



40

Delicious, Gut-Friendly Fat Loss Recipes

Tasty Fat-Busting Recipes to Help You Lose Weight



Contents

4 Introduction

6 Delicious Recipes for a Lean Microbiome

7 Probiotic Drink Recipes

8 Probiotic Lemonade

9 Strawberry Basil Water Kefir

10 Mixed Berry Mint Kombucha

11 Homemade Ginger Ale

12 Pineapple Ginger Tepache

13 Orange Carrot Beet Kvass

14 Fizzy Strawberry Soda

15 Easy Kombucha

16 Condiments and Salad Dressings

17 Lacto-Fermented Mayonnaise

18 Kombucha Mustard

19 Kombucha BBQ Sauce

20 Fermented Ketchup

21 Goat Milk Sour Cream

22 Sesame Miso Vinaigrette

23 Lemon Kefir Dressing

24 Garlic Mustard Kombucha Dressing

25 Creamy Avocado Ginger Dressing

26 Fermented Ranch Dressing

27	Soups and Salads
28	Prebiotic Artichoke Chili
29	Chicken Bone Broth Soup
30	Sweet & Sour Soup
31	Probiotic Miso Soup
32	Root Vegetable Soup
33	Superfood Salad
34	Loaded Kale Salad
35	Fermented Cucumber Red Onion Salad
36	Probiotic Tomato Salad
37	Simple Side Dishes
38	Fermented Dill Pickles
39	Easy Kimchi
40	Fermented Vegetables
41	Fermented Salsa
42	Sauerkraut
43	Probiotic Mac & Cheese
44	Entrees
45	Probiotic Power Bowl with Rice
46	One Sheet Tempeh and Asparagus Bowls
47	Miso Ramen with Tempeh
48	Chicken and Barley Skillet with Yogurt
49	Glazed Pork with Kimchi Veggies
50	Tempeh Bolognese Pasta
51	Kimchi Fried Rice
52	Conclusion

Introduction

Bacteria are responsible for any number of infections and serious illnesses but not all bacteria are bad. In fact, the body contains a balance of helpful and harmful bacteria. The majority of the bacteria in the human body are located in the gut and make up what is known as the microbiome.

Most of the bacteria in your body are symbiotic – they work with the human body to provide health benefits and, in return, the body supports the bacteria. Pathogenic bacteria exist in smaller numbers and, in a healthy body, they can coexist with those beneficial bacteria. When there is a disturbance in the balance of good to bad bacteria, a condition called dysbiosis occurs.

Symptoms of dysbiosis include diarrhea, constipation, and abdominal cramps. In most cases, these side effects are mild and temporary but if the imbalance isn't corrected it can lead to chronic illness and other problems like weight gain.

Not only can bacterial imbalance lead you to gain weight, but it could prevent you from losing weight. A healthy gut biome requires high concentrations of good bacteria or “lean bacteria” that outnumber the bad bacteria or “fat bacteria.”

So, how do you shift the balance from bad to good? It all has to do with your diet.





The first step in restoring the health of your microbiome is to eliminate foods that contribute to dysbiosis like hormone- and antibiotic-laced animal products and foods loaded with artificial additives. From there, you eat microbiome-supporting foods to build back that healthy bacterial balance.

Probiotics are a key element in a healthy diet that promotes weight loss. These are simply foods that contain live microorganisms that improve concentrations of good bacteria in the body. Prebiotics are foods that provide nourishment for those microorganisms.

Fermented foods are an excellent source of probiotics. Examples include yogurt, sauerkraut, tempeh, kimchi, kombucha, and pickles.

If these foods aren't your favorites, you're not alone. Fermented foods often have a strong flavor that some people simply don't like. So how do you include them in your diet? We've assembled a collection of gut-friendly recipes featuring probiotic and prebiotic foods to help you restore the "lean bacteria" in your microbiome and finally meet your weight loss goals.

These recipes are simple to prepare and full of delicious flavor. Check them out and start working them into your daily diet!

Delicious Recipes for a Lean Microbiome

Reducing numbers of “fat bacteria” in your body and replacing them with “lean bacteria” is by no means complicated. It’s all about consuming foods that naturally contain live, beneficial microorganisms and providing them with the nutrients they need to survive.

In the following pages, you’ll find a generous collection of probiotic recipes designed to increase proliferation of healthy bacteria in your microbiome. Enjoy!

