



SCULPTnation

HAPPY GUT RECIPE GUIDE

13 DELICIOUS RECIPES TO HELP
SOOTHE YOUR GUT



INTRODUCTION

FOOD PLAYS A VITAL ROLE IN KEEPING YOUR GUT HAPPY AND HEALTHY.

Many doctors and nutritionists advise avoiding foods that can cause inflammation and suggest eating more whole foods said to have anti-inflammatory properties and high probiotic/prebiotic counts.

We put together this **HAPPY GUT RECIPE GUIDE** that incorporates many of these foods that are shown to have gut-soothing benefits!

Plus, most of these gut-friendly recipes are also very macro-friendly! So they are perfect if you are watching calories!

Keep in mind that many things can cause gut disturbances. For this reason, even “healthy” low-inflammation foods like the ones in these recipes can cause GI distress for some people.

If any of the grains or veggies in these recipes don't agree with you, simply swap them for ones that are better suited for your gut health needs!

However, many people find that when taking the **ENZYMES** in our **GUT HEALTH STACK**, they are able to get the support their gut needs to better break down these foods, resulting in less occasional GI distress.



VANILLA CREME COCONUT FLOUR CREPES



RECIPE MAKES: 6 crepes



SERVING SIZE: 1 crepe (including filling and banana)



171

CALORIES

8

FAT

18

CARBS

3

FIBER

10*

SUGAR

7

PROTEIN

*7g are natural sugars
from banana*

*If you omit the banana - calories drop to 118, and each crepe only has 3g of sugar and 4g of carbs!

Many people have issues digesting gluten. These sweet crepes use coconut flour, which is a great gluten free alternative!

Coconut flour is high in both soluble and insoluble fiber, which is said to promote good digestion and the growth of healthy bacteria in your gut.

This recipe packs even more gut benefits because of the probiotic rich yogurt in the vanilla creme filling!

PLUS, we are topping these crepes with bananas, which are rich in soluble fiber and also contain a prebiotic.

If you don't like bananas, there are many other gut-friendly fruits you can substitute - blueberries, peaches, apples, pears, and raspberries are all excellent choices!

INGREDIENTS

CREPES:

4 eggs
1 tbsp coconut oil (melted)
1/4 cup unsweetened nut milk
1/4 cup unsweetened coconut cream (melted)
1/2 tsp vanilla extract
2 tbsp coconut flour
1 tbsp almond flour (you can also use [Sculpt Nation Vanilla Protein](#))

VANILLA CREAM FILLING:

1 cup probiotic rich yogurt (*see notes*)
1/2 tsp vanilla extract
Stevia to taste
***OPTIONAL** - 1/2-1 tbsp [Sculpt Nation Vanilla Protein](#)

TOPPING:

3 medium bananas not overly ripe
(1/2 sliced banana per crepe)



Vanilla Creme Coconut Flour Crepes

INSTRUCTIONS

FILLING: Mix together yogurt, vanilla, and stevia. Set aside.

CREPES: In a large mixing bowl, add eggs, melted coconut oil, nut milk, melted coconut cream, vanilla extract, coconut flour, and almond meal (in that order.)

Using a whisk or hand mixer, combine until the batter is completely blended with no lumps.

Set aside for about 5-10 minutes so

that the coconut flour soaks the liquid and the batter slightly thickens.

Heat a very small non stick pan over medium/high heat and coat with coconut oil or spray.

Pour 1/4 cup of the batter onto the pan. Tip and rotate the pan slowly to spread the batter as thin as possible. Cook 2-3 minutes until the sides are crispy and raise up easily from the pan. Make sure the center is set before you attempt to flip.

Crisp the other side for 1-2 minutes. Remove crepe from pan, fill with vanilla cream filling, roll or fold, and top with sliced bananas (approx 1/2 medium banana, or your desired amount, per crepe.)

***NOTES:** Not all yogurt is gut friendly. Make sure you are using plain yogurt with limited ingredients full of probiotics and no artificial sweeteners or flavorings. Very few brands offer this profile.

