

OPTIMIZE YOUR GUT

HOW TO MAINTAIN AND RESTORE A
HEALTHY GUT WITH THESE 11 RECIPES





TABLE OF CONTENTS

- 01** INTRODUCTION TO PROBIOTICS
- 02** PROBIOTIC-RICH FOOD & DRINKS
- 03** PREBIOTIC-RICH FOOD & DRINKS
- 05** PROBIOTIC BOWL
- 06** DEVILED EGGS
- 07** BLENDED BEET SOUP
- 08** CAESAR SALAD DRESSING
- 09** MATCHA OVERNIGHT OATS
- 10** OPTIMIZED WARRIOR SMOOTHIE
- 12** UNLEASH THE BEAST REUBEN
- 13** BREAKFAST TACO
- 15** KOMBUCHA SOUR
- 16** POMTINI
- 17** AUSTIN-TO-CALI MULE

INTRODUCTION TO PROBIOTICS

Probiotics are live microorganisms that provide health benefits when consumed in adequate amounts from food.¹ We all have these inside each and every one of us: on our skin, in our gut, behind our ears. Everywhere! It's estimated that more than 10,000 microbial species reside in the human ecosystem.² The totality of all the microorganisms, good and bad, living in us is called our microbiome. Technically, we are more microbial than we are human, as approximately 90% of human cells are bacterial, fungal or otherwise non-human.³ This is a 10:1 ratio of microorganisms to human cells. But don't get confused by alternative names to these guys. Common words that generally refer to these microorganisms or the consumption of them are: bacteria, flora, live cultures, and microbes.

"Humans don't have all the enzymes we need to digest our own diet," said Lita Proctor, Ph.D., National Human Genome Research Institute's Human Microbiome Project's program manager. "Microbes in the gut break down many of the proteins, lipids and carbohydrates in our diet into nutrients that we can then absorb. Moreover, the microbes produce beneficial compounds... that our genome cannot produce."

In a normal healthy microbiome, beneficial (good) and pathogenic (bad) bacteria live in harmony without harm. In this scenario, the good bacteria overpopulates the bad bacteria in order to protect us from nasty invaders. Majority rules. Therefore, the inverse is true. When the beneficial flora is compromised or wiped out, the opportunistic pathogenic bacteria take over, and we get sick.

Antibiotics, certain pharmaceuticals, environmental toxins, chemical food additives, and even stress can weaken the good bacteria in your gut. It's important to consume probiotics regularly, in the form of food and supplements, to help our body repopulate this beneficial bacteria on a daily basis. We also want to include dietary sources of prebiotics, which are nondigestible fibers that feed and strengthen your probiotics. Because probiotic-rich foods contain living microorganisms, cooking or heating any of the foods below will kill the bacteria that we want, so we advise to add these ingredients to the meal after cooking, baking, or reheating in the microwave in order to maintain the maximum amount of live cultures.

This microbial system is connected to many facets of our health. It's fundamental to our immune system, metabolism, cognition, and even mood. Bacteria dictates our biology, but we can control this by fostering a healthy microbiota through our food and lifestyle choices. Focus on consuming a variety of probiotic and prebiotic foods, as shown below. Most Americans need to eat more fiber on a daily basis. Diversity of the types of foods consumed is the key to building a robust microbiome, so don't simply eat one food or drink. Eat them all. Eat seasonally. And eat mostly whole foods.

PROBIOTIC-RICH FOOD & DRINKS

- Yogurt, fermented milk.

Look for “Live and active cultures” on the label which indicates that there’s at least 10 million active cultures per gram.

- Kefir, fermented milk drink.

- Skyr, fermented milk from Iceland.

- Sauerkraut, fermented cabbage.

- Kimchi, a Korean fermented vegetable dish.

- Kombucha tea, a fermented tea beverage.

- Tempeh, fermented soybeans.

- Raw cheese, made from unpasteurized milk.

- Raw butter, made from unpasteurized cream, derived from grass-fed cows.

- Cacao, fermented beans from the cocoa plant.

- Pickles & pickled vegetables.

- Sourdough bread, fermented dough.

While this does lose its live cultures when baked, sourdough bread contains lactic acid and other compounds that help us absorb more nutrients and has been shown to be easier on digestion for those with a gluten allergy.



