

ACTIVIA®

GUT-FRIENDLY MEAL PLANNING MADE EASY — 7 DAY PLAN

DAY 1

BREAKFAST

Baby spinach & swiss cheese savory oat bowl: Prepare steel cut oats according to package directions for 1-2 servings. In last 1 minute of cooking time, add in 1 ½ cups baby spinach leaves and ¼ cup grated Swiss cheese. Season with salt and pepper to taste.

Enjoy with an Activia® Probiotic Dailies.



LUNCH

Carrot Ginger Soup (see recipe section)

Enjoy with a handful of whole grain crackers, apple slices with peanut butter and yogurt dip (mix 3 tablespoon vanilla yogurt, with live and active cultures, and 1½ tablespoons peanut butter).

DINNER

Grilled salmon with a baked sweet potato topped with a drizzle of extra virgin olive oil, chopped pecans and a dash of cinnamon, Serve with roasted or sauteed broccoli.

Enjoy with an orange and a handful of almonds.



SNACK

Frozen Banana Bites (see recipe section)

DAY 2

BREAKFAST

Yogurt, Granola & Fruit Parfait (see recipe section)



LUNCH

Kale salad (chopped fresh kale, sliced cucumber and red pepper slices) topped with cultured cottage cheese and drizzled with **Simple Lemon Dijon Dressing** (see recipe section) and topped with handful of chopped pecans.

Serve with baby carrots and a handful of grapes.

DINNER

Shrimp & arugula sauté: sauté 8-10 large deveined and cleaned fresh shrimp in medium skillet with 1-2 tablespoons extra virgin olive oil, 1 minced garlic clove and 1 tablespoon chopped onion, over medium heat until shrimp is cooked through (fully opaque). Add handful of arugula and ½ cup vegetable broth into skillet. When arugula wilts (about 1 minute), remove from heat. Add shrimp, arugula, and broth mixture over a serving of cooked whole wheat or legume-based pasta.

Enjoy with a handful of dried apricots and cashews.



SNACK

Seasoned & Roasted Chickpeas (see recipe section)

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DAY 3

BREAKFAST

Veggie-filled omelette: In medium skillet over medium heat, add a drizzle of extra-virgin olive oil. Add 2 whisked eggs into pan; swirl pan to allow the eggs to cover the bottom. On one-half of the eggs, add 2 tablespoons kimchi, 2 tablespoons finely chopped onion, ¼ cup finely chopped broccoli florets and 2 tablespoons cheddar cheese. When eggs start to bubble and edges cook, carefully fold over the omelette. Cover pan, and lower heat to low. Allow to cook for another 30 seconds for eggs and veggies to cook. Serve with 2 tablespoons of plain Greek yogurt on top.

Enjoy with a handful of grapes and an Activia® Probiotic Dailies.



LUNCH

Whole Grain Nourish Bowl (see recipe section)

Serve with a kiwifruit or two and a glass of kombucha.

DINNER

Spiced Tofu & Veggie Kabobs with Lime & Cilantro Yogurt Dip (see recipe section)

Served with cooked farro or brown rice topped with a handful of toasted pepitas and 2 tablespoons chopped fresh parsley. Enjoy with a clementine.



SNACK

Green Smoothie (see recipe section)

DAY 4

BREAKFAST

Banana Pumpkin Blender Muffin (see recipe section) topped with almond butter.

Serve with a cup of Activia® Probiotic Yogurt.



LUNCH

Lentil Chili (see recipe section), served with garden salad dressing (lettuce, tomato, bell pepper) with balsamic vinegar and extra virgin olive oil.

1 cup fruit salad (chopped fresh fruit of choice) topped with chopped walnuts and fresh mint (optional).

DINNER

Roasted chicken breast, served with cooked buckwheat or quinoa (1 cup) tossed with 1 cup arugula and **Lemon Dijon Dressing** (see recipe section), to taste.

Enjoy with a cup of Activia yogurt and diced cantaloupe.



SNACK

Oatmeal Raisin Energy Bites (see recipe section)

GUT-FRIENDLY MEAL PLANNING MADE EASY — 7 DAY PLAN

DAY 5

BREAKFAST

Whole grain toast topped with peanut butter, sliced banana, and sprinkled with flaxseed meal.

Enjoy with an Activia® Probiotic Dailies.



LUNCH

Black Bean Power Bowl (see recipe section)

Enjoy with 1 cup lemon yogurt topped with ¼ cup muesli cereal.

