

RECIPE COLLECTION

# Dr. Ritamarie's HAPPY BELLY RECIPE GUIDE

Delicious, Easy-to-Make Recipes to Soothe  
and Heal Your Digestive Tract



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This edition was published in the United States of America by Dr. Ritamarie Loscalzo.

**Edition Date:** August 12, 2015

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**Dr.RitamarieLoscalzo**  
MS, DC, CCN, DACBN

ROOT CAUSE HEALTH CARE

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**FREE DIGESTIVE  
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[www.GutHealingQuiz.com](http://www.GutHealingQuiz.com)



# INTRODUCTION TO THE **RECIPE COLLECTION**



This e-book recipe collection contains delicious, nutritionally dense recipes that can:

- Repair and optimize your digestion
- Keep your energy nice and steady
- Help reduce inflammation
- Nourish your glands, organs, and immune system

The more you use these gut healing recipes, the more you will feel energized, clear-headed, and move closer and closer to your ideal weight.

Are you making one of the **top 3 food mistakes** that zap energy and create digestive dysfunction? Use the recipes in this book and you will avoid all 3 of the following mistakes:

**1.** Starting the day with a high carbohydrate meal. This can alter your hormones throughout the day, cause leptin (the fat burning hormone) to be inefficient, and cause insulin (the fat storage hormone) to rise.

**2.** Eating too much gluten! Gluten is a hard to digest protein found in wheat, rye, barley, spelt, kamut and triticale. It's the cause of celiac disease and causes harm to digestive tissue and brain tissue. Even if your gut feels fine after eating gluten, the changes to your brain can leave you foggy and exhausted for days.

**3.** Eating sugar. Even so-called "healthy" forms of sugar including honey, maple syrup, agave, and coconut nectar are food for gut microorganisms that disrupt digestion and damage your gut lining. All the recipes in this book are made with low-glycemic sweeteners.

All of the recipes in this collection are free of sugar, dairy, grains, and gluten. The goal is to make mealtime a pleasure, give you lots of options, and offer meals that are filling and satisfying, friendly to your gut and without excess calories, fat, or sugar.

Enjoy the journey!

Dr. Ritamarie



# BREAKFAST PLANNING GUIDELINES

The typical American/continental breakfast of juice, coffee, and toast with or without cereal is a blood sugar disaster. Even switching to fresh squeezed fruit juice, gluten-free toast, and multigrain cereal will create surges of insulin and disrupt hormones for the rest of the day.

Many gut healing menu plans recommend a high protein breakfast, which generally means bacon and eggs, steak and yogurt, or cottage cheese. This type of can be a disaster for both the immune system and cardiovascular system, and it's extremely deficient in micro-nutrients and antioxidants.

The gut healing menus in this book empower you to make breakfast that's both loaded with micronutrients and antioxidants and low in carbohydrates, high in fiber and high enough in protein to leave you satiated and balanced all day long. Use the following guidelines to help personalize the breakfast choices you'll find in the menus.

## Extras

These can be added as toppings or extras to add calories and to make your meals more filling:



- soaked and/or sprouted nuts or seeds
  - nice when ground and sprinkled on chia porridge
- cashew yogurt or coconut yogurt
- low-glycemic granola
- shredded coconut – nice on chia porridge

For special occasions and weekends when you may have more time for breakfast preparation, enjoy a more elaborate, low-glycemic breakfast.

Steamed or sautéed vegetables or any lunch or dinner menu item can also be enjoyed at breakfast.

If you are suffering with inflammatory bowel disease or are sensitive to specific carbohydrates, as in the GAPS diet or to FODMAPs, consult these food lists for allowed and eliminated foods; adapt the recipes and menu plan accordingly. Those with inflammatory bowel diseases, like Crohn's and colitis, may need to strictly avoid raw foods or stick to blended or juiced vegetables for a period of 30 days or longer.



# SUPER GUT-HEALING ENERGY DRINK

## INGREDIENTS:

- 32 ounces water
- 2 tablespoons chia seed
- 2 tablespoons lemon or lime juice
- 2 drops gut soothing essential oil or blend \*\*
- 1 teaspoon slippery elm powder
- 1 teaspoon DGL powder (deglycyrrhizinated licorice)

## DIRECTIONS:

Combine all ingredients in a container with a sealable lid and shake well.