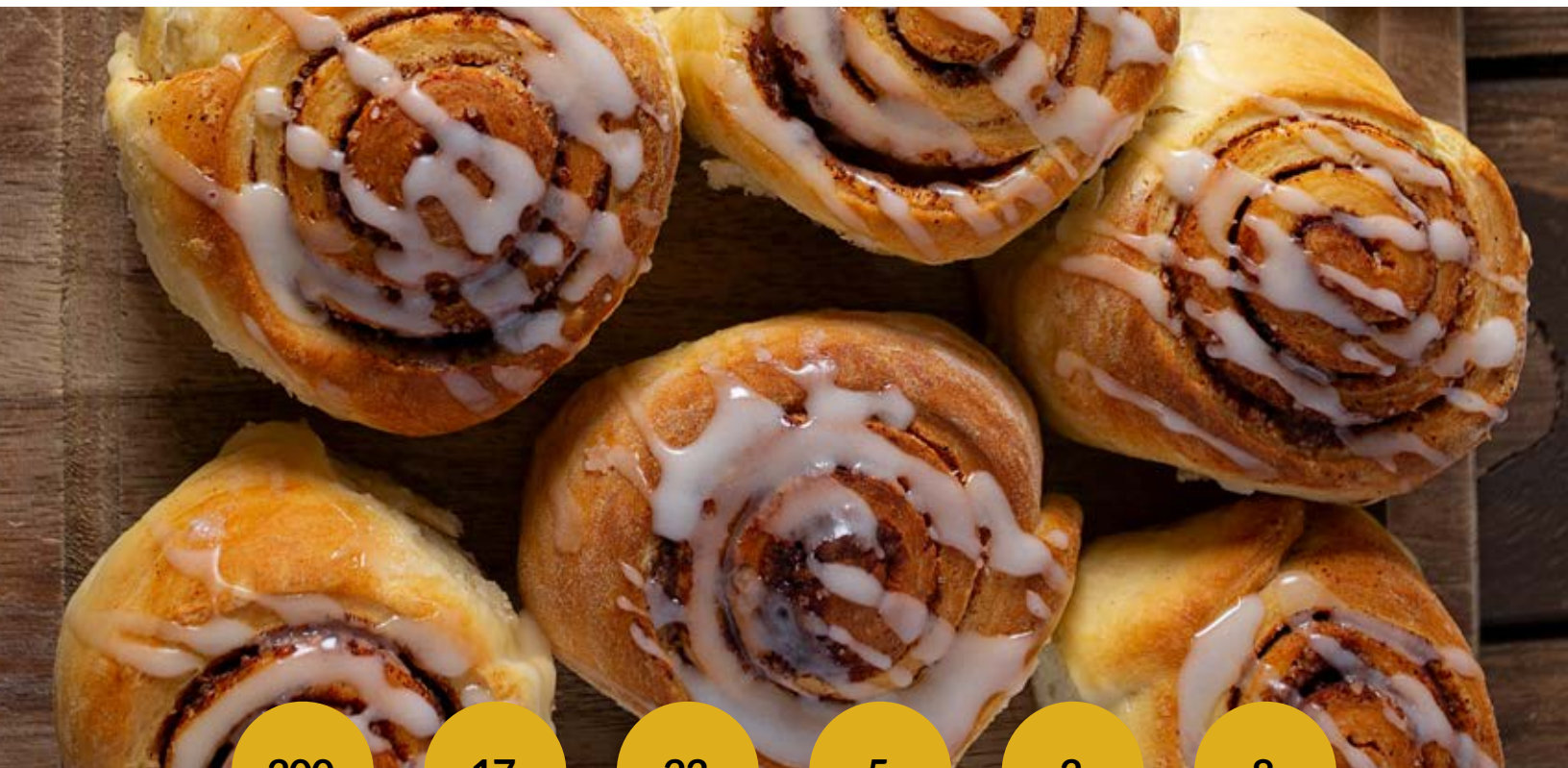
CINNAMON ROLL BAKED OATMEAL



RECIPE MAKES: 5 servings



SERVING SIZE: 1 very large square



300

CALORIES

17

FAT

23

CARBS

5

FIBER

3

SUGAR

8

PROTEIN

Traditional cinnamon rolls are high in fat, carbs and have TONS of gut-wrecking refined sugar. This sweet and filling recipe is a macro friendly version of this breakfast favorite and is loaded with gut-friendly ingredients!