DINNER

Grilled scallops (season with salt and pepper, and add to lightly oiled grill pan, sear scallops on all sides until they are lightly browned and fully opaque). Serve with baked sweet potato and roasted broccoli and carrots, topped with pine nuts.



For dessert, enjoy a delicious “fruit fondue” made with a small bowl of melted dark chocolate (melt ¼ cup of dark chocolate chips in the microwave, 20-40 seconds, stir until creamy) serve as a dip with your favorite fresh fruit (diced pineapple, fresh strawberries, kiwifruit slices or orange segments).



SNACK

Enjoy a handful of dried fruit (without added sugar) and sliced almonds along with 1 glass of kombucha.

DAY 6

BREAKFAST

Mini Crustless Vegetable Quiches (see recipe section)

Enjoy with Activia® Strawberry Probiotic Yogurt topped with a sprinkle of chia seeds.



LUNCH

Chickpea “Tuna” Salad (see recipe section) over leafy greens of choice, with a side of roasted beets, parsnips and farro.

Enjoy with a pear.

DINNER

Vegetable Quinoa “Fried Rice” (see recipe section)

Enjoy with sliced strawberries, topped with one tablespoon of almond butter and one tablespoon of dark chocolate chips.



SNACK

Blueberry Yogurt Chia Pudding (see recipe section)

GUT-FRIENDLY MEAL PLANNING MADE EASY – 7 DAY PLAN

DAY 7

BREAKFAST

Almond Strawberry Yoast (see recipe section)

Enjoy with an Activia® Probiotic Dailies.



LUNCH

Mediterranean salad plate: Assemble on dinner plate, a scoop of hummus, sliced cherry tomatoes, kalamata olives, cucumber slices, and baby carrots. Drizzle about 1 tablespoon of extra-virgin olive oil and juice from 1/2 of a fresh lemon over hummus and vegetables.

Enjoy with whole grain crackers and a handful of red grapes.

DINNER

Salmon Salad with Strawberry Yogurt Balsamic Vinaigrette (see recipe section)

Enjoy with an orange and a tablespoon of dark chocolate chips.



SNACK

Fruit kabobs with yogurt dip: Add halved strawberries, clementine segments, diced pineapple, blackberries, or red grapes on 1-2 skewers and serve with Activia® Vanilla Probiotic Yogurt for dipping.

RECIPE SECTION

CARROT GINGER SOUP

Brought to you by **ACTIVIA®**

MAKES 4 SERVINGS



The naturally sweet carrots in this recipe provide 8 grams of delicious gut-friendly fiber per serving.

PREP TIME: 45 minutes-includes the 30 minute cooling time

COOK TIME: 30-35 minutes

INGREDIENTS:

16 medium carrots, trimmed + peeled, then cut in thirds
5 cups reduced-sodium vegetable or chicken broth
1 tablespoon freshly minced ginger
1 clove garlic, minced
Salt and pepper, to taste
¼ cup toasted pepitas

INSTRUCTIONS:

1. Add carrots, broth, and ginger in large stockpot over high heat until boiling.
2. Reduce heat to medium-low, add in garlic, and simmer until carrots are fork-tender, about 20 minutes.
3. Remove from heat and allow mixture to cool a bit (about 30 minutes).
4. Add carrot mixture, in batches, carefully into the blender.
5. Blend each batch to a creamy soup consistency.
6. Add all the blended soup back into medium stockpot and simmer for 5-10 minutes.
7. Serve in soup bowl, topped with a tablespoon of pepitas.

BLACK BEAN POWER BOWL

Brought to you by **ACTIVIA®**

MAKES 5 SERVINGS



Black beans are the nutritional powerhouse in this power bowl offering 6 grams of fiber per ½ cup. One of the key fibers in black beans is the prebiotic called galacto-oligosaccharides.

PREP TIME: 6 minutes

COOK TIME: 3 minutes, if using frozen, pre-cooked microwavable brown rice or about 45 minutes to cook traditional rice)

INGREDIENTS:

1-1 ½ cups cooked, warm brown rice (Tip: buy cooked frozen brown rice in the freezer section to minimize prep time to just about 3 minutes!)
½ cup canned black beans, drained, and rinsed
½ cup fire-roasted canned, diced tomatoes with green chilis, drained of juice
¼ cup grated cheddar cheese
1 tablespoon extra-virgin olive oil
2 tablespoons cilantro, chopped
2 teaspoons extra virgin olive oil
2 teaspoons fresh lime juice (1/2 lime)
Salt and pepper, to taste

INSTRUCTIONS:

1. Layer serving bowl with cooked brown rice, top with black beans and fire-roasted tomatoes with green chilis.
2. Add a sprinkle of grated cheddar cheese, chopped fresh cilantro, and a drizzle of extra virgin olive oil and fresh lime juice.
3. Season with salt + pepper.

