



ATP SCIENCE

PRESENTS

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The Gutright Modbiotic Diet Recipe E-Book



GUTRIGHT MODBIOTIC DIET RECIPE E-BOOK



BREAKFAST

- Smashed Avocado on Toast with Poached Eggs
- Gutright 'Snickers' Smoothie
- Mixed Vegetable Scramble
- Coconut and Raspberry Chia Pudding
- Gutright Protein Pancakes with Berries and Almond Butter Drizzle

LUNCH

- Curry Zucchini Fritters with Avocado
- Grilled Chicken and roast vegetable salad with chimichurri sauce
- Mexican Lentil and Black bean Salsa
- Herby chicken patty 'burgers'
- Grilled Haloumi Salad

DINNER

- Spicy Cauliflower, Lentil and Vegetable Bake.
- Grilled Lamb and Tabbouleh
- Eggplant "Parmigiana"
- Dukkah Crusted Fish and Chips
- Lemon Thyme Roast Chicken and Greens

SNACKS

- Chocolate Protein Bliss Balls
- Pumpkin Tahini Dip and Crudites
- Carrot Cake Muffins
- Coconut Rough Slice
- Peanut Butter GutRight Cookies



Gutright

FORWARD

In nature, humans have developed a palette that prefers the sweet and deviation from the bitter, we turn up our faces at the mouth drying and cheek sucking bitter properties that are found in our foods. Those parts that we throw away that have no use for us, they taste bad, they're hard to eat and they don't quench that sweet juicy craving we have. Is it our tastebuds or our gutbugs that tell us what we crave? What if they intentionally drove those urges for that sweet satisfaction and the disposal of its bitter packaging? In nature these bitter components are called 'Polyphenols', they keep the bugs from eating the delicious fruit and causing it to rot... they have a modifying effect on which species is allowed to interact with that fruit. It's fascinating, it's also fascinating to think what this can do for our own bug population - which ones survive and which ones die off. Things are so easily swayed out of proportion, especially with our addictions to that sweet sugary deliciousness, we are missing a whole essential component from nature entirely. Bringing back the bitter is as easy as the maintenance dose of 1 scoop daily is suggested!





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Breakfast

INGREDIENTS

‡

2 x slices of Modbiotic Bread (recipe below), toasted

2 x eggs

1/2 avocado, mashed

Salt, pepper and chilli flakes, to taste

Smashed Avocado

ON TOAST WITH POACHED EGGS

MACROS PER SERVING CALORIES 588

CARBS 11

FAT 35

PROTEIN 22

1. Bring a saucepan of water to the boil, add 1 tsp of vinegar, making a vortex in the water, crack each egg into the saucepan one after another. Cook for 3-4 minutes or until white is set. Remove eggs with slotted spoon onto a plate with paper towel.
2. While eggs cook and bread has been toasted, spoon avocado on toast and spread evenly.
3. Place cooked eggs on top of avocado and sprinkle, with salt, pepper and chilli. Enjoy!



preparation
5 min



cooking
10 min



people
1



INGREDIENTS

‡

6 eggs

125ml SCD approved milk of choice

1 cup almond meal

¼ cup coconut flour

1 tsp bicarb soda

1 tbs apple cider vinegar

pinch of salt

¼ cup pepitas, scattered on top or into mix

Modbiotic Friendly

BREAD

MACROS PER SERVING CALORIES 142		
CARBS 4	FAT 10	PROTEIN 7

1. Preheat oven to 180C. Line a loaf tin with baking paper.
2. In a large mixing bowl whisk eggs and milk together.
3. Add all remaining ingredients and combine well.
4. Pour into loaf tin and top with pepitas. Bake for 25-30 mins, or until a skewer comes out clean when inserted.
5. Cool in tin for 5 minutes before transferring to a wire rack.
6. Once cool, slice into 12 even slices.



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TIP: Store in the fridge for up to 6 days. Also freezes well.