GLUTEN FREE OATS: Oats are rich in a beta glucan, a prebiotic fiber that feeds your guts good bacteria.

CAULIFLOWER: Cauliflower contains a sulfur that helps protect your stomach lining. Plus, sneaking in this low carb

veggie adds bulk, which will keep you fuller longer! We promise you won't taste it.

CEYLON CINNAMON: This particular type of cinnamon is loaded with polyphenols, which are powerful antioxidants that can help to provide relief for all kinds of gut issues.

This bake will last in the fridge for a full week, making it perfect for your breakfast meal prep! We suggest not putting the cream on top until you are ready to enjoy!



Cinnamon Roll Baked Oatmeal

INGREDIENTS

OAT BAKE:

- 1 1/2 cups gluten free oats
- 1 1/2 cups riced cauliflower
- 1/4 cup granulated stevia
- 1 1/4 tsp baking powder
- 2/3 tbsp ceylon cinnamon
- 1/2 -1 tsp allspice
- 1 large egg
- 3/4 cup unsweetened nut milk or nut based creamer
- 1/2 tsp vanilla extract
- 1/4 cup coconut oil (can also use natural runny nut butter)
- 1/2 tsp sea salt

***OPTIONAL** - pecans (not included in nutrition info)

***OPTIONAL** - add one scoop of [Sculpt Nation Vanilla Protein](#) if you want this to be more protein packed, however, you will likely need to increase the amount of liquid

FROSTING:

- 1/2 -1 cup probiotic rich low fat cream cheese *see notes*
- 2 tsp vanilla extract
- 2 tbsp lemon juice
- 1 tbsp [Sculpt Nation Vanilla Protein](#) (optional)
- Stevia to taste (vanilla stevia is great if you have it on hand)

INSTRUCTIONS

Preheat your oven to 375°F.

In a large bowl, combine all dry ingredients.

In a small bowl, combine all wet ingredients.

Stir in dry ingredients with wet and mix until the batter is smooth.

Pour the mixture into a baking pan (9" by 13" works best) and bake in the oven for 30-45 minutes, until the top is

brown and all liquid is absorbed.

While your oats are baking, make your frosting! To do that, simply whisk all ingredients for the frosting until smooth!

Take the oat bake out of the oven and let it slightly cool. Cover with frosting!

*For even more gut benefits, add some chopped pecans into the batter or sprinkled on top! Pecans contain

omega-3 fatty acids, phytochemicals, and high fiber content. A powerful combo to improve digestion and help lower inflammation.

***NOTES:** Not all cream cheese is gut friendly. Make sure you are using plain with limited ingredients full of probiotics and no artificial sweeteners or flavorings. Very few brands offer this profile.

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CHERRY BLISS SUPER SMOOTHIE



RECIPE MAKES: 1 large smoothie



272

CALORIES

16

FAT

26

CARBS

7

FIBER

15*

SUGAR

11

PROTEIN

*from natural
sugars

The star of this superfood smoothie is tart cherries! This sometimes overlooked fruit has an abundant amount of polyphenols - which studies show feeds the good bacteria in your gut and helps keep inflammation at bay.

This smoothie base also has Kefir, which is known for being high in nutrients and probiotics, which are very beneficial for digestion and overall gut health.

It doesn't end there! We added ginger, healthy fats, and spinach, which each have their own unique gut health benefits!

INGREDIENTS

1/2 cup plain low-fat kefir
1/2 cup frozen tart cherries
1/4 cup baby spinach leaves
1/4 cup mashed ripe avocado
1 tbsp salted almond butter

1/4 inch piece peeled ginger
1/2 tsp chia seeds

***OPTIONAL:** [Sculpt Nation Vanilla Protein](#) or pasteurized liquid egg whites for added protein

DIRECTIONS

Put all of the ingredients in a blender and blend until smooth.

