fl oz. (150ml) almond milk, unsweetened
- 3.5 oz. (100g) blueberries
- 1 oz. (30g) vanilla protein powder of choice without artificial sweeteners
- ½ banana
- 1 tsp. tahini
- 1 tsp. ground cinnamon
- ½ tsp. vanilla extract

Directions

- 1 Place all the ingredients in a high-speed blender, add a pinch of salt and blend until smooth.
- 2 Pour into a glass and serve immediately.





PASTA WITH OLIVE OIL, SPINACH & PARMESAN

Ingredients

- 8 oz pasta (gluten free)
- 2 tablespoons olive oil
- 2 cups fresh spinach
- ¼ cup grated Parmesan cheese
- Salt, to taste

simple fats, low fermentation risk

Directions

- 1** Cook the pasta: Bring a pot of salted water to a boil. Cook the pasta according to package instructions. Reserve ¼ cup of pasta water, then drain.
- 2** Sauté spinach: While the pasta cooks, heat olive oil in a large pan over medium heat. Add the spinach and cook for 1–2 minutes, until wilted.
- 3** Combine: Add the drained pasta to the pan with the spinach. Toss well. If needed, add a splash of reserved pasta water to help coat the pasta.
- 4** Finish: Stir in the grated Parmesan and season with salt to taste.
- 5** Serve: Serve warm, with extra Parmesan on top if desired. Can also add herbs.

Simple, light, and flavorful

CHOCOLATE OAT PANCAKES

Protein- and antioxidant rich pancake



Ingredients

- 30g Gluten-free flour
- 2st eggs
- 5g 100% cacao
- 50g blueberries, organic
- A pinch Stevia

Directions

- 1 Place the oat flour, egg, vanilla extract, stevia, and cocoa powder in a blender.
- 2 Place the oat flour, egg, vanilla extract, stevia, and cocoa powder in a blender.
- 3 Add a little water if needed. Blend everything well until smooth, then cook in a non-stick pan over low heat.
- 4 Decorate with blueberries. Serve with tea of choice and tolerance.

BAKED SALMON WITH WHITE RICE & ZUCCHINI



Directions

- 1** Cook the rice
 - Rinse the rice under cold water.
 - Add rice, water, and salt to a saucepan.
 - Bring to a boil, then reduce to low heat.
 - Cover and simmer for 15 minutes, or until the water is absorbed.
 - Remove from heat and let sit covered for 5 minutes. Fluff with a fork.
- 2** Prepare the salmon
 - Preheat the oven to 200°C (400°F).
 - Place the salmon fillets in a baking dish lined with parchment paper.
 - Drizzle with olive oil and season with salt and pepper.
 - Add a squeeze of lemon juice if desired.
- 3** Bake
 - Bake for 12–15 minutes, or until the salmon flakes easily with a fork.
- 4** Cook the zucchini
 - Heat olive oil in a pan over medium heat.
 - Add sliced zucchini and sauté for 4–6 minutes until tender but slightly crisp.
 - Season with salt and pepper.
- 5** Serve:
 - Plate the salmon with rice and sautéed zucchini.
 - Optional: garnish with fresh herbs or an extra squeeze of lemon.

Ingredients

- Salmon baked with olive oil and dill
- Steamed zucchini
- White or basmati rice

Tip: Eat slowly, stop before feeling “full-full”