INGREDIENTS

‡

- 1 cup milk of choice, Modbiotic friendly
- 1/2 frozen banana
- 1 tbs cacao powder
- 2 tbs natural peanut butter
- 1 scoop gutright
- 1 Scoop chocolate noway protein
- 1/2 tsp cinnamon

GutRight 'Snickers'

SMOOTHIE

MACROS PER SERVING CALORIES 426

CARBS 39

FAT 19

PROTEIN 26

Combine all ingredients in a blender with 1/4 cup of water and a handful of ice, blend until smooth.



people

1



INGREDIENTS

‡

- 2 eggs
- 2tbs Modbiotic approved milk of choice
- 1 tsp curry powder (optional)
- 50g zucchini, grated
- 30g carrot, grated
- 10g baby spinach
- 1 tsp coconut oil
- 1/4 avocado, sliced, to serve
- Salt and pepper to taste

Mixed Vegetable

MACROS PER SERVING CALORIES 319

CARBS 12

FAT 22

PROTEIN 16

SCRAMBLE

1. In a small mixing bowl, whisk eggs and milk together.
2. Add all remaining ingredients (except coconut oil) and combine well.
3. Heat coconut oil in fry-pan over medium heat.
4. Pour in egg and vegetable mixture.
5. Allow to cook slightly, using a spatula or wooden spoon, stir through mixture consistently to create a scramble. Continue stirring/flipping until egg is cooked and reaches desired consistency.
6. Serve with avocado, salt and pepper.

‡

TIP: Add a slice of SCD bread on the side.



preparation
5 min



cooking
5 min



people
1



INGREDIENTS

‡

- 1/4 cup chia seeds
- 3/4 cup Modbiotic approved milk
- 1/2 cup raspberries (fresh or frozen),
extra to serve
- 1 tbs shredded coconut
- 1 tbs hemp seeds
- 1 tbs pecans, chopped to serve
(or preferred nuts or seeds)



preparation
5 min



people
1

Coconut and Raspberry

CHIA PUDDING

MACROS PER SERVING CALORIES 570

CARBS 26

FAT 31

PROTEIN 12

1. In a small bowl, combine chia seeds and milk with a whisk or fork until chia is coated and no clumps remain.
2. Add raspberries, coconut, hemp seeds and 1/4 cup of water. Stir until well combined.
3. Store in the fridge for at least 30 minutes (or overnight), until set, chia will expand and soak up liquid.
4. Serve in a bowl and top with pecans or extra fruit and nuts.



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TIP: Make the night before,
for an easy on the go breakfast.
Add Noway for extra protein.

INGREDIENTS

‡

- 2 Eggs
- 2 tbs Modbiotic approved milk
- 1/2 tsp bicarb soda
- 1 scoop gutright
- 1 scoop vanilla noway protein
- 1 tsp cinnamon
- 2 tbs almond meal
- 2 tbs coconut flour
- 1 tsp honey
- 1 tsp coconut oil, for frying



preparation
5 min



cooking
10 min



people
1

Gutright Protein Pancakes

WITH BERRIES AND ALMOND BUTTER DRIZZLE

MACROS PER SERVING CALORIES 601

CARBS 29

FAT 34

PROTEIN 37

1. Whisk eggs and milk together, add remaining pancake ingredients (except coconut oil) and combine well.
2. Heat coconut oil in a frypan on medium heat. Spoon 1 heaped tablespoon of mixture into pan and cook for 2-3 minutes on each side. Repeat with remaining mixture. Yields 5 small pancakes.
3. In a small bowl mix almond butter and coconut oil together until smooth and runny.
4. When pancakes are finished, heat berries with 1 tbs of water in frypan until soft.
5. Stack pancakes on a plate, top with berries and drizzle with sauce.



‡

TIP:

NOTE: Contains 1 serve of Gutright and 1 serve of Noway protein.