LUNCH / DINNER

SWEET & SPICY BLACKENED FISH TACOS



RECIPE MAKES: 4 servings



SERVING SIZE: 2 tacos



392

CALORIES

10

FAT

42

CARBS

10

FIBER

10

SUGAR

30

PROTEIN

We are using HALIBUT in this recipe because it is very high in SELENIUM, which is known for enhancing the gut's response to inflammation. Tilapia is also high in this mineral and would work well in this recipe.

The addition of fresh pineapple and probiotic rich yogurt gives these yummy tacos additional gut benefits!

We are using yellow corn tortillas instead of white corn or flour, which tend to be better for most people's digestion. Feel free to use another grain-free tortilla or lettuce wraps.

INGREDIENTS

1 pound fresh halibut
8 yellow corn tortillas (or another grain-free option)
1 tsp garlic powder
1 tsp onion powder
1 tsp thyme
1 tsp cayenne pepper (optional if you don't like spicy)
1 tsp oregano
1 tsp salt
1 tsp ground black pepper
1 1/2 tbsp paprika (smoked)

PINEAPPLE SALSA:

1 cup fresh pineapple (canned is okay as long as it's in water and not syrup)
1/2 cup diced red pepper
1/4 cup diced red onion
1/4 cup chopped cilantro
1/2 diced jalapeno
1/4 lime or lime juice
1/2 tsp kosher salt

PROBIOTIC RICH AVOCADO SAUCE:

1 avocado
1/3 cup natural probiotic rich yogurt *see notes*
1 cup cilantro
2 garlic cloves
1 jalapeno (1/2 for less spice)
1 tsp salt
1/4 lime or lime juice



Sweet & Spicy Blackened Fish Tacos

INSTRUCTIONS

FISH: In a large bowl, mix all of the dry spices together. Coat each piece of fish with the seasoning blend. Heat a nonstick pan over medium heat. Add oil and then the seasoned fish. Cook approx 5-8 minutes (pending thickness of fish) turning 1/2 way. Once the fish is cooked, take off the pan and break it up with a fork.

SALSA: In a medium bowl, mix pineapple, red pepper, jalapeños, and onion. Add

cilantro, salt & fresh lime juice. Mix well.

PROBIOTIC RICH AVOCADO SAUCE:

Add cilantro, avocado, yogurt, garlic, jalapeno, lime juice & salt to the food processor. Blend until smooth.

TORTILLAS: You can just warm your tortillas in the microwave; however we suggest that you cook them directly over medium flame until it gets a few charred marks, in a skillet, oven, or even an air fryer if you have one - until slightly crispy.

Now you are ready to assemble! Place a serving of fish in the center of each tortilla. Top with pineapple salsa and cilantro avocado sauce. Serve immediately.

***NOTES:** Not all yogurt is gut friendly. Make sure you are using plain yogurt with limited ingredients full of probiotics and no artificial sweeteners or flavorings. Very few brands offer this profile.

GINGER GARLIC BEEF BURGER OVER SUPERFOOD SLAW



RECIPE MAKES: 4 beef patties
and approx 4 cups of slaw



SERVING SIZE: 1 beef patty and
approx 1 cup slaw with dressing



325

CALORIES

13

FAT

25

CARBS

3

FIBER

7

SUGAR

25

PROTEIN

These beef burgers are packed with anti-inflammatory fats from the grass-fed beef and the added ginger provides additional gut support! You will also get tons of prebiotics, phytonutrients, and good bacteria from the superfood slaw!

Yes, you should use grass-fed beef for this recipe (it's even better if you can find beef that is also "grass-finished".)

Research shows grass fed/finished beef has more vitamins, antioxidants, a much better fatty acid composition, and is richer in conjugated linoleic acid (CLA) and omega-3 fatty acids - which are important to combat inflammation.



