



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Recipes for Digestive Overview

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Chicken Noodle Soup

6 servings

1 hour

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
2 stalks Celery (chopped)
1 Carrot (large, peeled, chopped)
1 Yellow Onion (medium, chopped)
2 Garlic (large clove, minced)
1/2 tsp Sea Salt
1 tsp Dried Thyme
6 cups Chicken Broth
350 grams Chicken Thighs (bone-in, skin removed, trimmed)
1 cup Brown Rice Macaroni (dry)

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 201 |
| Fat | 7g |
| Carbs | 19g |
| Fiber | 2g |
| Protein | 15g |
| Calcium | 34mg |

Directions

- 1 Heat the oil in a large pot over medium heat. Add the celery, carrot, and onion to the pot and cook for eight to 10 minutes until softened. Add the garlic, salt, and thyme to the pot. Stir to combine and cook for another minute.
- 2 Add the broth and then place the chicken in the pot. Bring the soup to a gentle boil and simmer for about 20 minutes or until the chicken is cooked through and pulls easily.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 Remove the chicken from the pot and shred the cooked chicken thighs with two forks until no large pieces remain. Return the chicken to the pot. Season the soup with additional salt if needed.
- 5 To serve, divide the soup between bowls and stir in the cooked macaroni. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of soup and 1/4 cup of macaroni.

More Flavor: Add other dried herbs and spices, like parsley, sage, or oregano.

Chicken Broth: A low sodium chicken broth was used to create this recipe. Adjust salt to taste if needed. Add more broth if thick soup is desired.

No Brown Rice Macaroni: Use another pasta noodle instead.

More Veggies: Add spinach or kale, bell pepper, mushrooms, potatoes, or peas.



Kimchi Fried Cauliflower Rice

4 servings

20 minutes

Ingredients

- 1 head Cauliflower (medium, chopped into florets)
- 1 tbsp Coconut Oil
- 2 cups Kimchi (liquid drained off)
- 2 tbsps Tamari
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Black Pepper
- 2 tbsps Sesame Seeds
- 2 tsps Sesame Oil
- 3 stalks Green Onion (chopped)
- 1 cup Frozen Peas (thawed)
- 4 Egg

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 236 |
| Fat | 14g |
| Carbs | 18g |
| Fiber | 7g |
| Protein | 14g |
| Calcium | 147mg |

Directions

- 1 Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
- 2 Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
- 3 In a separate frying pan, fry your eggs.
- 4 Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

Notes

No Cauliflower: Use cooked quinoa or brown rice instead.

Meat Lover: Add chopped bacon.

No Eggs: Use diced chicken breast or roasted chickpeas instead.



One Pan Chicken, Golden Cauliflower & Carrot Fries

2 servings

40 minutes

Ingredients

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided three ways)
227 grams Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 382 |
| Fat | 24g |
| Carbs | 14g |
| Fiber | 5g |
| Protein | 29g |
| Calcium | 70mg |

Directions

- 1 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 2 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 3 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 4 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 5 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 6 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 7 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low FODMAP: Use zucchini instead of cauliflower.



Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

2 1/2 cups Water (cold)
2 cups Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
2 tbsps Raw Honey

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 376 |
| Fat | 22g |
| Carbs | 42g |
| Fiber | 10g |
| Protein | 11g |
| Calcium | 149mg |

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale: Use spinach instead.

No Honey: Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy: Use almond milk instead of water for extra creaminess.

Storage: Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.