PREBIOTIC-RICH FOOD & DRINKS

- Jicama (yacon), Jerusalem artichoke, and chicory root.
All contain inulin, a form of prebiotic fiber.
- Dandelion greens are leafy green vegetables.
Made up of 25% prebiotic fiber.
- Allium vegetables such as garlic, onion, leeks, chives, and scallions.
Add them to food raw for the best source of prebiotics.
- Whole-grain and sprouted-grain breads
Sprouted grain is sometimes called Ezekiel bread, which is a common misreference to the type of bread. Ezekiel is the name of Food For Life's sprouted-grain bread intended with religious references, not to describe the bread itself.
- Wheat germ, whole wheat berries.
- Avocado.
- Peas.
- Soybeans.
Always look for non-GMO derived soy.
- Potato Skins.
- Apple cider vinegar (organic).





01. PROBIOTIC BOWL

PROBIOTIC INGREDIENT: SKYR YOGURT- Featured on the [Onnit Cafe & Smoothie Bar menu](#).

Skyr (Pronounced SKEER) is a traditional Icelandic dairy product that tastes and looks just like yogurt, but technically it's cheese, traditionally made from low-fat or skim-milk in Iceland. However, Westernized Skyr offers varieties made from whole milk and is marketed as a yogurt. Regardless of what you choose to call it, it's delicious, extra creamy, and naturally high in protein. We love Siggi's strained yogurt because there's not a lot of sugar, it's sourced from grass-fed cows, and there's no artificial colors, flavors, or preservatives.



**YIELDS
1 BOWL**



**COOK TIME
5 MINS.**



**DIFFICULTY
EASY**

THE INGREDIENTS

1. 1 cup Skyr*, plain
2. ¼ cup organic blueberries
3. ½ banana, sliced
4. 1 tsp. wild bee pollen
5. 1 tbsp. unsweetened coconut flakes.
6. 1 tbsp. sliced almonds.
7. ¼ cup ancient grain granola**
8. 1 tsp. raw, unfiltered honey.
9. Dash of cinnamon.

*We serve Siggi's plain whole-milk Skyr

**We serve Purely Elizabeth Original Ancient Grain Granola

COOKING DIRECTIONS

1. 1 cup Skyr*, plain
2. Line blueberries, banana, granola, and almonds, then sprinkle bee pollen, coconut flakes, and cinnamon on top. Drizzle with raw honey.

02. DEVILED EGGS

Recipe contributed from [Siggi's](#).



**YIELDS
12 SERVINGS**



**COOK TIME
1 HR & 20 MIN.**



**DIFFICULTY
MEDIUM**

THE INGREDIENTS

- 1 dozen large eggs
- ⅔ cup plain Siggi's
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 teaspoons paprika
- 2 tablespoons fresh chives, chopped
- 2 tablespoons fresh dill, chopped

COOKING DIRECTIONS

1. Bring a large pot of water to a boil over high heat. Slowly lower the eggs into the pot with a spoon and cook, uncovered, for 11 minutes.
2. Use a slotted spoon to remove the eggs and transfer them all to a bowl of ice water to cool for 15 minutes.
3. Remove the shells and cut each egg in half lengthwise. Use a small spoon to remove the yolks.
4. Combine the yolks in a food processor with the siggi's, Dijon mustard, salt, and pepper and blend until smooth. Use a piping bag fitted with a wide tip fill each egg. Top with paprika, chopped dill, and sliced chives.

03. BLENDED BEET SOUP

Recipe contributed from [Siggi's.](#)



**YIELDS
4-6 SERVINGS**



**COOK TIME
1 HR & 20 MIN.**



**DIFFICULTY
MEDIUM**

THE INGREDIENTS

1. 3 medium beets, cleaned and trimmed
2. 3 tbsp. olive oil
3. 1 medium onion, chopped
4. 6 cloves garlic, minced
5. 3 cups chicken stock (can also use vegetable stock)
6. 1 cup Siggi's plain yogurt + more for serving
7. Salt and pepper to taste

COOKING DIRECTIONS

1. Preheat the oven to 400°F
2. Place the cleaned and trimmed beets in tin foil. Drizzle with olive oil and season with salt and pepper. Roast in the oven for about 50 minutes or until tender.
3. When done, allow to cool then peel and cut into 2" pieces.
4. Sauté the onions over medium heat until soft, about 7-8 minutes. Add the garlic and cook for another 12 minutes until fragrant. Add the beets and cook for about 3-5 minutes. Season with salt and pepper to taste.
5. Transfer the beet mixture into a blender and add the yogurt and half of the stock. Blend, adding more stock until desired consistency is reached.
6. Serve hot or chilled with a dollop of Siggi's on top.