Recipes Included in this Book:

Probiotic Lemonade	Garlic Mustard Kombucha Dressing	Easy Kimchi
Strawberry Basil Water Kefir	Creamy Avocado Ginger Dressing	Fermented Vegetables
Mixed Berry Mint Kombucha	Fermented Ranch Dressing	Fermented Salsa
Homemade Ginger Ale	Prebiotic Artichoke Chili	Sauerkraut
Pineapple Ginger Tepache	Chicken Bone Broth Soup	Probiotic Mac & Cheese
Orange Carrot Beet Kvass	Sweet & Sour Soup	Probiotic Power Bowl with Rice
Fizzy Strawberry Soda	Probiotic Miso Soup	One Sheet Tempeh and Asparagus Bowls
Easy Kombucha	Root Vegetable Soup	Miso Ramen with Tempeh
Lacto-Fermented Mayonnaise	Superfood Salad	Chicken and Barley Skillet with Yogurt
Kombucha Mustard	Loaded Kale Salad	Glazed Pork with Kimchi Roasted Veggies
Kombucha BBQ Sauce	Fermented Cucumber Red Onion Salad	Tempeh Bolognese Pasta
Fermented Ketchup	Probiotic Tomato Salad	Kimchi Fried Rice
Goat Milk Sour Cream	Fermented Dill Pickles	
Sesame Miso Vinaigrette		
Lemon Kefir Dressing		

Probiotic Drink Recipes



Probiotic Lemonade



Servings: 8



Ingredients:

6 ½ cups filtered water

½ cup fresh lemon juice

½ cup cane sugar

½ cup liquid whey



Instructions:

Combine all of the ingredients in a large glass jar.

Cover tightly with the lid then shake well until the sugar dissolves.

Let stand at room temperature for 2 days then refrigerate.

Strawberry Basil Water Kefir



Servings: 4



Ingredients:

¼ cup sugar

¼ cup hot water

4 cups filtered water

Pinch sea salt

1 dried fig

1 dried date

8 to 10 seedless raisins

¼ teaspoon molasses

¼ cup water kefir grains



Instructions:

To make the water kefir, place the sugar in a large wide-mouth glass jar.

Add the hot water and stir until the sugar dissolves.

Add the filtered water, sea salt, fig, date, raisins, and molasses, stirring well.

Pour in the water kefir grains then cover with cheesecloth and secure with a rubber band.

Let rest out of direct sunlight for 1 to 3 days.

Strain the liquid into a glass bottle with a tight-fitting lid.

Add the strawberries and basil then seal the bottle tightly.

Leave in a warm place for 12 to 72 hours until fizzy then refrigerate.

Mixed Berry Mint Kombucha



Servings: 6 to 8



Ingredients:

⅓ cup water

⅓ cup sugar

¼ cup chopped mint

½ cup fresh blueberries

½ cup fresh blackberries

64 ounces kombucha (store bought)



Instructions:

Whisk together the water, sugar, and mint in a small saucepan.

Stir in the blueberries and blackberries then bring to a boil over medium heat.

Mash the berries with a fork then reduce heat to a gentle boil.

Cook for 5 minutes then remove from heat and cool to room temperature.

Fill a glass bottle with the kombucha and add the berry mixture.

Seal the bottles and place in a dark, warm area for 2 to 4 days to ferment.

Transfer to the fridge for at least a week before enjoying.

Homemade Ginger Ale

 **Servings: 8**

 **Ginger Bug
Ingredients:**

2 inches ginger, peeled
and grated

½ cup water sugar

2 cups water

Ginger Ale:

8 cups water

2 inches ginger,
peeled and grated

½ cup sugar

1 lemon, peeled
and sliced

½ cup ginger bug

 **Instructions:**

To make the ginger bug, combine the grated ginger, sugar, and water to a glass jar.

Stir well then loosely cover the jar and let sit at room temperature.

Feed the mixture with 1 tablespoon water and 1 teaspoon grated ginger once a day for 4 to 5 days, stirring after each addition.

When the mixture is bubbly on top, it is ready to use.

To make the ginger ale, combine 4 cups of water, grated ginger, and sugar in a medium saucepan.

Bring to a boil over medium heat then simmer for 5 minutes.

Strain the mixture and cool to room temperature.

Pour the mixture into a glass jar and add the remaining water, lemon, and ½ cup of the ginger bug.

Stir then cover the jar tightly with the lid.

Let sit at room temperature for 2-3 days until fizzy then refrigerate for up to a week.

Pineapple Ginger Tepache

 **Servings: 5**

Ingredients:

1 large pineapple, ripe

2 sticks cinnamon

2 whole cloves

1 inch ginger, peeled and
grated

¼ cup honey

4 cups filtered water

Instructions:

Peel the pineapple and place the peels into a large glass jar.

Pass the pineapple fruit through a juicer and pour the juice in with the peels.

Combine the warm water, honey, and spices in a small bowl then pour into the jar.

Stir well to combine then cover with a small plate.

Let rest at room temperature for at least 3 days.

Skim off the foam then cover with the plate and let rest

Orange Carrot Beet Kvass



Servings: 4



Ingredients:

6 medium carrots, sliced	¼ cup whey
2 tablespoons ginger, chopped	2 teaspoons sea salt
6 strips orange peel	Water, as needed



Instructions:

Combine the carrots, ginger, and orange peel in a half-gallon glass jar.