\*\* When it comes to the essential oils, **Young Living DiGize** is a good choice, as is peppermint and lemon. Roman chamomile oil is also a natural gut calmer.



## INGREDIENTS:

- 1 handful leafy green vegetables (any variety such as dark green/red lettuces, kale, spinach, parsley, etc.)
- fresh ginger root, lemon, mint (optional additions)
- water as needed for blending

# GREEN WATER

## DIRECTIONS:

1. Place a handful of leafy green vegetables in the blender.
2. Cover with water and blend until vegetables are completely puréed. Add enough water to fill the blender and blend until vegetables are completely dissolved.
3. Pour liquid into a 1 1/2 to 2 quart container and fill with water.
4. Shake well before drinking.
5. Sip throughout the day in place of water.
6. Add fresh ginger root, lemon, or mint to the blend for a nice flavor. The resulting beverage should be a pale green, translucent color.



# GUT REJUVENATOR A.M. STARTER

## INGREDIENTS:

- 32 ounces water
- 1 lemon, juice of
- 2 drops peppermint essential oil
- 2 drops lemon essential oil

## DIRECTIONS:

Sip this to wake up your digestive tract before you start to feed it.

## VARIATIONS:

**Option 1:** Add a pinch of cayenne.

**Option 2:** Add 1-inch piece of ginger, 1-inch piece of turmeric, and 1/4 teaspoon cayenne. Blend and strain. This is powerful. You may need to dilute it or spread it across a few days at first.

**Option 3:** Substitute apple cider vinegar for the lemon juice if you are sensitive to citrus.

# SLIPPERY ELM DRINK

## INGREDIENTS:

- 1 tablespoon slippery elm powder
- 1 cup water
- spices or essential oils, to taste

## DIRECTIONS:

1. Pour room temperature water over herb.
2. Stir well with a fork or wire whisk. The drink will thicken within a few minutes.
3. Add flavoring and stir well.

## NOTE:

This gut healing base drink goes well with aromatic herbs like cinnamon, cardamom, peppermint, and ginger.

Drink before meals to protect damaged mucous membranes from food, or drink between meals to aid in the healing of leaky gut. It's also a great remedy for a sore throat.



# SMOOTH MOVE JUICE

## INGREDIENTS:

- 1 bunch collard greens or kale
- 1 cucumber
- 1 lemon, juice of
- 1 small sliver of fresh turmeric (or 1/4 teaspoon dried)
- 2 cloves garlic
- 2 green onions (scallions)
- 1 handful broccoli sprouts
- 1 teaspoon slippery elm powder

## DIRECTIONS:

1. Run all the ingredients above through a juicer.
2. Add the slippery elm and stir until well combined.

# LEAKY GUT REPAIR SHAKE

## INGREDIENTS:

- 1 scoop protein powder (see below)
- 1-2 tablespoons green powder, your choice – make sure it's gluten-free
- 1 handful fresh or frozen blueberries (optional – see **\*\*note**)
- herbs, spices, or essential oil flavorings to enhance the flavor -- mint, vanilla, almond, orange and lemon essential oils are nice additions
- **1 or more leaky gut repair herbs:**
  - 1 handful fresh plantain (grows wild)
  - 2 tablespoons fresh aloe vera gel or juice
  - 1-2 teaspoons powdered slippery elm
  - 1-2 teaspoons marshmallow root
  - 1-2 teaspoons DGL powder (deglycrrhizinated licorice)
- 12 - 16 ounces water or green juice
- ice (optional)

## DIRECTIONS:

Combine all ingredients and blend until smooth. Add healing powders gradually and taste as you go.

**Personal Note:** My favorite protein powder options for gut repair include pure pea protein such as **Designs for Health - PurePea, Z Natural Foods Pea Protein, Sunwarrior Warrior Blend and Sacha Inchi Protein**. These powders are simple, hypo-allergenic, contain around 3-4 ingredients, and contain no rice protein, which is a gluten cross reactor in many people. Other powders I like that contain greens are **HealthForce Nutritionals Warrior Food: Elite Green Protein Cool Green and Purium LOVE Supermeal**.

**\*\*Note:** Only add blueberries if blood sugar allows. If you have an indication of candida overgrowth, it might be good to keep the fruit out until you have eradicated it.