04. CAESAR SALAD DRESSING

Recipe contributed from [Siggi's.](#)



YIELDS
1 CUP



COOK TIME
5 MIN.



DIFFICULTY
EASY

THE INGREDIENTS

1. 2 fillets of olive oil packed anchovies
2. 3 cloves garlic
3. 1 cup siggi's plain filmjölk
4. 2 Tbs lemon juice
5. ½ tsp. Dijon mustard
6. 1tbsp. extra virgin olive oil
7. 1½ tsp. sea salt
8. ½ cup parmesan cheese, shredded finely

COOKING DIRECTIONS

1. Mince the garlic and anchovy fillets and smash with either a mortar and pestle or with the back of a heavy knife on a cutting board until it resembles a paste.
2. Add the smashed garlic and anchovies to the filmjölk. Add the dijon mustard, lemon juice and olive oil. Whisk until well combined. Lastly, slowly stir in the parmesan cheese,
3. Enjoy on your favorite salad!

05. MATCHA OVERNIGHT OATS

PROBIOTIC INGREDIENT: GREEK YOGURT

Greek yogurt isn't new at this point. While it composed only 1% of the yogurt market in 2007, Greek yogurt is more than 50% of the market today. And if you've tried it, this probably doesn't come as a surprise. Touted as nutritionists favorite snack, Greek yogurt is a perfectly balanced source of the macronutrients: protein, carbohydrates and fat. You want to stay away from the ones with added sugar. All yogurts naturally contain the simple sugar, lactose (a.k.a. milk sugar), but once you're seeing 15 or more grams of sugar per serving, there's probably some added sugars. Stick with fresh fruit, nuts, or low-sugar granola to add flavor and texture rather than buying the high-sugar varieties.



THE INGREDIENTS

1. ½ scoop Matcha Chai Latte powder
2. ¼ cup steel-cut or ½ cup whole rolled oats
3. 1 tbsp. chia seeds
4. 2 tbsp. plain Greek yogurt, full fat
5. ¾ cup unsweetened vanilla almond milk
6. ½ scoop Dolce Whey isolate

TOPPINGS

1. 1 tsp. bee pollen
2. ¼ cup fresh blueberries
3. 1 tbsp. unsweetened coconut flakes
4. 1 tbsp. slivered almonds

COOKING DIRECTIONS

1. In a bowl or mason jar, add all the ingredients (not the toppings).
2. Stir to combine.
3. Seal with a lid, and store in fridge for 3-6 hours or overnight.

* Add desired toppings, and enjoy cold.

TIP: No need for morning coffee or tea when you make this breakfast. You have your complex carbohydrates, high-quality protein AND non-acidic caffeine delivered in every bite.



YIELDS
1 BREAKFAST



PREP TIME
5 MINS.



COOK TIME
3-6 HOURS OVERNIGHT



DIFFICULTY
EASY

06. OPTIMIZED WARRIOR SMOOTHIE



**YIELDS
1 SHAKE**



**COOK TIME
5 MIN.**



**DIFFICULTY
VERY EASY**

THE INGREDIENTS

1. 2 scoops Hemp Force, vanill-acai
2. ½ cup Greek yogurt, full fat
3. 2 tbsp. Walnut Almond Cashew butter
4. 1 tbsp. colostrum
5. 1 tbsp. emulsified MCT Oil, vanilla
6. ½ banana, frozen
7. 1 cup organic berries, frozen
8. ¼ cup rolled or steel-cut oats
9. 1 tbsp. chia seeds
10. 1 tbsp. maca powder
11. ¼ tsp. Himalayan salt
12. 12-16 oz. unsweetened almond milk
13. ½ scoop ice

COOKING DIRECTIONS

1. Add all ingredients to a high-powered blender and pulse until smooth. Enjoy as a filling snack or a meal replacement.



Probiotic ingredients: Sauerkraut (and raw cheese & yogurt)

While the classic Reuben is probably the only meal you'd consume sauerkraut, there are tons of ways to incorporate it into your diet, from adding it to your morning eggs or topping a homemade stew. You don't want to cook with sauerkraut because high heat exposure will kill all the good stuff. These kinds of bacteria can only survive in cold temperatures. Fermented foods have been around for thousands of years! Before the advent of the refrigerator, fermenting vegetables and drinks was the only way to preserve food for extended periods of time. Sauerkraut is simply fermented cabbage. Nowadays, some commercial brands are using vinegar to preserve sauerkraut, rather than the traditional bacteria-salt combination. In order to get those good cultures from sauerkraut, look at the label for "raw" or "contains probiotics." Our favorite brands are [Wildbrine](#) and [Farmhouse Culture](#).