Stir in the whey and salt then fill the jar with water, leaving 1 inch at the top.

Cover the jar tightly with the lid.

Shake well until the salt dissolves in the liquid.

Remove lid then cover the jar with a coffee filter and secure with a rubber band.

Place in a warm location for 2 to 4 days to ferment.

Strain the liquid and enjoy, leaving 1 cup of liquid in the jar.

To make a second batch, simply add water to the remaining liquid and ferment.

Fizzy Strawberry Soda

 **Servings: 8 to 10**

Ingredients:

2 pounds fresh strawberries

2 lemons, juiced

1 cup water

½ cup granulated sugar

¼ teaspoon champagne yeast

Instructions:

Chop the strawberries and place them in a large bowl.

Add the lemon juice then set aside.

Bring the water to boil in a small saucepan then remove from heat.

Stir in the sugar until it dissolves then pour the mixture over the strawberries.

Let stand for 10 minutes.

Transfer the mixture to a blender and blend smooth.

Strain the blended mixture into a bowl.

Pour the juice into glass bottles and fill with water, leaving 1 inch at the top.

Add the yeast then cover the bottles and shake until the yeast dissolves.

Let rest at room temperature for 12 to 48 hours then chill for up to 2 weeks.

Easy Kombucha

 **Servings: 1 gallon**

Ingredients:

3 ½ quarts water

2 cups store-bought kombucha

1 cup sugar

1 scoby

8 bags black tea

Instructions:

Bring a quart of water to boil in a stockpot and add the sugar.

Stir until the sugar dissolves then remove from heat.

Add the tea and let stand for 10 minutes then remove the tea bags.

Pour the tea into a 1-gallon jar and add the remaining water.

Cool to room temperature then pour in the store-bought kombucha.

Add the kombucha scoby to the jar then cover with a double layer of cheesecloth.

Secure the cheesecloth with a rubber band.

Let rest at room temperature out of direct sunlight for 7 to 14 days.

Remove the scoby and transfer the kombucha to jars or glass bottles.

Cap the bottles tightly and let rest at room temperature for 1 to 5 days to carbonate.

When fizzy, refrigerate the bottles for 24 hours before drinking.

Condiments and Salad Dressings



Lacto-Fermented Mayonnaise

 **Servings: 1 cup**

Ingredients:

2 large egg yolks

2 tablespoons fresh lemon juice

1 cup olive oil

Sea salt

¼ teaspoon mustard powder

1 tablespoon whey

Instructions:

Fill a small bowl with warm water and set aside.

Dump out the water and dry the bowl completely.

Add the egg yolks and lemon juice to the bowl and whisk thoroughly.

Drizzle in the olive oil a drop at a time while whisking.

Once you have a thick, creamy mixture add the salt, whey, and mustard powder.

Add more salt to taste then spoon into a glass jar.

Cover and let rest at room temperature for 7 to 8 hours then refrigerate.

Kombucha Mustard

 **Servings: Variable**

Ingredients:

Whole mustard seeds

White vinegar (optional)

Kombucha

Sea salt

Instructions:

Full a small glass jar half full with mustard seeds then add salt to taste.

Pour in the kombucha to about ½ inch above the mustard seeds.

Cover loosely then let rest at room temperature.

After a week or two, the seeds should soften and become ready for blending.

Transfer the mixture to a blender and blend smooth.

Add more kombucha, if desired, to thin the consistency.

For more tang, add a little bit of white vinegar.

Kombucha BBQ Sauce

 **Servings: 8 to 10**

Ingredients:

1 cup kombucha

1 tablespoon brown sugar

1 tablespoon sea salt

1 teaspoon red pepper flakes

½ teaspoon cayenne

Instructions:

Combine the kombucha, brown sugar, sea salt, red pepper, and cayenne in a small bowl.

Stir well to combine then spoon into a small glass jar.

Refrigerate for at least 4 hours before using.

Fermented Ketchup

 **Servings: 2 cups**

Ingredients:

12 oz. tomato paste

½ teaspoon sea salt

3 tablespoons maple syrup

¼ teaspoon onion powder

3 tablespoons raw vinegar

⅛ teaspoon black pepper

2 tablespoons fresh whey

Pinch allspice

Instructions:

Spoon the tomato paste into a medium bowl.

Stir in the maple syrup, raw vinegar, fresh whey, and spices.

Blend until well combined then adjust seasoning to taste.

Spoon into a glass jar and cover then let rest for 2 to 3 days.

Move to the fridge for 3 days before enjoying.

Goat Milk Sour Cream



Servings: Variable



Ingredients:

Fresh goat cheese (any amount)

Fresh goat milk (varies)



Instructions:

Spoon the goat cheese into a food processor.

Pulse several times until smooth.

With the motor running, drizzle in the goat's milk a tablespoon at a time until you reach the desired consistency.

Spoon into a glass jar and refrigerate until ready to use.