‡
Lunch

INGREDIENTS

‡

- 4 eggs
- 4 tbs Modbiotic approved milk
- 130g zucchini, grated
- 55g carrot, grated
- 2 spring onions, sliced
- 2 tbs coconut flour
- 1 tsp curry powder
- pinch salt
- 1 tbs coconut oil
- 1 avocado, sliced

Spiced Zucchini Fritters

WITH AVOCADO

MACROS PER SERVING CALORIES 374

CARBS 18

FAT 28

PROTEIN 18

1. Whisk eggs and milk together in a bowl.
2. Add remaining ingredients and combine well.
3. Heat small amount of coconut oil in a frypan over medium heat.
4. Add approximately 1/4 cup of the mixture to the pan and cook for 2-3 minutes on each side. Repeat with remaining mixture.
5. Serve 4 x fritters for each person with sliced avocado.



‡

Eat straight away while warm or cool on a wire rack and store in the fridge for another lunch.



preparation
10 min



cooking
15 min



people
2

INGREDIENTS

‡

350g chicken breast or tenderloins
300g pumpkin or butternut squash, cubed
170g cauliflower, florets
100g beetroot, pre-cooked, quartered
1 tbs coconut oil, melted
45g Snap peas, raw or blanched
40g baby spinach leaves
Salt and pepper to taste



preparation
5 min



cooking
25 min



people
2

Grilled Chicken

AND ROAST VEGETABLE SALAD

MACROS PER SERVING CALORIES 576

CARBS 30

FAT 31

PROTEIN 45

1. Pre-heat oven to 180C, line baking tray with baking paper.
2. Place pumpkin on baking tray and cover with 1 tsp of coconut oil.
Bake for 15 minutes.
3. Add cauliflower florets to baking tray and cover in 1 tsp coconut oil.
Bake for a further 15-20 minutes, until all vegetables are cooked.
4. Heat remaining coconut oil in a frypan, add chicken and cook for 5-8 minutes on each side, season with salt and pepper. Once cooked through remove from pan.
5. Place even amount of spinach and vegetables onto two plates and add chicken.



‡

See next page for dressing

INGREDIENTS

‡

¼ cup extra virgin olive oil
1 lemon, juiced
1 large garlic clove
1 medium chilli
1 bunch of flat leaf parsley,
remove bottom half of stems
¼ tsp himalayan salt
cracked pepper

Chimichurri

SAUCE

1. Add all sauce ingredients to a blender or food processor and combine well until semi smooth.
2. Drizzle chimichurri sauce over the top.



‡

TIP: Can be prepared ahead
of time for easy lunch to eat cold.

INGREDIENTS

‡

1 tbs coconut oil
1 brown onion, diced
1 garlic clove, crushed
1 tsp ground coriander
1 tsp dried oregano
1 tsp ground cumin
pinch of chilli flakes
120g red capsicum (bell pepper), diced
180g zucchini, diced
1 x 400g can diced tomatoes
1 x 400g can brown lentils, rinsed and drained
1 x 400g can black beans, rinsed and drained
1 lemon, juiced
salt and pepper to taste
200g broccolini
100g snap peas
1 avocado, sliced (optional)



preparation
5 min



cooking
20 min



people
4

Mexican Lentil

AND BLACK BEAN SALSA WITH STEAMED GREENS

MACROS PER SERVING CALORIES 233

CARBS 33

FAT 6

PROTEIN 14

1. Heat coconut oil in a medium saucepan, saute onion and garlic until tender and translucent.
2. Add spices and herbs, combine until fragrant.
3. Add in capsicum and zucchini, stir well and allow to cook for 1-2 minutes.
4. Add in lentils, black beans, tomatoes and lemon juice. Stir well and simmer for 15-20 minutes. Stirring occasionally.
5. While salsa is cooking, place small amount of water in a saucepan and place steamer pot on top. Add in broccolini and snap peas. Steam for 7 minutes (or until tender).
6. Serve salsa on top of greens and with sliced avocado (if desired).



‡

TIP: Make in advance for easy leftover lunch. Stores well in the freezer for up to 3 weeks.

