

This grain and dairy free pizza is a wonderful, healthy replacement for a traditional pizza. You can mix up the vegetable combinations of diced zucchini, carrots, and purple cabbage, or add fresh greens like arugula, basil, or spinach on top. You can also add your favorite toppings like cheese before baking.

NEW SOLUTIONS FOR THE GUT REPAIR PUZZLE

THE NO GLUTEN, GRAIN, DAIRY, NIGHTSHADE, OR LECTIN RECIPE GUIDE

Recipes to support gut and immune health



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A photograph of a breakfast smoothie. In the foreground, a glass jar with a floral pattern contains a light brown smoothie and a striped paper straw. In the background, a glass bottle also contains the same smoothie. The items are on a wooden surface with some faint text visible. The word "BREAKFAST" is overlaid in large white letters.

BREAKFAST



🍑 Peachy Coconut Butter Smoothie

This smoothie is a delicious and quick morning breakfast drink. The optional low lectin nut butter adds extra protein. You can also add chia seeds, your favorite protein powder, or a handful of greens.

INGREDIENTS:

- 2 cups frozen peaches
- ½ frozen banana
- 2 tablespoons coconut butter or other low lectin nut butter if desired
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 1½ teaspoons cinnamon
- 2½ cups coconut milk
- Pinch of sea salt

INSTRUCTIONS:

1. Add all ingredients to a blender and blend until smooth.
2. Adjust honey to add sweetness if desired. Serves 2



🍓 Strawberry Cucumber Hemp Seed Smoothie

This rehydrating smoothie is easy to make and has the added hemp seeds for healthy fats and protein. You can replace the strawberries with any type of berry. Try adding some fresh herbs like mint or parsley for variation.

INGREDIENTS:

- 3 cups frozen strawberries
- 1 teaspoon lemon zest
- 3 cups coconut water or water
- 1 small English cucumber, or ½ large English cucumber cut into chunks
- ¼ cup hemp seeds
- 1-2 tablespoons honey
- Pinch of sea salt

INSTRUCTIONS:

1. Add all ingredients to a blender and blend until smooth. Serves 2-3



🍷 Sweet Potato and Veggie Hash

This sweet potato and veggie hash can be made with any vegetables you might like. Try adding carrots, red onion, or any chopped hearty greens. You can also add any type of sausage to the dish when sautéing the leeks. Serve the hash topped with fried or scrambled eggs.

INGREDIENTS:

- 2 medium sized sweet potatoes, peeled and cut into small cubes
- 1 tablespoon avocado oil
- 1 large leek sliced thin into rounds
- 1 medium-sized zucchini or summer squash cut into bite sized cubes
- 1 clove garlic, minced
- 1 cup thinly-sliced red cabbage
- ½ teaspoon sea salt
- 2 tablespoons liquid coconut aminos
- Dash of pepper

INSTRUCTIONS:

1. Bring a medium-sized pot of water to a boil, add a large pinch of salt and peeled/cubed sweet potatoes. Boil for 5 minutes or until slightly fork tender. Drain and set aside while preparing other veggies.
2. Add avocado oil to a large pan and heat on medium until hot. Add leeks and a large pinch of salt and cook until they are soft and start to caramelize.
3. Add the cubed zucchini/summer squash, garlic, and coconut aminos and cook another 3-5 minutes.
4. Add cooked sweet potatoes, cabbage, and another pinch of salt and pepper and cook just until cabbage is soft, an additional 2-3 minutes.
5. Add additional coconut aminos, salt, or pepper to taste. Serves 3-4

A top-down view of a ceramic bowl filled with a vibrant vegetable salad. The salad includes fresh green and purple leafy greens, several florets of bright green broccoli, and pieces of white cauliflower. A thick, light green dressing is drizzled over the vegetables. The bowl is set on a light-colored, textured surface. A few fresh basil leaves are scattered around the bowl, with one prominent leaf in the bottom right corner. The word "LUNCH" is printed in large, white, bold, sans-serif capital letters across the center of the bowl.