# CASHEW YOGURT

By Chef Karen Osborne

## INGREDIENTS:

- 1 cup water
- 1 heaping cup raw cashews, soaked
- 1 teaspoon probiotic powder,  
**Healthforce Nutritionals or other**

## DIRECTIONS:

1. Blend the cashews and water in a high speed blender until smooth.

**2.** Add the probiotic powder and blend at low speed just until it is incorporated.

**3.** Pour mixture into a clean glass jar and just rest the lid on top to keep mixture clean but to allow air in.

**4.** Let mixture sit at room temperature in a warm location for 24 hours.

**5.** Close lid and refrigerate.

# COCONUT KEFIR

## INGREDIENTS:

- coconut – fresh, dried, or coconut butter
- water, as needed
- kefir culture: kefir starter or probiotic powder

## DIRECTIONS:

1. Blend coconut with enough water to make a creamy milk-like consistency. Young coconut will need very little water. Dried coconut will need approximately a cup of water per cup of coconut.
2. If using dried coconut, strain the pulp.

**3.** Pour coconut milk into a clean jar and add 1 teaspoon kefir starter or probiotic per cup of milk.

**4.** Allow to sit at room temperature for 24 – 48 hours or until tangy.





# PROBIOTIC HERBAL TONICS

## INGREDIENTS:

- 1/2 cup herbs and spices of choice
- 1 packet **Body Ecology Kefir Starter**

## DIRECTIONS:

1. Toss herbs and spices of choice into a mason jar and cover with 1 quart boiling water.
2. Stir in starter culture and transfer the mixture to a mason jar.
3. Allow the mixture to ferment for two to three days in the warmest spot in your kitchen.

# SAUERKRAUT

## INGREDIENTS:

- 5 pounds cabbage
- seasonings, herbs, and other vegetables as desired (examples: onions, garlic, seaweed, greens, Brussels sprouts, ginger, burdock roots, caraway seeds, dill seeds, celery seeds, etc.)
- sea salt (optional)

## EQUIPMENT:

- ceramic crock or food-grade plastic bucket, one-gallon capacity or greater
- plate that fits inside crock or bucket
- one-gallon jug filled with water (or a scrubbed and boiled rock)
- cloth cover (like a pillowcase or towel)

## DIRECTIONS:

1. Chop or grate cabbage, finely or coarsely (a food processor works great). Add cabbage to a large bowl as each batch is shredded.
2. If desired, sprinkle sea salt on the cabbage as you go. The salt breaks down the cell wall and pulls water out of the cabbage which begins to soften it.
3. Shred and add other vegetables, herbs, and seasonings if desired.
4. Massage mix with hands to release juices or pound with a baseball bat or kitchen mortar. Once ingredients are massaged and mixed, pack into crock.



## SAUERKRAUT continued...

5. Cover kraut with a plate or some other lid that fits snugly inside the crock. Place a clean weight (a glass jug filled with water or a clean rock) on the cover. This weight is to force water out of the cabbage and then keep the cabbage submerged under the brine.
6. Cover the whole thing with a clean dish towel or cheese cloth.
7. Press down on the weight to add pressure to the cabbage and help force water out of it. Continue doing this periodically until the brine rises above the cover.

8. Leave the crock to ferment.
9. Check the kraut every day or two. Generally it starts to be tangy after a few days.
10. It's usually ready to eat in a week to 10 days. Spoon into jars. You can allow it to continue to ferment and determine when you like the taste best.
11. Store jars in refrigerator.

## MARSHMALLOW MORNING PORRIDGE

### INGREDIENTS:

- 1 tablespoon marshmallow root powder
- 1 cup water
- spices, flavorings, or essential oils

### DIRECTIONS:

1. Put marshmallow in a jar and pour 1 cup room temperature water over it.
2. Shake well to combine or use a wire whisk.

3. Allow to sit overnight to steep.
4. Next day, add flavorings and drink or eat with a spoon.

**Personal Note:** This is also a great remedy for a sore throat as well as a terrific gut soother.



# QUICK AND EASY CHIA BREAKFAST PUDDING

## INGREDIENTS:

- 1/2 cup chia seeds
- 2 1/2 - 3 cups flavored liquid (nut or seed milk, fresh pressed vegetable juice, a smoothie, or any combination of the above, with water if desired)
- 1-2 teaspoons pure, organic, raw vanilla powder, vanilla extract, or other flavorings to taste
- 1 pinch sea salt
- 1 teaspoon cinnamon (optional)
- additional sweetener if needed: stevia, xylitol, blended blueberries

## DIRECTIONS:

1. Soak chia seeds in water, juice, or smoothie for several hours or overnight. The longer you soak them, the more liquid you will need.
2. Once the chia seed has absorbed all of the liquid and expanded, it will be thick and gelatinous.
3. Add your choice of flavorings: vanilla powder, cinnamon, or other flavorings.
4. If desired, top with chopped nuts or seeds.