Sesame Miso Vinaigrette

 **Servings: 8**

Ingredients:

1 tablespoon white sesame seeds

2 tablespoons white miso

2 tablespoons sesame oil

⅓ cup rice vinegar

⅓ cup olive oil

1 tablespoons honey

½ teaspoon sea salt

Instructions:

Place the sesame seeds in a dry skillet and toast over medium heat.

When the seeds darken, transfer to a plate to cool.

Whisk together the remaining ingredients until well combined.

Add the sesame seeds and stir well.

Pour into a small glass jar and refrigerate until ready to use.



Lemon Kefir Dressing

 **Servings: 4 to 6**

Ingredients:

3 cloves garlic, chopped

¼ cup kefir cheese

¼ cup kefir

1 tablespoon kombucha

½ lemon, juiced and zested

2 tablespoons olive oil

Instructions:

Place the garlic in a food processor.

Add the kefir cheese, kefir, kombucha, lemon juice and zest, olive oil, and salt.

Blend until smooth and well combined.

Pour into a small glass jar and refrigerate until ready to use.

Garlic Mustard Kombucha Dressing

 **Servings: 1 cup**

Ingredients:

¼ cup kombucha

½ teaspoon sea salt

1 tablespoon Dijon mustard

½ cup olive oil

2 cloves garlic, minced

Instructions:

Combine the kombucha, mustard, garlic, and salt in a small glass jar.

Cover with the lid and shake until well combined.

Add the olive oil then shake again to combine.

Refrigerate until ready to use and shake before use.



Creamy Avocado Ginger Dressing

 **Servings: 1 ½ cups**

Ingredients:

1 large avocado

½ teaspoon cayenne

½ cup fresh orange juice

Maple syrup or honey to taste

1 lemon, juiced and zested

1 ½ teaspoons grated ginger

Instructions:

Combine the avocado, orange juice, lemon juice and zest, ginger, and cayenne in a blender.

Blend until smooth and well combined.

Sweeten to taste with honey or maple syrup then blend well.

Pour into a small glass jar and refrigerate until ready to use.

Fermented Ranch Dressing

 **Servings: 1 ½ to 2 cups**

Ingredients:

1 cup lacto-fermented mayonnaise

½ to 1 cup cultured buttermilk

1 clove garlic, minced

2 teaspoons onion powder

1 teaspoon dried oregano

1 teaspoon dried parsley

½ teaspoon dried dill

Salt and pepper to taste

Instructions:

Place the mayonnaise in a medium bowl.

Stir in the buttermilk until you reach the desired consistency.

Whisk in the garlic and herbs until well combined.

Pour into a small glass jar and refrigerate until ready to use.

Soups and Salads



Prebiotic Artichoke Chili

 **Servings: 6**

Ingredients:

1 tablespoon olive oil	1 ½ tablespoons chili powder	¼ teaspoon ground cinnamon
1 medium onion, diced	1 tablespoon chipotle chili powder	1 (14.5 oz.) can diced tomatoes
1 pound Jerusalem artichokes, diced	1 ½ teaspoons cumin	28 oz, tomato puree
1 pound lean ground beef	1 teaspoon sea salt	1 (14.5 oz.) can chicken broth
1 pound mild Italian sausage	½ teaspoon ground pepper	

Instructions:

Heat the olive oil in a large pot over medium heat.

Stir in the onions and Jerusalem artichokes.

Cook until softened, stirring often, about 8 to 10 minutes.

Stir in the beef and sausage, breaking it up with a spoon as it cooks.

When the meat is fully cooked, about 8 to 10 minutes, stir in the seasonings.

Cook for 1 minute more then add the diced tomato, tomato puree, and chicken broth.

Simmer over medium-low heat for 15 minutes then spoon into bowls.

Spoon probiotic yogurt or cheese over top to serve.

Chicken Bone Broth Soup

 **Servings: 6**

Ingredients:

2 tablespoons olive oil	1 pound chicken breast, chopped	2 sprigs thyme
1 medium onion, chopped	Salt and pepper	1 bay leaf
1 stalk celery, sliced	4 cups chicken bone broth	1 (15 oz.) can chickpeas, drained
1 medium carrot, sliced	2 cups water	6 ounces chopped kale
2 cloves garlic, minced		1 cup probiotic yogurt

Instructions:

Heat the oil in a large stockpot over medium heat.

Add the onion and cook for 4 to 5 minutes until softened.

Stir in the celery and carrot then cook for 2 minutes more before adding the garlic.

Cook for 30 seconds then add the chicken and season with salt and pepper.

Let the chicken cook until no longer pink then add the bone broth, water, thyme, and bay leaf.

Cover and cook on medium heat for 30 minutes.

Remove and discard the thyme and bay leaf.

Spoon 1 cup of soup into a blender and add the yogurt then blend smooth.

Set the blended mixture aside and add the chickpeas and kale to the pot.

Simmer until just tender then remove from heat.