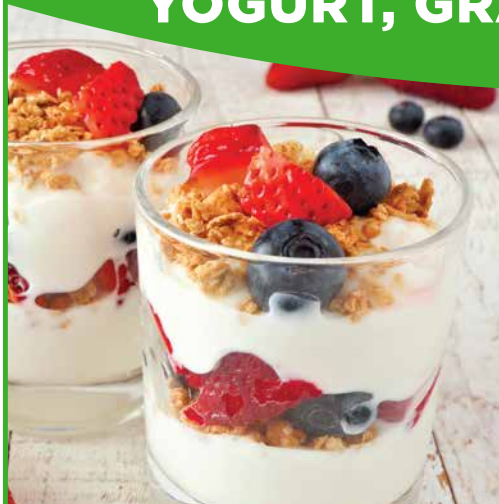
GUT-FRIENDLY MEAL PLANNING MADE EASY — 7 DAY PLAN

RECIPE SECTION

YOGURT, GRANOLA & FRUIT PARFAIT

Brought to you by ACTIVIA®

MAKES 1 SERVING



This parfait is a gut-friendly homerun! Rich in fermented dairy, topped with prebiotic rich oat-based granola, along with polyphenol-rich berries!

PREP TIME: 6 minutes

COOK TIME: n/a

INGREDIENTS:

8 ounces of vanilla yogurt (with live + active cultures)

1 cup of mixed berries: blueberries, strawberries, blackberries and/or raspberries

1/3 cup oat-based granola

2 tablespoons pumpkin seeds

INSTRUCTIONS:

1. In small serving bowl or mason jar, add 1/2 of the yogurt, top with 1/2 the berries, then add 2 tablespoons of granola.
2. Then layer the rest of the yogurt, followed by the remainder of the berries, the rest of the granola and lastly, add the pumpkin seeds.

VEGETABLE QUINOA “FRIED” RICE

Brought to you by ACTIVIA®

MAKES 4 SERVINGS



Quinoa, pronounced, “keen-wah” provides 5 grams of gut-friendly and prebiotic-rich fiber. Though technically a seed, quinoa is classified as a whole grain.

PREP TIME: (including cooking quinoa), about 25 minutes

COOK TIME: 5-7 minutes

INGREDIENTS:

2 tablespoons sesame oil

1 medium zucchini, cut with julienne peeler (skin and flesh, not the inner seeds)

5 medium carrots, cut with julienne peeler

10 brussels sprouts, cleaned and sliced thinly

1 small onion, diced

2 cups cooked red quinoa

3 tablespoons reduced-sodium tamari

1/4 teaspoon ginger (dried) or about 1 tablespoon grated fresh ginger

2 teaspoons garlic chili paste

2 large eggs, whisked

1-2 scallion greens, thinly sliced

INSTRUCTIONS:

1. In large skillet, add 1 1/2 tablespoons sesame oil, julienned vegetables, brussels sprouts and diced onion, over medium heat, gently stirring to cook, about 2 minutes.
2. Add cooked quinoa (this should be free of any residual cooking water).
3. Add tamari, ginger, and chili paste, and remaining 1/2 tablespoon sesame oil, stirring to blend.
4. Make a well in the middle of the dish, add in eggs.
5. Using spatula or fork to scramble eggs, cooking them, and then fold them into mixture.
6. Garnish with thinly sliced scallions, if desired.

GUT-FRIENDLY MEAL PLANNING MADE EASY — 7 DAY PLAN

RECIPE SECTION

WHOLE GRAIN NOURISH BOWL

Brought to you by **ACTIVIA®**

MAKES 4 SERVINGS



Eating 30 or more different plant foods a week has been shown to increase the diversity of our gut microbes, increased diversity is considered to be a marker of good gut health.¹ This nourish bowl contains 5-6 different plants (6 if you use the tofu or tempeh)—a delicious start to increasing plant variety in your diet.