**Personal Note:** Flavorings are available from **Frontier Natural Products Co-op**. They have a large variety of organic flavors such as orange, peppermint, lemon, and raspberry.

# CREAMY GREEN SOUP

## INGREDIENTS:

- 1 bunch of broccoli
- 1 zucchini
- 1 stalk of celery
- 1/2 - 1 medium sized onion
- 1 avocado or 1/4 cup coconut meat (fresh or from jar)
- 1 bunch of green leafy veggies such as spinach, chard, collards, kale or dandelion greens
- water for steaming

## DIRECTIONS:

1. Steam veggies until just tender and place in blender along with steaming water. Be careful not to burn yourself.
2. Blend until creamy.
3. Add avocado and blend again.
4. Add additional water if too thick.
5. Add a pinch of sea salt and a tablespoon of flax oil. Season to taste with basil, cilantro, or other favorite herbs.



# ENERGY SOUP

(Adapted from one of Dr. Ann Wigmore's favorite recipes)

## INGREDIENTS:

- 2 cups sprouts, including sunflower seed sprouts
- 1 green apple
- 1 avocado
- 2 cups Sauerkraut
- 1 avocado or 1/4 cup coconut meat (fresh or from jar)
- 1 beet
- 2 cups water
- 1/4 cup lemon juice

## DIRECTIONS:

Blend and adjust to taste.

**Note:** "Energy Soup" is a term Ann Wigmore used to describe her hearty blended green concoctions. They are basically the same as green soups except that they include sprouts, an apple, and an avocado. Ann Wigmore also used "Rejuvelac", a fermented wheat beverage containing microorganisms that assist digestion. In this recipe we substitute sauerkraut for the Rejuvelac to get the beneficial microorganisms.

# GUT REPAIR SOUP

## INGREDIENTS:

- 1 zucchini
- 1/2 - 1 medium-sized onion
- 1 large sweet potato or squash (optional)
- 1 bunch of green leafy veggies such as spinach, chard, collards, kale or dandelion greens
- essential oils (any gut soothing ones)
- herbs, to taste
- water for steaming

## DIRECTIONS:

1. If using sweet potato, cut into 1-inch pieces and start steaming 10 minutes before the rest of the vegetables.
2. Steam veggies until tender and place in blender along with steaming water.
3. Add additional water to the soup if too thick.
4. Add a pinch of sea salt and essential oils after blended.
5. Season to taste with basil, cilantro, or other favorite herbs.

**Personal Note:** Sweet potatoes and squash give the soup a sweeter flavor.



# GUT HEALING SALAD WITH COCONUT GINGER DRESSING

**NOTE:** Avoid raw vegetables for 30 days if you have Crohn's, ulcerative colitis, diverticulitis or other gut inflammatory conditions.

## SALAD INGREDIENTS:

- 1 handful each of arugula, dandelion, and chicory
- 1 small beet, grated
- 1 small carrot, grated
- 1/2 cup jicama, finely diced
- 1-2 Jerusalem artichokes, peeled and grated

## DRESSING INGREDIENTS:

- 1/2 cup coconut butter or shredded coconut, or the meat from a young Thai coconut
- 1 lemon, juice of
- 1 small piece of fresh ginger, or more to taste
- 1 clove garlic
- 1 tablespoon flax oil
- 1/4 teaspoon turmeric
- 1/2 teaspoon salt or to taste
- 2 tbs water or to desired thickness

## DIRECTIONS:

1. Place salad ingredients in a large bowl.
2. Blend all dressing ingredients and pour over salad.

# BRAZIL NUT "PARMESAN CHEESE"

## INGREDIENTS:

- 1/2 cup grated Brazil nuts
- 1/4 cup nutritional yeast flakes
- 1/8 teaspoon sea salt

## DIRECTIONS:

Combine all ingredients in a bowl, and mix well.