INGREDIENTS

‡

500g chicken mince

2 tsp coconut oil

50g leek, diced

1 garlic clove, crushed

70g zucchini, grated

1 tsp ground coriander

1 tbs parsley, chopped

1 egg

Salt and pepper

8 Cos lettuce leaves

optional extras (per serve):

5g dill pickles, sliced

5g carrot, grated

1 tsp natural mayonnaise

(no additives, sugar or preservatives)

5g cheddar cheese, grated

2 slices avocado



preparation
5 min



cooking
15 min



people
4

Herb Chicken Patty

'BURGERS'

MACROS PER SERVING CALORIES 206

CARBS 5

FAT 6

PROTEIN 32

1. Preheat oven to 180C.
2. In a small saucepan heat coconut oil, saute leek, garlic, zucchini and ground coriander for 2-3 minutes, until tender. Add in parsley and stir well.
3. Remove from heat and place in large mixing bowl to cool for 5 minutes.
4. Add in chicken mince, egg, salt and pepper. Combine well.
5. Heat 1 tsp of coconut oil in a frypan. Spoon 1 heaped tablespoon of chicken mince and shape into a patty, place in fry pan and cook for 2-3 minutes on each side. Repeat with all remaining mixture. As patties finish cooking place in oven to ensure cooked through.
6. Once all patties are cooked through, start assembling lettuce burgers. On each lettuce leaf add chicken patty and choice of extras, i.e. carrot, pickle, avocado, mayonnaise or cheese.



‡

TIP: Serving is for 2 burgers per person. Can prepare in advance for easy lunch.

INGREDIENTS

‡

300g pumpkin or butternut squash,
sliced into wedges
1 tsp coconut oil
90g halloumi, sliced 1cm thick
1 tsp extra virgin olive oil
Salt and pepper
40g snap peas, raw or cooked
20g baby spinach leaves
80g red cabbage, thinly sliced
1/2 avocado, sliced
1 tbs sunflower seeds
1 tbs pumpkin seeds/pepitas

Dressing:

2 tbs olive oil
1/2 lemon, juiced
1 tbs apple cider vinegar
1 tsp raw honey



preparation
5 min



cooking
20 min



people
2

Grilled Halloumi

AND PUMPKIN SALAD

MACROS PER SERVING CALORIES 514

CARBS 25

FAT 38

PROTEIN 18

1. Preheat oven to 180C. Line baking tray with baking paper.
2. Place pumpkin on tray and cover in coconut oil. Bake for 20-25 minutes.
3. While pumpkin is cooking, prepare salad ingredients into separate bowls (except halloumi).
4. Coat halloumi in olive oil, salt and pepper. Heat a non-stick frypan over medium heat, add halloumi and cook for 1-2 minutes each side. Remove from heat.
5. To make salad dressing, place all ingredients into a blender or bottle and combine/shake well.
6. When pumpkin is cooked, place pumpkin and halloumi on top of salad and drizzle with dressing.



‡

TIP: Prepare ahead for easy
weekday lunch.



‡
Dinner

INGREDIENTS

‡

330g pumpkin
(or butternut squash) no skin, cubed
440g cauliflower, florets
100g leek, white part, thinly sliced
1 large garlic clove
150g zucchini, cubed
110g broccoli, small florets
50g green cabbage
1 x 400g can brown lentils, rinsed and drained
1 tbs curry powder
(no additives/preservatives/sugar)
1 tsp turmeric powder
1 tsp ground coriander
1 x lemon, juiced
¼ cup coconut oil, melted
1 tsp salt and pepper to taste
1 x avocado, sliced to serve



preparation
10 min



cooking
50 min



people
6

Spicy Cauliflower

LENTIL AND VEGETABLE BAKE

MACROS PER SERVING CALORIES 319

CARBS 35

FAT 15

PROTEIN 12

1. Preheat oven to 180C, line a baking tray with baking paper.
2. Place chopped pumpkin onto tray and drizzle with 1 tsp coconut oil, coat evenly and bake for 15-20 minutes or until tender.
3. While pumpkin cooks, place cauliflower florets into food processor and combine into a coarse crumb/rice like consistency.
4. Once pumpkin is cooked, place in a large mixing bowl and add cauliflower 'rice' and all remaining ingredients and combine well with a fork.
5. Transfer mixture to a large rectangle baking dish (approx 36cmx24.5cm).
6. Spread mixture out evenly and press down firmly to compact tight.
7. Bake for 30 minutes.
8. Allow to cool slightly for 5 minutes in dish before serving.
9. Serve with avocado and enjoy.