LUNCH



🍴 Chard Wraps with Chicken, Vegetables, and Garlicky Avocado Spread

These wraps can be made with any large, hearty green. Try using kale leaves, collards, or even large romaine lettuce leaves. You can add any protein and vegetable, it is a very versatile recipe so don't hesitate to substitute.

INGREDIENTS:

- 4 large chard leaves, stem removed
- 1 cup shredded carrots
- 1 cup sliced cooked chicken breast
- 1 cup sliced cucumber
- 1 avocado
- 1 garlic clove
- Large pinch of sea salt
- Squeeze of lemon
- Optional: Fresh herbs, sprouts, or any other chopped vegetables you might like

INSTRUCTIONS:

1. Lay chard leaf flat on a cutting board.
2. Spread a light layer of avocado garlic spread onto center of chard leaf (see below for instructions).
3. Next add shredded carrots, chicken breast, sliced cucumber, and any other vegetables or sprouts.
4. Roll chard leaf around ingredients into a burrito shape.
5. Cut in half and serve.

Garlicky Avocado Spread

1. Add avocado, garlic, sea salt, and a squeeze of lemon to a bowl, then mash until smooth.
Serves 2-3



H Creamy Cauliflower Leek Soup

This soup is a great alternative to a traditional potato leek soup. If you don't have thyme, try substituting rosemary as both taste great in this recipe. Store in an airtight container in the refrigerator for up to three days.

INGREDIENTS:

- 2 tablespoons avocado or olive oil
- 3 medium-sized leeks, sliced (white and 1 inch of green part)
- 2 garlic cloves, minced
- 5 cups of cauliflower florets (about 1 large head or 2 small)
- 1 teaspoon salt
- 2 tablespoons coconut aminos
- 5 cups vegetable or chicken broth
- 2 cups water
- 2 teaspoons dried thyme
- 1/8 teaspoon pepper
- 2 tablespoons fresh-squeezed lemon juice

INSTRUCTIONS:

- 1.** Heat the avocado/olive oil on medium heat in a large soup pot.
- 2.** Once hot, add leeks and a pinch of salt and cook until leeks are nice and soft, about 5-7 minutes. Stir in minced garlic and thyme and cook another 2 minutes being careful not to let garlic brown.
- 3.** Add the cauliflower, salt, coconut aminos, and broth.
- 4.** Bring to a boil and simmer for 10-15 minutes or until cauliflower is soft.
- 5.** Then using an immersion blender blend soup until smooth.
- 6.** Serve garnished with chives or green onions.
Serves 4-6



H Roasted Vegetable Salad With Creamy Basil Dressing

This vibrant salad can be made any time of year as long as you have access to fresh basil. Try roasting winter squash, beets, or any other root vegetables in the colder months. You can store the roasted vegetable in the refrigerator in an airtight container for up to three days.

INGREDIENTS:

- 2 ½ cups cauliflower florets
- 2 cups sliced carrots
- 1 cups broccoli florets
- 1 small red onion sliced into half moons (or ½ large)
- 2 tablespoons avocado or olive oil
- ½ teaspoon salt
- ½ teaspoon garlic powder
- Dash of pepper
- Salad greens
- ½ cup chopped basil for garnish

Dressing:

- ½ cup soaked and rinsed cashews
- 2 cups loosely packed basil leaves
- 1 garlic clove, minced
- 2 tablespoons apple cider vinegar
- 2/3 cup extra virgin olive oil
- 1 cup filtered water
- ½ teaspoon salt
- Pinch of pepper

INSTRUCTIONS:

- 1.** Preheat oven to 350° F and line a baking sheet with parchment paper.
- 2.** Place prepped vegetables on baking sheet.
- 3.** Drizzle olive/avocado oil over vegetables, sprinkle with salt, garlic powder, and pepper.
- 4.** Stir vegetables until evenly coated.
- 5.** Bake in oven for 35 minutes then remove and allow to cool slightly for 5-10 minutes.
- 6.** Place a bed of greens in each bowl, top with roasted vegetables and drizzle with dressing. Garnish with chopped basil.