Ginger Garlic Beef Burger Over Superfood Slaw



INGREDIENTS

BURGER INGREDIENTS:

- 1 pound grass fed lean ground beef
- 1/2 small yellow onion diced
- 1 garlic clove minced
- 1 tbsp extra virgin olive oil
- 1 tbsp coconut aminos (or low sodium soy sauce)
- 1/2 tsp freshly grated ginger
- 1 tbsp chopped cilantro leaves and stems
- 1/2 tsp sriracha
- 1/2 tbsp honey
- Pinch of sea salt

SUPERFOOD SLAW INGREDIENTS:

- 1 large bag shredded cabbage (or shred your own using a head of cabbage)
- 1 carrot peeled and cut into thin strips (if not in your shredded cabbage mix)
- 1 scallion, greens only, thinly sliced
- 1/4 cup minced fresh cilantro

SUPERFOOD SLAW DRESSING:

- 1 medium carrot, peeled and chopped
- 1 scallion, white parts only, roughly chopped (save the green part for the slaw)
- 1 large date, pitted and chopped
- 1/4 cup apple cider vinegar
- 1-2 tbsp mayonnaise
- 1/2 tbsp chopped fresh ginger root
- 1/2 tsp dijon mustard
- Pinch of salt & pepper

INSTRUCTIONS

BURGERS: In a small skillet, heat the olive oil over medium heat and sauté the onions until translucent.

Add the garlic and a healthy pinch of sea salt and sauté with the onions until the garlic is fragrant. Set the onion/garlic mixture aside to cool.

In a medium bowl, add the remaining burger mixture, add the cooled onions and garlic, and mix

together with your hands.

Form into 4 patties about an inch to an inch and a half thick.

Heat your grill or pan to medium high and once it's hot enough for your meat to sizzle, throw on the burgers. Cook to desired readiness.

SLAW: In a high speed blender, combine all the ingredients for the carrot ginger

dressing and blend until smooth.

In a large bowl, combine cabbage, carrots, scallion greens, and cilantro.

Pour in the desired amount of the dressing and toss well.

Portion out slaw and place the burger patty on top! Add desired additional toppings, and enjoy!

LUNCH / DINNER

KIMCHI FRIED RICE



RECIPE MAKES: 4 servings



SERVING SIZE: 1 equally divided portion



383

CALORIES

10

FAT

59

CARBS

3

FIBER

4

SUGAR

15

PROTEIN

The addition of Kimchi in this favorite chinese dish not only gives it a delicious, unique flavor but is also an easy way to add more gut-friendly bacteria to your diet.

Kimchi is a fermented food, which is said to be packed with probiotics - “good bacteria” that can help you maintain healthy digestion.

INGREDIENTS

1/2 cup packed kimchi + *3 tbsp juice
(*the liquid from the kimchi)

2+ tsp sriracha

3 tbsps coconut aminos (or low sodium soy sauce)

2 tsp sesame oil

1/2 cup diced onions

1 cup peas and carrots (fresh or frozen)

2 cups steamed white rice

5 eggs (or egg beaters/whites for lower fat content)

3 scallions, chopped (greens only)



Kimchi Fried Rice

INSTRUCTIONS

Steam rice and set aside.

Add kimchi to a strainer and press down over a bowl to get out as much “juice” as possible. You can get more juice from the container if needed. Stir sriracha, coconut aminos, and sesame oil into the kimchi juice. Set to the side. This is your sauce.

Add a small amount of oil in a large skillet over medium-high heat. Saute onions until tender (about 4-5 minutes.) Add the chopped kimchi (not the juice/liquid), peas, and carrots. Cook until tender.

Beat eggs in a bowl. Create space in the center of the skillet and pour in the egg mixture, and scramble.

Add the cooked rice to the skillet and stir. Pour in the prepared sauce and stir until everything is well coated. Top with the chopped scallions.

LUNCH / DINNER

PROBIOTIC SHRIMP POWER BOWL



RECIPE MAKES: 2 bowls



SERVING SIZE: 1 bowl



586

CALORIES

32*

FAT

43

CARBS

10

FIBER

4

SUGAR

31

PROTEIN

*Most fat comes from olive oil. Feel free to decrease.

Vegetables are usually the most impressive ingredients in “power bowls” and this bowl has plenty of veggies, but the star of this recipe is sauerkraut!

The good bacteria from sauerkraut is shown to help keep the lining of your digestive system healthy.

For protein, we are using shrimp! This shellfish

has an impressive nutrition profile and is high in astaxanthin - an antioxidant shown to help protect against inflammation by preventing free radicals from damaging your cells.

Shrimp also has high iodine levels - an important mineral that many people don't get enough of!