Stir the yogurt mixture into the soup just before serving.

Sweet & Sour Soup



Servings: 4 to 6



Ingredients:

2 tablespoons olive oil

1 medium onion, diced

1 (15 oz.) jar kimchi

1 tablespoon grated ginger

4 cups vegetable broth

2 tablespoons soy sauce

1 bunch soba noodles

2 cloves garlic, minced

1 teaspoon miso



Instructions:

Heat the oil in a large pot over medium heat.

Add the onion and cook until softened, about 5 minutes.

Strain the kimchi through cheesecloth, reserving the juice in a bowl.

Stir the kimchi solids into the pot along with the ginger.

Cook for 2 to 3 minutes then stir in the vegetable broth and soy sauce.

Bring to a boil then add the soba noodles.

Cover and cook for 5 minutes or until the noodles are just tender.

Remove from heat then stir in the garlic and let rest for 5 minutes.

Add the miso and kimchi juice then garnish with cilantro to serve.

Probiotic Miso Soup



Servings: 4



Ingredients:

2 medium beets

1 stalk celery

4 small pickles

1 large carrot

½ seedless cucumber

½ cup raw sauerkraut

2 tablespoons fresh dill

4 cups hot water, divided

3 tablespoons miso paste



Instructions:

Julienne the vegetables using a mandolin or by hand.

Combine the veggies in a bowl with the sauerkraut and dill, tossing to combine.

Whisk together ½ cup water and miso paste in a small bowl then stir into the veggie mix.

Add the remaining hot water then stir well and serve.

Root Vegetable Soup



Servings: 4



Ingredients:

- | | |
|---------------------------------|--|
| 2 cups vegetable broth, divided | 2 cups fresh beets, chopped |
| 1 teaspoon diced shallot | 1 cup diced potato |
| ½ cup diced carrot | 2 tablespoons sauerkraut |
| ½ cup diced celery | 2 tablespoons fermented veggies, chopped |
| 1 teaspoon cumin | 1 tablespoon fresh dill |
| ½ teaspoon black pepper | ½ cup probiotic yogurt |



Instructions:

Combine the shallots, carrots, celery, cumin, and pepper in a large saucepan.

Heat over medium heat with 2 tablespoons broth.

Sauce for about 5 minutes then stir in the remaining broth with the beets and potatoes.

Bring to a boil then reduce to medium heat and cook until the veggies are tender, about 20 minutes.

Puree the soup in a blender to the desired consistency then pour back into the pot.

Stir in the sauerkraut and fermented veggies.

Top with fresh dill and probiotic yogurt to serve.

Superfood Salad

 **Servings: 6**

Ingredients:

1 cup pecan halves

½ cup sesame seeds

1 medium bunch kale, stems removed and chopped

3 cups baby spinach

1 ½ tablespoons nutritional yeast

1 tablespoon olive oil

¼ teaspoon sea salt

1 small apple, chopped

Instructions:

Preheat the oven to 300°F.

Sprinkle the pecans and sesame seeds on a baking sheet.

Toast for 6 to 8 minutes until lightly browned then set aside to cool.

Combine the kale and spinach in a large salad bowl and toss with your favorite dressing.

Combine the toasted nuts and seeds in a food processor with the nutritional yeast, oil, and salt.

Pulse into a crumbled mixture – do not overprocess.

Top the salad with the crumbled mixture along with the chopped apples.

Loaded Kale Salad



Servings: 4



Ingredients:

1 medium bunch fresh kale,
stems removed

½ cup sesame miso vinaigrette

½ cup shredded carrots

½ cup grated broccoli

1 ½ cup shelled edamame

1 ½ cups fresh blueberries

½ cup cashew halves

½ cup chopped walnuts

½ cup dried cranberries

¼ cup sunflower seeds



Instructions:

Chop the kale into bite-sized pieces and place in a large bowl.

Massage the kale with the sesame miso vinaigrette until tender.

Toss in the remaining ingredients and season to taste.

Fermented Cucumber Red Onion Salad

 **Servings: 8 to 12**

Ingredients:

3 medium tomatoes, sliced

¼ red onion, sliced thin

1 seedless cucumber, sliced thin

2 teaspoons sea salt

¼ teaspoon ground pepper

½ tablespoon olive oil

¼ cup fresh parsley

½ cup of kefir whey

Instructions:

Combine the tomatoes, onions, cucumber, salt, and pepper in a large bowl.

Toss well to combine then transfer to a large glass jar.

Add the kefir whey and cover with water, leaving an inch at the top.

Cover tightly and let rest out of direct sunlight for 2 days.

Transfer to the fridge until chilled through.

To serve, strain the mixture into a bowl and toss with olive oil and fresh parsley.