# CREAMY CILANTRO SAUCE

## INGREDIENTS:

- 1/2 cup pumpkin seeds soaked 3-4 hours (or unsoaked, or **Go Raw Sprouted Pumpkin Seeds** if you forget to soak)
- 1/4 cup macadamia nuts or cashews
- 1/4 cup water
- 2-3 tablespoons of lemon or juice
- 1 cup cilantro
- 1/4 teaspoon Celtic, Himalayan, or pink sea salt
- 1 pinch of cayenne if desired

## DIRECTIONS:

1. Blend all ingredients until smooth and creamy. Thin to desired consistency.
2. Pour sauce over cooked or raw vegetables, or use less water and serve as a dip.

# CUCUMBER DIP

## INGREDIENTS:

- 2 cucumbers, peeled and cut
- 1 small avocado
- 2 tablespoons dill
- 1 teaspoon sea salt
- 1 clove garlic (optional)



## DIRECTIONS:

1. Blend all ingredients until smooth and creamy. Thin to desired consistency.
2. Pour sauce over cooked or raw vegetables, or use less water and serve as a dip.



# AMARETTO TRUFFLES: LOW-GLYCEMIC

Inspired by Chef Karen Osborne

## INGREDIENTS:

- 1/4 cup almond butter
- 1/2 cup coconut butter
- 1/4 cup lucuma powder
- 1/4 cup carob powder
- 1/8 teaspoon sea salt
- 2 teaspoons ground vanilla beans
- 1 tablespoon almond extract
- 12 drops liquid stevia (chocolate flavor if possible)
- 1/4 cup almonds, ground to a powder
- 1/2 cup almonds, ground to a powder or 1/2 cup finely shredded coconut for "snowball" truffles (**Note:** This is used to roll the truffles when formed. You can roll half in coconut and half in almonds if you choose.)

## DIRECTIONS:

1. Combine all ingredients except the 1/2 cup ground almonds or coconut.
2. Process in a food processor or stir together until smooth.
3. Form a teaspoon of dough into a ball. If it's too "gooey" add a little extra ground almond to dry it a bit.
4. Continue forming balls until all dough is used.
5. Roll balls in ground almonds and or coconut.
6. Refrigerate for a couple of hours or freeze for at least 1/2 hour.

# BLUEBERRY COCONUT ICE CREAM

## INGREDIENTS:

- 1 cup frozen blueberries
- 1 cup frozen zucchini, cut into cubes
- 2 tablespoons coconut butter
- 1-2 cups mild greens
- enough water to make it all spin
- stevia to taste

## DIRECTIONS:

Blend it all in a high-powered blender and eat frozen.



# MINT CHOCOLATES

## INGREDIENTS:

- 1 tablespoon tahini
- 1 tablespoon coconut butter
- 1 tablespoon carob powder
- 1 teaspoon green powder
- 1 teaspoon protein powder
- 2 drops peppermint essential oil
- 6 drops **Medicine Flower Chocolate Flavor Extract** plus 3 drops stevia OR 3 drops chocolate stevia (optional)

## DIRECTIONS:

1. Put all ingredients in a bowl and stir until well combined, adding just enough water to make a smooth paste or blend until smooth.
2. Add stevia if desired for extra sweetness. I found it to be fine without stevia.
3. Add a tablespoon of chopped nuts for a crunchy candy (optional).
4. Spoon into candy molds or ice cube trays or spread into a baking dish lined with wax paper.
5. Freeze until solid, about half an hour.





# ABOUT DR. RITAMARIE LOSCALZO

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Dr. Ritamarie Loscalzo, the founder of the Institute of Nutritional Endocrinology, is fiercely committed to transforming exhausted high achievers all over the globe into high energy people who love their lives and live to their full potential.

She's a Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine and HeartMath®, and as a certified living foods chef, instructor and coach, has also trained hundreds of others in the art of using palate pleasing, whole fresh foods as medicine.

A bestselling author, speaker, and internationally recognized nutrition and hormone health authority, Dr. Ritamarie combines the ancient healing wisdom of whole fresh foods and herbs with modern scientific research to inspire people everywhere to recharge their energy and reclaim their lives.

Whether you've been struggling with digestive issues for a long time or are wondering if you are among the many whose digestive dysfunction manifests in body-wide symptoms like brain fog, depression, fatigue, joint pain, autoimmune conditions and many more, take Dr. Ritamarie's Digestive Health Quiz and get your own Digestive Health Report Card.

<http://www.GutHealingQuiz.com>



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