INGREDIENTS

BOWL:

6 oz wild caught shrimp (do not use farm raised)

1 tbsp olive oil (divided)

1/2 cup broccoli florets

1/2 cup sliced zucchini

1 egg

1/2 cup cooked quinoa

1 cup mixed greens

1/2 avocado, thinly sliced

2-3 tbsp sauerkraut

1 radish, grated

1 green onion, thinly sliced

Salt and pepper to taste

SAUERKRAUT VINAIGRETTE:

2 tbsp olive oil

2 tbsp sauerkraut juice

1/4 tsp onion powder

Dried herbs of choice

Salt and pepper to taste

A pinch of powdered stevia

INSTRUCTIONS

SAUERKRAUT VINAIGRETTE: To make the vinaigrette, put the olive oil, sauerkraut juice, onion powder, herbs, salt, pepper, and stevia into any container with a lid. Shake well!

BOWL: Heat a tbsp of oil in a pan over medium heat. Add the broccoli florets, sliced zucchini, salt, and pepper. Sauté until the vegetables are tender.

Remove from the pan and add the remaining tbsp of oil to the skillet. Fry your egg (about 2 to 3 minutes) and then transfer the fried egg to the plate with the vegetables.

If needed, add the cooked quinoa to the pan to warm it up.

In a large bowl, layer in the mixed

greens, cooked quinoa, and sautéed vegetables.

Drizzle 1 to 2 tbsps of the Sauerkraut Vinaigrette. Add the sliced avocado, sauerkraut, radish, and sliced green onion on top!

LUNCH / DINNER

BLACK RICE CHICKEN STIR FRY



RECIPE MAKES: 4 servings



SERVING SIZE: 1 equally distributed portion



179

CALORIES

3

FAT

19

CARBS

3

FIBER

5

SUGAR

21

PROTEIN

Also known as “forbidden” rice - this nutty grain is anything but off limits!

Black rice is known for a long list of beneficial effects on the gut because it contains several chemical compounds that act as anti-inflammatory agents.

It is also high in antioxidants, fiber, and phytochemicals! If you have never tried black rice, you are in for a treat!

We also added some ginger and pineapple, which are both well known to help with digestion!

INGREDIENTS

1 pound chicken breast
1 clove garlic, minced
1/4 onion, sliced
1 inch fresh ginger, grated or finely chopped
1 tsp olive oil
3/4 cup zucchini, sliced
3/4 cup red bell pepper, sliced
1/2 cup mushrooms, sliced
1/4 cup fresh or canned pineapple, chopped
1/4 cup edamame (beans only)
1- 2 cups bok choy
1 cup cooked black rice
Coconut aminos (or low sodium soy sauce) to taste



Black Rice Chicken Stir Fry

INSTRUCTIONS

Heat a saucepan over high heat and oil, garlic, onion, and ginger. Saute until ingredients become tender and fragrant.

Add vegetables, chicken, pineapple, and black rice to the pan. Saute until all ingredients are cooked. Add coconut aminos and other seasonings of choice.

LUNCH / DINNER

CURRIED CHICKEN AND VEGGIE SHEET PAN



RECIPE MAKES: 6 servings



SERVING SIZE: 1 chicken thigh and equally distributed veggies



257

CALORIES

12

FAT

10

CARBS

3

FIBER

5

SUGAR

25

PROTEIN

Curry is a fantastic spice for gut health because it contains (or should) gut friendly herbs like turmeric, ginger, and fenugreek.

This recipe also calls for vegetables like cauliflower and brussels sprouts, which are high in fiber and can promote regularity and support digestive health.



Curried Chicken And Veggie Sheet Pan

INGREDIENTS

- 6 chicken thighs (1.5 pounds)
- 2 cups cauliflower florets
- 2 cups carrots, cut into sticks
- 2 red bell peppers, cut into pieces
- 150g brussels sprouts
- 1 medium yellow onion, chopped
- 1 tbsp fresh ginger, finely minced or shredded
- 4 tsp *curry powder, divided
- 2 tsp salt, divided
- 2 cups green onions, chopped
- 1 cup cilantro, finely chopped
- 3-4 tbsp olive oil divided

*Use quality curry spice that includes turmeric, ginger, and fenugreek in the blend.