Dressing:

- 1.** Place all dressing ingredients in a high-speed blender and blend until smooth. Serves 4-6



SNACKS



🍴 Garlicky Oven Roasted Kale Chips

These kale chips are best eaten the day they are made but will last up to two days stored in an airtight container at room temperature. You can make them any flavor you'd like by substituting desired herbs/spices for the garlic.

INGREDIENTS:

- 1 medium bunch of green kale (lacinato or green leaf)
- 1 tablespoons olive or avocado oil
- ¼ teaspoon sea salt
- ¾ teaspoon garlic powder

INSTRUCTIONS:

1. Preheat oven to 300F. Line a large-rimmed baking sheet with parchment paper.
2. Remove leaves from the stems of the kale and roughly chop it up into large pieces.
3. Add kale leaves to large bowl. Add oil, salt, and garlic powder and mix well, making sure all leaves are coated evenly.
4. Spread ½ of the kale out onto the parchment-lined baking sheet into a single layer, being sure not to overcrowd the kale.
5. Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes.
6. Allow kale to cool for 3-5 minutes on the baking sheet before eating.
7. Repeat this process for the other half of the bunch.



✦ No Bake Lemon Coconut Bars

These delicious lemon coconut bars only take 5 minutes to prepare! You can also roll them into balls instead of pressing them into a pan to make bars. They need to be refrigerated or kept at room temperature as the coconut oil will melt if they get too warm.

INGREDIENTS:

- 2 cups unsweetened finely shredded coconut flakes
- 1/3 cup maple syrup
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract
- ¼ teaspoon sea salt
- 2 teaspoons lemon zest

INSTRUCTIONS:

1. Line a small 9x9 inch baking dish with parchment paper.
2. Add all ingredients to a food processor fitted with an S blade.
3. Pulse all ingredients until well combined.
4. Press mixture into baking dish and refrigerate for 1-2 hours or until firm.
5. Cut into small squares and serve as a snack when needed. Serves 4-6



+ Pumpkin Spice Chia Pudding

You can prepare this pudding the night before for a quick and healthy breakfast the next morning. All you need is a bowl, a whisk (a fork will do too) and a few simple ingredients.

INGREDIENTS:

- 1 can organic unsweetened canned coconut milk
- 1 can organic pumpkin
- 1/3 cup chia seeds
- 3 tablespoons maple syrup
- Small pinch of salt
- ¼ teaspoon vanilla extract
- 1 teaspoon cinnamon

INSTRUCTIONS:

1. Place all ingredients in a medium sized bowl.
2. Whisk until well combined.
3. Refrigerate for 2-3 hours or overnight.
4. Stir again and serve. Storage: Keep in refrigerator for up to 4 days

A top-down view of a white ceramic bowl filled with a dark, glossy beef and broccoli stir-fry. The dish is garnished with sliced green onions. The bowl is set on a light blue textured surface, with a piece of brown paper visible in the upper left corner. The word "DINNER" is printed in large, white, bold, sans-serif capital letters across the center of the bowl.

DINNER



🍴 Turmeric Roasted Fish

The added turmeric gives this dish a beautiful bright orange color. You can use any white fish, just adjust the cooking time according to the thickness. Serve over a bed of fresh salad greens with an extra squeeze of lime.