PREP TIME: 6-8 minutes

COOK TIME: 3 minutes, if using frozen, pre-cooked microwaveable brown rice or quinoa or about 20 minutes to cook uncooked quinoa or 45 minutes to cook uncooked rice

INGREDIENTS:

1 cup cooked brown rice or cooked quinoa
 1 cup leafy greens (washed baby kale or spinach)
 ½ cup grated carrots (about 1 medium peeled carrot)
 5 cucumber slices
 5 cherry tomatoes, cut in half
 3 ounces firm tofu or tempeh (sauteed),
 cooked chicken breast or sauteed shrimp
 1 tablespoon extra-virgin olive oil
 2 teaspoons fresh lemon juice
 1 teaspoon Dijon mustard
 1 teaspoon maple syrup
 Salt + pepper to taste

INSTRUCTIONS:

1. In medium, individual serving dish, layer warm brown rice or quinoa.
2. Top with leafy greens followed by carrots, cucumber slices, tomatoes.
3. Top with choice of cooked protein.
4. In small dish, add olive oil, lemon juice, Dijon mustard and maple syrup. Whisk to blend. Add salt and pepper, to taste.
5. Drizzle freshly made dressing over the nourish bowl.

GREEN SMOOTHIE

Brought to you by **ACTIVIA®**

MAKES 1 SERVING



This delicious smoothie is jammed backed with gut-friendly ingredients, notably, a great source of the leafy green, kale, shown to increase gut bacterial diversity.

PREP TIME: 6-8 minutes

COOK TIME: n/a

INGREDIENTS:

1½ cups chopped kale (de-stemmed, leaves only)
 1 ripe banana, frozen, cut in thirds
 ½ cup frozen chopped pineapple
 ½ cup kefir
 1 teaspoon fresh ginger
 Water and Ice, as desired

INSTRUCTIONS:

1. In heavy duty blender, add all the ingredients.
2. Pulse blender, adding water and/or ice as necessary until desired consistency is reached.

RECIPE SECTION

SPICED TOFU & VEGGIE KABOBS WITH LIME & CILANTRO YOGURT DIP

Brought to you by **ACTIVIA®**

MAKES 4 SERVINGS



These plant-powered kabobs provide a delicious array of produce and complete plant-based protein. Pairing these kabobs with a yogurt-based citrus and cilantro dip, is the perfect marriage of veggies and fermented foods.

PREP TIME: 75 minutes, includes marinating time.

COOK TIME: 20 minutes

INGREDIENTS:

- 8-ounce block firm tofu
- 3 medium size tomatoes
- 12 button mushrooms
- 1 medium zucchini
- 1 small red onion
- 2 tablespoons reduced sodium tamari
- 2 tablespoons sesame oil
- 1 tablespoon garlic chili sauce
- 3 tablespoons water
- ½ cup Greek-style plain yogurt (with live and active cultures)
- Zest from 1 lime
- ¼ cup chopped fresh cilantro (can sub in parsley, if preferred)
- Salt and pepper, to taste

INSTRUCTIONS:

1. Place the tofu between a kitchen towel and place a heavy pan on top to press out extra water. Leave for about 20 minutes.
2. Cut vegetables into similar size pieces, set aside
3. In small bowl, mix tamari, sesame oil, garlic chili sauce and water.
4. Transfer tofu and vegetables into shallow dish and drizzle the marinade over.
5. Cover dish with plastic wrap.
6. Marinate tofu + vegetables in the refrigerator for about 30 minutes.
7. Meanwhile, make yogurt dip.
8. In small bowl, mix yogurt, lime zest and chopped cilantro (or parsley). Season with salt and pepper to taste. Store yogurt dip in the refrigerator until serving time.
9. Drain marinade from bowl, don't throw it away.
10. Heat a grill pan over medium heat.
11. Thread tofu and vegetables on metal skewers.
12. Brown all sides of the tofu and vegetables in the pan, turning occasionally and cooking for about 15-20 minutes. Brush with remaining marinade while cooking.
13. Serve tofu skewers with yogurt dip.

SIMPLE LEMON DIJON DRESSING

MAKES 1 SERVING



This simple dressing is full of flavor and gut-friendly made with fresh lemons and polyphenol-rich extra virgin olive oil.

PREP TIME: 2 minutes

COOK TIME: n/a

INGREDIENTS:

- 2 tablespoons fresh-squeezed lemon juice
- ¼ cup extra virgin olive oil
- 1 teaspoon Dijon mustard

INSTRUCTIONS:

1. In small bowl or covered jar, add ingredients and whisk until blended.

RECIPE SECTION

FROZEN BANANA BITES

Brought to you by **ACTIVIA®**

MAKES 3 SERVINGS

Prebiotic-rich bananas layered with fermented yogurt provides a filling, delicious and gut friendly snack. Dipping in dark chocolate and nuts adds antioxidants and additional prebiotic fiber for an extra tasty gut-friendly snack.