Probiotic Tomato Salad

 **Servings: 8**

Ingredients:

3 pounds small potatoes

1 cup diced celery

6 hardboiled eggs, chopped

½ cup diced red onion

1 cup lacto-fermented
mayonnaise

3 tablespoons chopped chives

3 tablespoons chopped parsley

Salt and pepper to taste

½ cup brine from fermented
veggies

Instructions:

Place the potatoes in a saucepan and cover with water.

Bring the water to boil and reduce heat to medium low.

Cover and cook for 20 minutes or until potatoes are fork tender.

Drain the potatoes and cool until cool enough to handle.

Coarsely chop the potatoes and place in a large bowl.

Toss in the other ingredients until well combined. Chill if desired.

Simple Side Dishes



Fermented Dill Pickles

 **Servings: Variable**

Ingredients:

25 pickling cucumbers
(4-5 inches)

2 ½ tablespoons pickling spice

6 garlic cloves, smashed

6 bay leaves

Fresh dill

1 quart filtered water

6 tablespoons sea salt

Instructions:

Stack the bottom of three quart-sized mason jars with as many pickling cucumbers as will fit.

Divide the pickling spice among the jars.

Add 2 garlic cloves and 2 bay leaves to each jar.

Add as much dill to each jar as you'd like.

Fill the jars the rest of the way with pickling cucumbers, leaving 1 inch at the top.

Heat the water and salt on the stove until the salt dissolves.

Remove from heat and add 1 ⅓ cups of the brine to each jar.

Add enough filtered water to cover the ingredients in the jars.

Cover tightly with the lids and shake well.

Let rest in a cool, dark place for 2 weeks, tapping to release bubbles after 7 days.

Easy Kimchi

 **Servings: 1 quart**

Ingredients:

2 pounds napa cabbage

¼ cup sea salt

Water

1 tablespoon minced garlic

1 teaspoon grated ginger

1 teaspoon sugar

2 tablespoons fish sauce

1 to 5 tablespoons gochugaru
(Korean red pepper flakes)

8 ounces daikon, julienned

4 scallions, cut into 1-inch pieces

Instructions:

Cut the cabbage into 2-inch strips, removing the core, and place in a large bowl.

Sprinkle with salt and massage it into the cabbage to soften.

Add enough water to cover the cabbage then place a plate on top to keep it submerged.

Let stand for 2 hours then rinse and drain under cold water.

Place the cabbage in a colander to drain for 20 minutes.

Make the spice paste by combining the garlic, ginger, sugar, and fish sauce in a small bowl.

Stir into a smooth paste then stir in the desired amount of gochugaru.

Squeeze the water from the cabbage then toss in the spice paste, daikon radish, and scallions.

Coat the vegetables with the paste and pack it into a quart jar.

Press down on the veggies until the brine covers them, leaving 1 inch at the top.

Seal the jar and let rest at room temperature for 1 to 5 days.

Check once a day, pressing down on the veggies to keep them submerged.

Once the kimchi tastes the way you like it, transfer it to the fridge.

Fermented Vegetables

 **Servings: 8 to 10**

Ingredients:

Sliced broccoli

Sliced carrot

Sliced radish

2 cups water

1 ½ tablespoons sea salt

Spices (peppercorns, dill,
bay leaf)

1 small cabbage leaf

Instructions:

Pack the veggies, spices, and herbs into a mason jar, leaving 1 inch at the top.

Stir together the salt and water until the salt dissolves.

Pour the mixture over the veggies, leaving ½ inch of room at the top.

Fold a cabbage leaf and stuff it into the jar to keep the veggies submerged.

Close the lid tightly and let rest for 2 days at room temperature.

Open the jar to let the gas escape then continue to rest another 2 to 8 days.

Start tasting after day 4. When the veggies are ready, transfer to the fridge.

Fermented Salsa

 **Servings: 1 quart**

Ingredients:

1 ½ pounds diced tomatoes

½ red onion, diced

1 jalapeno pepper, minced

½ serrano pepper, minced

4 to 5 cloves garlic, minced

½ cup fresh cilantro, chopped

½ teaspoon ground cumin

1 teaspoon sea salt

1 lime, juiced

Olive oil

Instructions:

Combine the tomatoes, red onion, peppers, garlic, cilantro, and seasonings in a large bowl with the lime juice.

Stir well then transfer to a quart-sized jar and tap to release air bubbles.

Pour in a ½-inch layer of oil then cover loosely with the lid.

Let rest out of direct sunlight for 2 to 3 days.

Taste after 2 days then transfer to the fridge when ready.

Stir the olive oil into the salsa before serving.

Sauerkraut

 **Servings: 8 to 10**

Ingredients:

8 cups finely shredded cabbage	3 tablespoons grated ginger
1 ½ teaspoons sea salt	3 tablespoons grated turmeric
1 small beet, finely shredded	4 cloves garlic, minced
3 medium carrots, finely shredded	

Instructions:

Place the cabbage in a large bowl and sprinkle with 1 ½ teaspoons salt.

Massage the cabbage for 10 minutes to soften.