07. UNLEASH THE BEAST REUBEN



YIELDS
1 SANDWICH



COOK TIME
25 MINS



DIFFICULTY
MEDIUM



THE INGREDIENTS [SANDWICH]

1. 2 slices sprouted-grain bread*
2. 2-3 tbsp. sauerkraut
3. 4 slices corned beef brisket
4. 1 egg, pasture-raised
5. 1 slice raw cheese, Gruyere
6. 2 slices bacon, uncured & nitrate free
7. 3 tbsp. homemade Thousand Island dressing**
8. ½ tbsp. grass-fed butter, softened

**We used Food for Life sprouted grain bread, generally located in the freezer aisle of your supermarket.*

INGREDIENTS [THOUSAND ISLAND DRESSING]

1. ½ cup Greek or Skyr yogurt, plain & full fat
2. 1 tbsp. Chipotle chili pepper in adobo
3. 2 tsp. Worcestershire
4. 1 tsp. raw, unfiltered honey
5. 1 tbsp. no-sugar-added ketchup
6. ½ lemon, fresh juice
7. Pinch of Himalayan salt
8. ¼ tsp. garlic powder

COOKING DIRECTIONS

1. In a food processor or blender, add all of the Thousand Island Dressing ingredients. Pulse until smooth.
2. Meanwhile, in a skillet on medium-high heat, add the bacon. When the bacon is almost finished, fry the egg in the same pan. Remove the bacon and egg and set aside. Dispose of excess oil using a paper towel to wipe up. We want to keep it greased for the sandwich.
3. Spread 1 tbsp. of the healthy Thousand Island dressing on one side of each slice of bread and butter on the other side. (Make sure the bread is thawed at this point.) On one slice, add the slice of cheese (on the dressing side), then top with the beef brisket, followed by the bacon slices, sauerkraut, fried egg and the other slice.
4. Place the sandwich on the skillet on medium heat. Make sure the bread with the cheese is on the bottom, so it melts. Flip when each side is a golden brown and the cheese is melted, approximately 5 minutes. Then flip (carefully). Slice and serve with the extra dressing and pickles. Go to mouth Heaven.

08. BREAKFAST TACO

PROBIOTIC INGREDIENT: Raw Cheese

Raw cheese is simply cheese made from unpasteurized milk. When milk is cooked (a.k.a. pasteurized), it loses not only flavor, but it also loses natural enzymes and healthy bacteria from the heat. You can usually tell when a cheese is raw from the unique flavor and smell, like blue cheese, but there are also some you may not realize, like Parmigiano-Reggiano. In order for it to be called Parmigiano-Reggiano, it must be raw. You can likely find different types of raw cheese at your grocery store, from various regions and derived from cow, sheep and goat. Who would've thought you can get probiotics from cheese?



THE INGREDIENTS

1. 2 grain-free tortillas*
2. 2 tbsp. crumbled raw cheese
3. 4 eggs, pasture-raised
4. ½ avocado, sliced
5. 1 diced chicken sausage, organic & uncured
6. No-sugar-added salsa, optional
7. Sliced red onions, optional
8. Fresh parsley, garnish
9. Coconut oil, spray

COOKING DIRECTIONS

1. In a [cast-iron] skillet on medium-high heat, spray coconut oil. Add the diced sausage and brown the edges, about 3-5 minutes. Crack four eggs on top. Scramble and set aside.
2. Heat the tortilla on the stovetop for 1 minute or 10 seconds in the microwave. Top each tortilla with the scramble, avocado slices, salsa and red onion, if desired. Sprinkle raw cheese on top. Bam!