‡

TIP: Stores well in the fridge
for 4 days

INGREDIENTS

‡

3 x spring onions, sliced
85g cherry tomatoes, diced
2 x large bunches flat leaf parsley,
stems removed, chopped small
¼ cup lemon juice
3 tbs olive oil
90g hemp seeds
¼ tsp salt
cracked pepper to taste
75g pre-cooked beetroot, quartered
45g cheese, cubed (optional)
2 tsp coconut oil
2 x sprigs rosemary
200g lamb backstrap or loin



preparation
15 min



cooking
10 min



people
2

Grilled Lamb

AND TABBOULEH STYLE SALAD

MACROS PER SERVING CALORIES 802

CARBS 19

FAT 61

PROTEIN 46

1. In a large mixing bowl add spring onion, tomatoes, parsley, hemp seeds, salt, pepper, lemon juice and olive oil. Stir together well.
2. Heat coconut oil in a fry pan on medium heat, season lamb with salt, pepper and rosemary. Add to pan. Cook lamb for 3-5 minutes on each side or until your liking. Allow to rest for 5 minutes.
3. Divide tabbouleh salad evenly onto two plates, top with even amount of beetroot and cheese.
4. Slice lamb and place on top of salad.



INGREDIENTS

‡

1 x large eggplant, sliced vertically
(approximately 4-5 slices)
55g parmesan cheese
1 tbs coconut oil
1 x brown onion, chopped
2 x cloves of garlic
1 x tin organic chopped tomatoes
1 x tub (1/2 cup) tomato paste
1 x 400g can brown lentils, rinsed and drained
handful of fresh basil, chopped (1 tsp dried)
handful of fresh oregano, chopped (1 tsp dried)
cracked pepper to taste



preparation
5 min



cooking
30 min



people
2

Eggplant

“ PARMIGIANA ”

MACROS PER SERVING CALORIES 397

CARBS 37

FAT 17

PROTEIN 23

1. Preheat oven to 180C.
2. Chop the onion and garlic finely.
3. Heat oil in a medium saucepan over medium heat. Add in the onion and garlic and sauté until translucent and soft. Pour in tin tomatoes and tomato paste and stir through. Add lentils, herbs, cracked pepper and stir through. Add small amount of water for thinner consistency.
4. Bring to the boil and then reduce to a simmer for 10 minutes.
5. Pour sauce into a large baking dish and lay sliced eggplant out evenly. Slightly submerge eggplant into sauce to cover over eggplant.
6. Top evenly with grated cheese on each slice and bake for 20 minutes or until eggplant is tender and cheese is golden.
7. Serve 2 slices of eggplant with sauce each.



INGREDIENTS

‡

- 2 x 180g fillets of salmon (or preferred fish)
- 2 tbs dukkah spice mix
- 140g zucchini, sliced into 1cm thick sticks
- 160g carrot, sliced into 1cm thick sticks
- 1 tbs coconut oil, melted
- 1 tbs coconut flour
- 1 tbs almond meal
- salt and pepper
- lemon wedges, to serve

Dukkah Crusted Fish

MACROS PER SERVING CALORIES 515

CARBS 14

FAT 33

PROTEIN 41

AND CHIPS

1. Preheat oven to 180C. Line baking tray with baking paper.
2. In a medium size bowl coat zucchini and carrot sticks with coconut flour, almond meal, coconut oil, salt and pepper. Toss to combine.
3. Place vegetables on lined baking tray. Bake for 20-25 minutes.
4. Rinse salmon, pat dry with paper towel and rub small amount of coconut oil on top of each salmon. Coat with 1 tbs of dukkah on each fillet.
5. Add to baking tray and bake for 10-12 minutes (or until liking).
6. Serve 1 fillet and even amount of vegetables on each plate.