Add the beet, carrot, ginger, turmeric, and garlic then massage for 5 minutes to combine.

Adjust seasoning to taste then pack the mixture into glass jars, leaving 1 ½ inches at the top.

Seal and let rest at room temperature for 7 to 12 days.

Open the jars once daily to release air.

Start tasting after 7 days and when it reaches the desired flavor transfer to the fridge.

Probiotic Mac & Cheese

 **Servings: 4 to 6**

Ingredients:

¾ cup cashews	2 tablespoons fresh lemon juice	½ teaspoon garlic powder
1 box elbow macaroni	2 teaspoons miso paste	½ teaspoon smoked paprika
1 medium red pepper, roasted and chopped	1 teaspoon Dijon mustard	½ teaspoon sea salt
1 ½ cups whole milk kefir	½ teaspoon onion powder	¼ teaspoon ground pepper
½ cup nutritional yeast		½ cup farmer cheese

Instructions:

Cover the cashews in water in a saucepan and boil for 20 to 30 minutes then drain.

Bring a pot of salted water to boil and add the macaroni.

Cook until just tender then drain and return to the pot.

In a blender, combine the roasted red pepper, drained cashes, and 1 cup kefir.

Blend until smooth then add the remaining kefir along with the nutritional yeast, lemon juice, miso, mustard, and spices.

Process until smooth and well combined.

Pour the sauce over the cooked macaroni and warm over low heat.

Stir in the farmer cheese and serve warm.

Entrees



Probiotic Power Bowl with Rice

 **Servings: 4**

Ingredients:

1 large beet, chopped	1 tablespoon grated ginger	1 green onion, chopped
1 small head cauliflower, chopped	1 clove garlic, minced	1 cup sauerkraut
½ cup avocado oil	Sea salt	2 tablespoons pumpkin seeds
¼ cup orange juice	4 cups brown rice, cooked	¼ cup chopped walnuts
2 tablespoons cider vinegar	3 cups chopped kale	

Instructions:

Preheat the oven to 400°F and line a baking sheet with foil.

Spread the beets and cauliflower over the baking sheet.

Roast for 30 minutes until tender then remove from the oven and set aside.

Combine the avocado oil, orange juice, cider vinegar, ginger, garlic, and a pinch of sea salt in a blender.

Blend until smooth and combined then set aside.

Spoon the cooked brown rice into four large bowls.

Divide the roasted veggies between the bowls along with the kale, green onion, sauerkraut, pumpkin seeds, and walnuts.

Drizzle with dressing to serve.

One Sheet Tempeh and Asparagus Bowls

 **Servings: 4**

Ingredients:

3 tablespoons miso paste

3 tablespoons balsamic vinegar

2 teaspoons sesame oil

½ cup orange juice

1 ½ teaspoon maple syrup

2 (8 oz.) packages tempeh, cubed

1 ½ pounds asparagus, cut into 1-inch pieces

Cooked rice

Fresh chopped basil

Instructions:

Preheat the oven to 450°F and line a baking sheet with parchment.

Whisk together the miso, vinegar, sesame oil, orange juice, and maple syrup in a small bowl.

In a medium bowl, toss the tempeh with a few tablespoons of sauce.

Spread the tempeh on the baking sheet and roast for 12 minutes.

Stir then add the asparagus and cook for another 8 to 10 minutes until the asparagus is tender.

Transfer the asparagus and tempeh to a bowl and toss with the remaining sauce.

Serve over cooked rice or your favorite grain garnished with basil.

Miso Ramen with Tempeh

 **Servings: 4**

Ingredients:

1 tablespoon olive oil

½ cup thinly sliced onion

1 small bell pepper, sliced thin

1 medium carrot, cut into matchsticks

1 (8 oz.) package tempeh, cubed or sliced

4 servings ramen noodles

¼ cup miso paste

¼ cup rice vinegar

2 tablespoons soy sauce

1 tablespoon maple syrup

1 teaspoon sesame oil

¼ teaspoon ground ginger

Sliced green onion

Instructions:

Heat the oil in a large skillet and add the veggies and tempeh.

Cook until the veggies are softened then season with salt.

Bring a large pot of water to boil then add the ramen noodles.

Meanwhile, whisk together the miso, rice vinegar, soy sauce, maple syrup, sesame oil, and ground ginger in a small bowl.

Spoon the sauce into the skillet with the veggies.

Drain the noodles and add them to the skillet, tossing to coat.

Serve garnished with green onions.