INGREDIENTS:

- 1½ pounds cod filets, skin removed
- 2 teaspoons grated fresh ginger
- 1 clove of garlic, minced
- 1 teaspoon turmeric powder
- 3 tablespoons gently melted coconut oil
- 2 tablespoons coconut aminos
- Juice of ½ of a lime
- 1 teaspoon sea salt
- Dash of pepper

INSTRUCTIONS:

1. Preheat oven to 400°F
2. Lightly oil a 9x13 glass baking dish.
3. Wash and pat dry fish then place in the oiled baking dish.
4. In a small bowl, mix together the fresh ginger, garlic, turmeric, melted coconut oil, coconut aminos, lime juice, salt, and pepper.
5. Use your hands or a pastry brush to coat fish filets with the turmeric paste.
6. Bake for 15 minutes or until fish flakes easily with a fork. Turn up heat to broil and broil for 3 more minutes.
7. Serve on top of steamed hearty greens or salad greens with an extra squeeze of lime. Serves 4



🍴 Mongolian Beef and Broccoli

This dish takes about 10 minutes to make. You can use any steamed vegetables and tastes great served on top of cauliflower “rice” or with a side salad. It stores well in the refrigerator for up to 3 days and makes a perfect leftover lunch.

INGREDIENTS:

- 3 cups broccoli florets
- 3 tablespoons avocado or coconut oil
- 2 teaspoons grated fresh ginger
- 3 garlic cloves, minced
- ½ cup coconut aminos
- ¼ cup water
- 1-2 tablespoons coconut palm sugar
- 1½ pounds steak strips
- 2 tablespoons arrowroot powder
- ¼ teaspoon sea salt
- Dash of pepper
- 2 green onions, thinly sliced

INSTRUCTIONS:

1. Heat 1 tablespoon oil on medium heat in a small saucepan.
2. Add ginger and garlic and cook for 1 minute until they start to soften. Be careful not to brown the garlic.
3. Add coconut aminos, water, and coconut palm sugar and bring to a boil, then allow to simmer for about 5 minutes or until sauce starts to thicken a bit. Turn off heat and set aside.
4. Add 1 inch of water to a large saucepan and bring to a boil. Add broccoli florets and steam for 3-5 minutes or until bright green, being careful to not over steam. Strain broccoli in a colander and immediately rinse with cold water to stop the cooking process.
5. Add arrowroot, salt, and pepper to a large bowl and toss the steak strips in the mixture making sure to evenly coat all of the meat.
6. Heat the remaining 2 tablespoons of oil in a large pan (preferably non-stick) and add the steak strips to the pan. Cook until meat is almost cooked through about 3-5 minutes.
7. Add sauce to pan with the beef and bring to a boil then turn down to a low simmer. Allow to simmer for 3-5 minutes then add the steamed broccoli and stir in well. Cook for another few minutes until broccoli is warm. Serves 4



Sheet-Pan Chicken with Crispy Leeks, Sweet Potatoes, and Vegetables

This sheet-pan chicken is a quick and easy weeknight meal that makes great leftovers for lunch the next day. You can use almost any vegetables including carrots, turnips, beets or even winter squash when it is in season.

INGREDIENTS:

- 1 medium sweet potato cut into 1-inch chunks
- 2 cups cauliflower florets
- 2 cups broccoli florets
- 1 large leek sliced into thin rounds (only white part)
- 2 lbs bone-in chicken thighs and breasts
- 2 tablespoons avocado oil
- ½ teaspoon sea salt
- ½ teaspoon garlic powder

Marinatde (double):

- 3 teaspoons mustard
- 3 garlic cloves, minced
- ¼ cup tablespoon avocado or olive oil
- ¼ cup white wine vinegar
- 1 teaspoon salt
- Dash of pepper

INSTRUCTIONS:

1. Preheat oven to 400°F and line a large baking sheet with parchment paper.
2. Whisk marinade ingredients together. Set aside 1-2 tablespoons of marinade then add the chicken to a glass dish and pour remaining marinade over chicken. Let chicken sit in marinade while prepping veggies.
3. Add veggies to lined baking sheet, drizzle with avocado or olive oil, salt, pepper and garlic powder then drizzle the two tablespoons of marinade over the veggies and toss well to coat.
4. Push veggies aside and make space for chicken pieces. Place chicken in between vegetables on the baking sheet.
5. Bake in oven for 45-55 minutes or until chicken is cooked through. Serves 4-6