preparation
5 min



cooking
25 min



people
2



INGREDIENTS

‡

whole chicken (approx 1.5kg), rinsed
100g leek, sliced (white only)
1 x garlic clove, sliced
¾ cup dry white wine
½ lemon
2 tbs fresh thyme leaves
500g pumpkin, sliced into wedges
1 tsp coconut oil
100g broccolini
60g green cabbage
salt and pepper



preparation
10 min



cooking
60 min



people
4

Lemon Thyme Roast Chicken

MACROS PER SERVING CALORIES 408

CARBS 19

FAT 15

PROTEIN 41

AND GREENS

1. Preheat oven to 220C. Line medium sized baking tin with baking paper.
2. Place chicken into tin, make small incisions into breast and legs of chicken and insert garlic slices.
3. Scatter chopped leeks around the chicken. Pour over wine and squeeze lemon over chicken and insert half of lemon into the chicken.
4. Sprinkle with large pinch of salt, cracked pepper and thyme leaves. Cover with aluminium foil and bake for approximately 1 hour or until golden and cooked through. Removing foil after 30 minutes. Allow chicken to rest for at least 5-10 minutes in baking tin after removing from oven.
5. Prepare vegetables while chicken cooks. Place pumpkin on a lined baking tray and cover in coconut oil. Place in oven to cook for 20 minutes or until tender inside.
6. Steam broccolini - add a small amount of water to small saucepan and place steamer on top, add broccolini and lid - once water is boiling steam for 4 minutes. Add cabbage and steam for further 2 minutes or until vegetables are tender.
7. Slice chicken and divide vegetables up evenly between plates. Serve with leeks and lemon juice over chicken.





‡
Snacks

INGREDIENTS

‡

- 1 cup cashews
- 1 cup desiccated coconut
- 2 scoop chocolate noway protein
- 2 tbs raw honey
- 2 tbs almond butter
- 1 tsp cinnamon
- 2 tbs cacao powder
- 2 tbs spoon cacao nibs
- pinch of salt

‡

VEGAN OPTION:

Use hemp protein instead of Noway and swap raw honey for 8 medjool dates.



preparation
5 min



cooking
none



people
20

Chocolate Protein

BLISS BALLS

MACROS PER SERVING CALORIES 104

CARBS 5

FAT 8

PROTEIN 3

1. Combine all ingredients in a food processor until a coarse meal is formed.
2. Add 1-2 tbs water to bind and combine until a sticky mixture is achieved.
3. Roll into 1 tbs sized balls and roll in extra coconut.
4. Store in the fridge or freezer.



INGREDIENTS

‡

400g pumpkin or butternut squash, cubed
(skin removed)

1 tsp coconut oil, melted

1 tsp ground cumin

1 tsp ground coriander

2 tbs olive oil

2 tbs tahini

1/3 cup raw cashews

1/2 lemon, juiced

1/4 tsp salt

1/4 tsp chilli flakes

1 sprig rosemary

cracked pepper to taste

vegetable crudites (per serve):

40g carrot, sliced

40g celery, sliced

40g capsicum, sliced



preparation
5 min



cooking
25 min



people
6

Pumpkin Tahini Dip

AND CRUDITES

MACROS PER SERVING CALORIES 145

CARBS 8

FAT 11

PROTEIN 4

1. Preheat oven to 180C. Line baking tray with baking paper.
2. Place pumpkin on baking tray with coconut oil and cumin, toss to coat evenly. Bake for 20-25 minutes or until tender.
3. Allow pumpkin to cool slightly.
4. Add all remaining dip ingredients to a blender or food processor (or use a hand blender) and combine until smooth.
5. Serve 2 tablespoons with crudites for a delicious snack.



INGREDIENTS

‡

- 2 cups almond meal
- 2 tbs coconut flour
- 1 tsp bicarbonate soda
- 2 scoops gutright
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 medium carrot, grated
- 2 eggs
- 2 tbs SCD approved milk
- 2 tbs coconut oil
- 2 tbs raw honey
- 1 tsp vanilla extract
- 1/2 cup walnuts, chopped (extra for decoration)

frosting

- 1/3 cup cashew butter
- 1 tbs lemon juice
- 1 tbs raw honey
- 1 tbs coconut oil, melted



