



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Recipes for the Digestive
System

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Zucchini Alfredo with Turmeric Chicken

2 servings

20 minutes

Ingredients

2 Zucchini
1 tbsp Extra Virgin Olive Oil
227 grams Chicken Breast (sliced)
1 tsp Turmeric
1 tsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1 Avocado (peeled and pit removed)
1 cup Canned Coconut Milk (full fat)
1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	609
Fat	46g
Carbs	20g
Fiber	9g
Protein	32g
Calcium	57mg

Directions

- 1 Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
- 2 In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
- 3 While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
- 4 Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
- 5 Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs: Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian: Use chickpeas or white beans instead of chicken.



One Pan Honey Garlic Salmon with Bok Choy

4 servings

20 minutes

Ingredients

- 1 tbsp Raw Honey
- 2 tbsps Tamari
- 3 Garlic (cloves, minced)
- 1 1/2 tsps Chili Powder
- 567 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Bok Choy (halved)
- 1 tsp Sesame Oil
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	254
Fat	11g
Carbs	8g
Fiber	1g
Protein	31g
Calcium	111mg

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 In a bowl, whisk together the honey, half of the tamari, minced garlic and chili powder. Stir well to mix.
- 3 Lay salmon across a baking sheet and season with sea salt and black pepper. Use a brush to paint the honey garlic mix onto the fillets.
- 4 Add bok choy to a large mixing bowl and drizzle with remaining tamari and sesame oil. Toss well. Transfer bok choy to the baking sheet and organize it around the salmon. Place baking sheet in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork and bok choy is starting to char.
- 5 Remove from oven and sprinkle bok choy with red pepper flakes and sesame seeds. Divide onto plates. Enjoy!

Notes

No Salmon: Any fish fillet will do. Baking time will vary depending on thickness.

No Bok Choy: Use asparagus, green beans or broccoli instead.

Make it on the Grill: Use a grilling basket for the fish and place the bok choy on the grill face down. Cook over medium-low heat.

Leftovers: Store in an airtight container in the fridge for two to three days. Enjoy cold or reheat in the microwave or oven.



Immunity Boosting Bone Broth

4 servings

12 hours

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	7g
Fiber	2g
Protein	1g
Calcium	84mg

Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

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

Serving Size: One serving is approximately 1 to 1 1/2 cups.

Low FODMAP: Omit garlic and onions.



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.



High Fiber Seed Loaf

10 servings

3 hours

Ingredients

1/2 cup Sunflower Seeds
1/2 cup Whole Flax Seeds
1/2 cup Pumpkin Seeds
1/4 cup Chia Seeds
2 cups Oats (rolled)
1/4 cup Psyllium Husks
1/2 tsp Sea Salt
3 tbsps Avocado Oil
1 1/2 cups Water

Nutrition

Amount per serving	
Calories	246
Fat	17g
Carbs	19g
Fiber	8g
Protein	8g
Calcium	71mg

Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

Notes

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

Serving Size: One serving is equal to one slice of bread.

Additional Toppings: Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder: If you are using psyllium powder instead of the whole husks, cut the amount used in half.