INSTRUCTIONS

Preheat the oven to 425-450°F.

In a large bowl, mix 1-2 tbsp olive oil, 2 tps of curry powder, and 1 tsp of salt. Add veggies and ginger to the bowl and toss until coated.

Arrange the vegetables on a greased sheet pan.

In another bowl, add the remaining

1-2 tbsps of olive oil, 1/2 of the curry powder, and some salt. Add chicken thighs to the bowl and toss until coated.

Place the chicken thighs over the vegetables on the sheet pan.

Bake the chicken in the oven for 20-30 minutes, stirring the vegetables once half-way through. Remove from the oven and sprinkle the green onions over

the chicken and vegetables.

Return pan to the oven and continue baking for another 10 minutes or until veggies have reached desired doneness and chicken is thoroughly cooked.

Garnish with cilantro, and enjoy!

SUPERFOOD SALMON SALAD WITH BLUEBERRY BALSAMIC DRESSING



RECIPE MAKES: 1 very large salad



538

CALORIES

36

FAT

34

CARBS

10

FIBER

19*

SUGAR

29

PROTEIN

*From fruit
and honey

Wild Salmon is the #1 happy gut ingredient in this refreshing and very filling salad!

Among the most potent inflammation fighters are omega-3s – which is found in abundance in fish such as wild salmon.

This salad also has wild blueberries, which are one of the top anti-inflammatory fruits you can eat!

Throw in walnuts and avocado for even more healthy fats, all on top of a bed of spinach (which is rich in inflammation fighting vitamin-k), and you can see why we call this salad SUPER!

INGREDIENTS

SALAD:

3 oz wild salmon filet (do not use farm-raised)

2-4 cups spinach

1/2 medium avocado - diced

1/2 cup watercress

2 tbsp walnut pieces

2 tbsp thinly sliced or minced red onion

1 tsp extra virgin olive oil

Salt and pepper

BALSAMIC BLUEBERRY DRESSING (MAY HAVE EXTRA):

1/2 cup balsamic vinegar

1/2 tbsp honey

1/2 cup blueberries

TOPPINGS (OPTIONAL):

Green onions, nuts, seeds, additional blueberries, feta cheese, etc.



Superfood Salmon Salad With Blueberry Balsamic Dressing

INSTRUCTIONS

DRESSING: In a medium pan, combine all of the Balsamic Blueberry Sauce ingredients. Heat on medium-low until reduced by half (about 20 minutes.) Watch closely to prevent burning.

Lightly mash any remaining whole berries. Remove from heat. The sauce should thicken as it cools.

SALMON: Preheat the oven to 375°F. Line a rimmed baking sheet with foil and drizzle lightly with olive oil or non-stick cooking spray.

Place the salmon skin-side down. Drizzle lightly with olive oil, salt, and pepper.

Bake for 12 to 15 minutes or until internal temp reaches 120°F and the fish is flaky.

Load up your bowl with the salad ingredients, top with salmon, your desired amount of the balsamic blueberry dressing and any additional toppings!

AVOCADO BROWNIES



RECIPE MAKES: 16 brownies



SERVING SIZE: 1 brownie



120

CALORIES

5

FAT

16

CARBS

3

FIBER

11

SUGAR

3

PROTEIN

A diet high in processed foods and refined sugars is said to decrease the amount of good bacteria in your gut. This imbalance can cause GI upset and even cause increased sugar cravings that can lead to weight gain!

These brownies are sweetened with gut-friendly maple syrup and get their “moisture” from swapping out oils and butter for unsweetened applesauce and avocado!

Yes, avocado! Avocado is an excellent butter/oil substitute and is packed with fiber and potassium, which helps promote healthy digestion! It’s also a low-fructose food, so it’s less likely to cause gas.

We promise these brownies don’t taste healthy or like avocado.



Avocado Brownies

INGREDIENTS

- 1 large very ripe avocado
- 1/2 cup unsweetened applesauce*
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 3 large eggs
- 1/2 cup coconut flour
- 1/2 cup unsweetened dutch-processed cocoa powder**
- 1/4 tsp sea salt
- 1 tsp baking soda
- 1/2 cup of chocolate chips

* Can sub 1 large ripe mashed banana

** Make sure you use this type of cacao, or the brownies will be very bitter.

INSTRUCTIONS

Preheat the oven to 350°F.