preparation
10 min



cooking
15 min



people
10

Carrot Cake

MACROS PER SERVING CALORIES 307

CARBS 10

FAT 25

PROTEIN 9

MUFFINS

1. Preheat oven to 180C. Line/grease a medium sized muffin tray, or use silicone muffin tray or cases.
2. Place all dry ingredients (except walnuts) into a large mixing bowl and combine.
3. Add carrot and stir through.
4. In a separate bowl whisk eggs, milk, coconut oil, honey and vanilla.
5. Pour wet mixture into dry and stir well.
6. Add walnuts and combine.
7. Spoon batter into muffin holes, fill $\frac{3}{4}$ of each hole.
8. Bake for approximately 15 minutes or until golden and cooked through.
9. Allow to cool in tray for 5 minutes, transfer to wire rack.
10. For frosting combine all ingredients in a small bowl until smooth.
11. Once muffins are cool, spread frosting evenly onto each muffin and top with crushed walnuts.



INGREDIENTS

‡

- 8 x soft medjool dates
- 3 tbs tahini (hulled or unhulled)
- 1 cup shredded coconut, (extra for decoration)
- 1 cup desiccated coconut
- 3 tbs raw cacao powder
- ¼ tsp salt
- 1 tsp cinnamon
- 2 tbs coconut oil, melted

Coconut Rough

MACROS PER SERVING CALORIES 226		
CARBS 12	FAT 18	PROTEIN 3

SLICE

1. Line a square baking tin with baking paper.
2. Add all ingredients to a food processor and combine until a sticky coarse mixture is formed. You may have to stop and scrape down sides for an even mixture. Add 1-2 tbs of water if necessary to help bind.
3. Transfer to baking tin, spread evenly and push down to compact mixture.
4. Sprinkle with extra coconut, nuts or seeds.
5. Set in freezer for 3 hours. Remove from tray and slice into 10 bars (or 15 smaller bars if divided into thirds).
6. Store in freezer for up to 4 weeks.



‡

TIP: Add in 1-2 scoops of preferred Noway for extra protein.



preparation
10 min



cooking
none



people
10

INGREDIENTS

‡

- 1 cup almond meal
- 1/2 cup desiccated coconut
- 1 tsp cinnamon
- 3 scoops gutright
- 1/2 cup natural peanut butter, smooth
- 2 tsp vanilla extract
- 3 tbs raw honey
- 1/4 cup coconut oil, melted
- pinch of salt
- 18 x pecans - to top cookies

Peanut Butter GutRight

MACROS PER SERVING CALORIES 238

CARBS 6

FAT 21

PROTEIN 3

COOKIES

1. Preheat oven to 180C, line baking tray with baking paper.
2. Combine all dry ingredients in a large mixing bowl with a fork.
3. Add in peanut butter, coconut oil, vanilla extract and honey, combine well.
4. Spoon 1 tablespoon of mixture into a ball and flatten into a cookie shape, top with 1 pecan. Repeat with remaining mixture.
5. Bake for 8-10 minutes or until golden.
6. Allow to cool on tray for 5 minutes and then transfer to a wire rack.
7. Store in an airtight container for 4-5 days.



preparation
5 min



cooking
10 mins



people
18



INGREDIENTS

‡

1 cup almonds (preferably organic/insecticide free)
4 cups filtered water



preparation
8 hours



yields
1 liter

Almond Milk

HOMEMADE MODBIOTIC APPROVED MILKS

MACROS PER SERVING CALORIES 238

CARBS 6

FAT 21

PROTEIN 3

1. Place almonds in a jar or large bowl and cover with water.
Soak overnight or minimum 4-8 hours.
2. Drain almonds and place in high speed blender. Top with 1 liter of filtered water and blend for at least 1 minute.
3. Over a large bowl pour liquid into the nut milk bag or through a muslin cloth to catch the almond pulp. Squeeze all the water through the bag until the pulp remains and no more liquid can be extracted from it.
4. Store in a 1 liter jar/bottle in the fridge for up to 5 days.



‡

* NUT MILK BAG OR MUSLIN CLOTH
AND HIGH SPEED BLENDER REQUIRED.



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