**YIELDS
2 TACOS**



**COOK TIME
15 MIN.**



**DIFFICULTY
EASY**

Probiotic ingredient: Kombucha

Kombucha has been consumed thousands of years before it became the popular drink we know today. It's a fermented tea made in combination with a little sugar, SCOBY (symbiotic colony of bacteria and yeast), and live cultures from a previous batch. SCOBY stimulates the fermentation process, and the sugar is necessary for the SCOBY to work its magic. The good news is that bacteria eats up most of the sugar during fermentation. The most important thing to look for on a kombucha bottle label is the ingredients and the sugar content. Some companies add fruit juices and additional sugars to make his bubbly drink taste a little less tart. But, too much sugar is counterproductive. Sugar feeds yeast, but just like bacteria (probiotics) there's good yeast and bad yeast. Overgrowth of bad yeast can lead to infection. Look out for brands like [keep their sugar content low like Health-Ade and K-Tonic Kombucha](#), and stay under 4 grams of sugar per serving. Additionally you want to look for glass bottles, and preferably a darker colored glass to prevent degradation of the quality.

"Kombucha is incredibly acidic. We are the only commercial brewery that brews in all glass to prevent leaching from any metals or plastics," said Andrew Maxwell, Field Marketing Coordinator for Health-Ade. "We brew in small batches, two and a half gallons at a time; thousands and thousands and thousands of two and a half gallon glass jars in order to monitor quality. And all of our flavoring is done in house, with cold-pressed juices that we make. We don't add unnecessary sugars, and we don't force carbonate."

While we don't advise drinking alcohol on a regular basis, we're human, so here are some better options, sans extra-sugary mixers, with an added bonus of probiotics. It doesn't get much better than that!



09. KOMBUCHA SOUR



**YIELDS
1 COCKTAIL**



**COOK TIME
5 MIN.**



**DIFFICULTY
EASY**

THE INGREDIENTS

1. Health-Ade Ginger Lemon Kombucha
2. 1 part premium whiskey
3. 1 part raw honey simple syrup*
4. Garnish with lemon wheel and candied ginger

***On low heat, mix 2 parts raw honey to one part water. Cover and bring to a simmer. Then remove from heat, and let cool.**

COOKING DIRECTIONS

1. Combine whiskey, agave simple syrup and Health-Ade Ginger Lemon Kombucha in a cocktail shaker with ice. Shake well until chilled. Pour over ice. Garnish with lemon wheel and candied ginger for a delicious and refreshing cocktail!

10. POMTINI



**YIELDS
1 COCKTAIL**



**COOK TIME
5 MIN.**



**DIFFICULTY
EASY**

THE INGREDIENTS

1. 1½ oz. Tito's vodka
2. 1 sleeve passion flower bitters
3. 1 tsp. raw honey syrup**
4. Health-Ade Pomegranate Kombucha
5. Crushed Ice
6. Sprig of Sage & lime wheel, to garnish

**On low heat, mix 2 parts raw honey to one part water. Cover and bring to a simmer. Then remove from heat, and let cool.*

COOKING DIRECTIONS

1. Combine vodka, bitters, and simple syrup. Fill glass with ice. Top with Health-Ade Pomegranate kombucha. Garnish and enjoy!

11. AUSTIN-TO-CALI MULE



**YIELDS
1 COCKTAIL**



**COOK TIME
5 MIN.**



**DIFFICULTY
EASY**

THE INGREDIENTS

1. 1½ oz. Tito's vodka*
2. ½ oz. fresh lime juice
3. 1-2 tsp. raw, unfiltered honey
4. 3 oz. Health-Ade kombucha, ginger lemon
5. ½ cup ice

**We love that this vodka is made from yellow corn, rather than potato or wheat, and is distilled six times. Plus, they're based in our hometown, Austin, TX!*

COOKING DIRECTIONS

1. Combine all ingredients in a copper mug (very necessary) filled with crushed ice. Stir. Garnish with a lime wedge.

ABOUT THE AUTHOR



Liv Langdon is the on-site Nutrition and Food Manager at Onnit. With a B.S. in journalism and a minor in business administration from the University of Florida, she contributes research-supported articles and educational recipe ebooks. A former personal chef, she translates her skills in the kitchen to recipe development, food styling, and built the organic, locally sourced menu for the Onnit Cafe & Smoothie Bar and Food Truck. Her knowledge and experience in holistic nutrition has allowed her to cook and support some of our professional and collegiate athletes. She has previously worked as an online diet & lifestyle coach, nutrition consultant, personal chef, freelance journalist, and corporate sales director for a fresh meal delivery service. She has been a guest on the Total Human Optimization podcast and the Touching Base podcast. You can find her work in Men's Fitness Magazine, Born Fitness, and is publishing her first cookbook this summer.