Grease an 8x8 inch baking dish with coconut oil and add batter.

In a blender or food processor, add the avocado, applesauce, maple syrup and vanilla. Once blended, add to a large bowl and then whisk in eggs.

Add the coconut flour, cocoa powder, sea salt, and baking soda to the wet ingredients and stir until well-combined. Stir in chocolate chips.

Pour batter into a greased pan and bake for 25 minutes. If you like fudgy brownies, decrease cooking time.

Allow to cool for 20 minutes before cutting! Store in the fridge or on the counter in an airtight container.

*You can use stevia sweetened chocolate chips (or omit) to lower the sugar count.

CHOCOLATE COFFEE GRANOLA



RECIPE MAKES: 12 "topping size" servings



SERVING SIZE: 1 serving, weighed and divided into 12 equal portions



283

CALORIES

14

FAT

35

CARBS

8

FIBER

9

SUGAR

8

PROTEIN

Coffee lovers rejoice! Your favorite bean contains a micro-nutrient called polyphenols - which is known for helping with inflammation!

Enjoy this chocolate coffee granola as a gut-friendly topper for yogurt, cereal, protein ice cream, or by itself as a snack!

INGREDIENTS

3 cups gluten free old fashioned oats

1 cup of nuts (we like to use a mix of cashews, almonds, walnuts, and pecans)

1/4 cup chia seeds

1/2 cup unsweetened cocoa powder

1/3 cup ground coffee (use decaf if you want to avoid the caffeine)

2 tsp cinnamon

1/4 tsp salt

1 tsp vanilla extract

1/4 cup melted coconut oil

1/2-3/4 cup pure maple syrup

***OPTIONAL:** 1/2 cup semi-sweet chocolate chips

(*Not included in nutrition listed. If using, try to find stevia sweetened chocolate chips for less sugar.)



Chocolate Coffee Granola

INSTRUCTIONS

Preheat your oven to 350°F.

In a large mixing bowl, combine the oats, nuts, chia seeds, cocoa powder, cinnamon, salt, and ground coffee.

Add the melted coconut oil, maple syrup, and vanilla extract. Mix until everything is combined and the granola is wet.

Transfer the mixture to a large baking

sheet. Spread evenly and do not overcrowd.

Bake for 10 minutes, stir and bake for another 10 minutes, stirring every 3-5 minutes to prevent burning.

If you want to add the chocolate chips, take the granola out of the oven and gently mix. Bake the mixture for an additional 2-4 minutes. Remove from the

oven and add the other half on top.

Allow the granola to cool completely – it will crisp up as it cools.

*Store leftovers in an airtight container at room temperature for up to 1 week

GOLDEN NO BAKE BARS



RECIPE MAKES: 8 bars



SERVING SIZE: 1 bar



239

CALORIES

21

FAT

8

CARBS

4

FIBER

2

SUGAR

11

PROTEIN

Turmeric isn't only delicious for lunch and dinner dishes; it adds a unique flavor to desserts like these no-bake golden energy bars!

Each bar packs a boost of superfood gut-friendly nutrition and can be whipped up in seconds!



Golden No Bake Bars

INGREDIENTS

- 1 cup almond butter
- 3/4 cup unsweetened coconut flakes
- 1 scoop [Sculpt Nation Vanilla Protein](#)
- 2 tsp turmeric
- 1 tsp coconut oil
- 1/2 tsp maple syrup

INSTRUCTIONS

In a blender, add almond butter, 1/2 of the coconut flakes, coconut oil, maple syrup, protein powder, and turmeric. Blend on high until evenly distributed.

*If the batter is too runny when blending, add more protein powder

until the consistency is similar to raw dough. If the dough is too thick, add tiny splashes of unsweetened non-dairy milk until it reaches proper consistency.

Spread mix into a parchment covered pan, sprinkle the remainder of

coconut flakes on top, and place in the refrigerator to harden (approx 60 min.)

Once set, slice into 8 equal bars.



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