Chicken and Barley Skillet with Yogurt



Servings: 4



Ingredients:

2 tablespoons olive oil	1 ½ teaspoon ground cumin	1 (15 oz.) can chickpeas, drained
1 ½ pounds boneless chicken thighs	2 cups butternuts squash, chopped	⅓ cup probiotic yogurt
Salt and pepper	1 ½ cups pearled barley	2 tablespoons water
2 cups sliced onion	2 cups chicken stock	Fresh chopped cilantro
1 ½ tablespoons minced garlic	1 (15 oz.) can diced tomatoes, drained	



Instructions:

- Heat 1 tablespoon oil in a large, deep skillet over high heat.
- Season the chicken with salt and pepper then add to the skillet.
- Cook until browned on one side, about 5 minutes then remove from skillet.
- Reduce heat to medium-high heat and add another tablespoon of oil.
- Stir in the onion and garlic, cooking for 3 to 4 minutes.
- Add the cumin and cook for 30 seconds then stir in the squash and barley.
- Cook for 2 to 3 minutes then add the stock, tomatoes, and chickpeas.
- Season with salt and bring to a boil.
- Reduce to a simmer and cook, covered, for 20 minutes until the barley is tender.
- Add the chicken back to the skillet with the browned side up.
- Cover and simmer until the chicken is cooked through.
- Whisk together the yogurt and water in a small bowl then drizzle over the chicken.
- Garnish with fresh cilantro to serve.

Glazed Pork with Kimchi Veggies



Servings: 4



Ingredients:

3 tablespoons soy sauce

2 tablespoons honey

1 tablespoon rice vinegar

½ teaspoon black pepper

2 tablespoons olive oil

1lbs boneless pork tenderloin

10 ounces brussels sprouts,
quartered

1 cup chopped cauliflower

1 cup kimchi



Instructions:

Preheat the oven to 400°F and line a baking sheet with foil.

Whisk together the soy sauce, honey, and vinegar in a small saucepan over medium-high heat.

Cook until reduced by half, about 5 minutes, then remove from heat and stir in the pepper.

Heat 1 tablespoon oil in a large skillet over medium-high heat.

Add the pork and cook to brown in all sides, about 6 minutes.

Place on the baking sheet and brush with the glaze.

Transfer to the oven and roast for about 15 minutes until the internal temperature is 140°F.

Remove the pork to a cutting board and let rest for 5 minutes.

Add the remaining oil to the skillet and add the brussels sprouts and cauliflower.

Cook over medium-high heat, stirring occasionally, until browned – about 4 minutes.

Add the water and cook for 5 minutes more then stir in the kimchi.

Slice the pork and serve with the veggies. Drizzle with extra glaze to serve.

Tempeh Bolognese Pasta

 **Servings: 4**

Ingredients:

1 tablespoon olive oil

1 large onion, diced

3 cloves garlic, minced

1 (8 oz.) package tempeh,
crumbled

1 teaspoon dried oregano

1 teaspoon dried thyme

½ teaspoon chili powder

28 ounces diced tomatoes

¼ cup warm water

¼ cup nutritional yeast

Instructions:

Heat the oil in a large skillet over medium-high heat.

Add the onion and sauté until browned, about 3 to 4 minutes.

Stir in the garlic and cook for 2 minutes more.

Add the tempeh and sauté until it starts to brown, about 5 minutes.

Stir in the oregano, thyme, and chili powder then cook for 60 seconds.

Add the diced tomatoes, water, and nutritional yeast, stirring well to combine – thin with water as needed.

Reduce heat to medium low and let simmer for 20 minutes.

Meanwhile, bring a pot of water to boil and add the pasta.

Cook to al dente then drain and serve with the Bolognese sauce.

Kimchi Fried Rice

 **Servings: 4**

Ingredients:

1 cup kimchi

1 tablespoon olive oil

1 clove minced garlic

5 ounces diced bacon

7 ounces enoki mushrooms,
drained

3 cups steamed rice

½ tablespoon sesame oil

4 fried eggs

Sesame seeds

Instructions:

Drain the kimchi into a bowl, reserving both the liquid and the solids.

Heat the oil in a large skillet over medium-high heat.

Add the garlic and cook for 10 seconds then stir in the bacon and cook until half-done.

Stir in the kimchi solids and cook until it just starts to soften.

Add the mushrooms and cook for 1 minute then reduce heat to medium-low.

Stir in the rice and kimchi juice, tossing together well.

Add the sesame oil and toss to combine then remove from heat.

Spoon into bowls and serve with a fried egg and garnish with sesame seeds.

Conclusion

Dietary changes are one of the best methods for restoring the balance of lean bacteria and fat bacteria in your gut. Fermented foods rich in probiotics paired with high-fiber prebiotic foods are the key to destroying dysbiosis and reclaiming your health. The recipes in this book can help.

In addition to including more probiotic and prebiotic foods in your diet, taking a supplement could help you lose weight more quickly.

LeanBiome is a daily dietary supplement that promotes a healthy gut microbiome by increasing numbers of “lean bacteria.” It contains nine different strains of beneficial bacteria including scientifically supported strains like *Lactobacillus* and *Bifidobacterium*.

Along with a healthy diet rich in probiotic and prebiotic foods, LeanBiome can help you achieve your weight loss goals and enjoy other health benefits including improved sleep, higher energy levels, improved brain function, and more.