PREP TIME: 2 hours, 10 minutes (includes 2-hour freezer time to set)
COOK TIME: n/a

INGREDIENTS:

1 medium banana
 1/3 cup Greek-style vanilla yogurt (with live + active cultures)
 1/4 cup semi-sweet chocolate chips
 1/4 cup chopped pistachio nuts

INSTRUCTIONS:

1. Line small tray or dinner plate with parchment paper.
2. Peel banana and cut a thin slice from both ends. This ensures the rest of the banana slices will be flat on both sides for this recipe. (You can eat the ends if you want!)
3. Slice the rest of the banana into 12 even slices
4. In small bowl, melt dark chocolate chips in microwave. This will take about 20 seconds-1 minute. Check on the chocolate every 15-20 seconds cooking time, to avoid burning the chocolate, as microwave temperatures can vary.
5. Add chopped nuts onto a small plate.
6. Add a thin layer of the yogurt on 6 banana slices, cover with another banana slice, creating 6 banana bites.
7. Holding a banana bite, dip one side into melted chocolate, then into chopped nuts.
8. Add banana bite to parchment-lined paper tray or dish.
9. Once all banana bites are made, place tray into the freezer to set for at least 2 hours.
10. Once set, enjoy and store the remaining banana bites in an airtight container in the freezer.



BLUEBERRY YOGURT CHIA PUDDING

Brought to you by **ACTIVIA®**

MAKES 2 SERVINGS

Polyphenol-rich blueberries, fermented yogurt and fiber rich chia seeds, makes this pudding the perfect gut health trifecta!

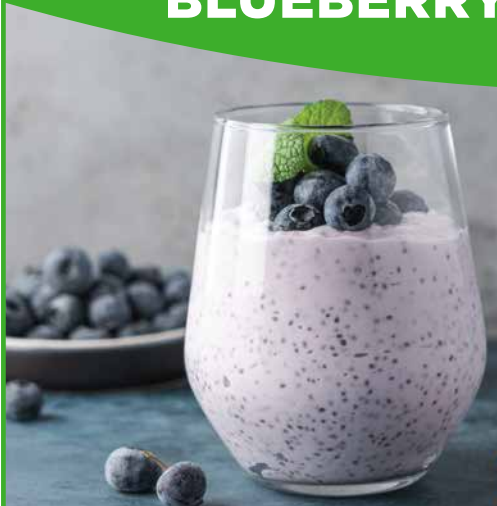
PREP TIME: 10-24 hours, includes prep, stirring at one hour and setting overnight
COOK TIME: n/a

INGREDIENTS:

1 cup frozen blueberries, defrosted + mashed with fork
 1 cup Activia® Blueberry Probiotic Yogurt
 1/3 cup chia seeds
 1/2 teaspoon vanilla extract
 3 tablespoons water

INSTRUCTIONS:

1. In medium-size bowl, add defrosted and mashed berries with juice, blueberry yogurt, chia seeds, vanilla extract and water.
2. Stir to blend.
3. Cover with plastic wrap, and place in refrigerator, for 1 hour.
4. Stir mixture to ensure even coverage of liquid with chia seeds and place back in the refrigerator to set, overnight.



RECIPE SECTION

BLENDER BANANA PUMPKIN MUFFINS

Brought to you by **ACTIVIA®**

MAKES 6 SERVINGS



Sweetened with ripe bananas and packed with oats which are a good source of prebiotics to help nourish the gut makes this a delicious breakfast option.

PREP TIME: 6 minutes
COOK TIME: 20-30 minutes

INGREDIENTS:

- 2 ripe small bananas
- ¼ cup pumpkin puree
- 2 eggs
- 2 cups old-fashioned oats
- ¼ cup extra-virgin olive oil
- 2 tablespoons maple syrup
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 tablespoon chia seeds
- 1 tablespoon chopped walnuts
- 1 tablespoon raw pepitas

INSTRUCTIONS:

1. Lightly oil 6-cup muffin tin.
2. Preheat oven to 350 degrees F.
3. In a heavy duty blender, add bananas, pumpkin, eggs, oats, olive oil, maple syrup, baking soda and cinnamon.
4. Blend until creamy consistency.
5. Pour batter evenly into muffin tin.
6. Top each muffin evenly with chia seeds, walnuts and pepitas.
7. Bake for 20-30 minutes, or until cake tester comes out clean.

SEASONED & ROASTED CHICKPEAS

Brought to you by **ACTIVIA®**

MAKES 4 SERVINGS



A great way to boost your legume intake, roasted chickpeas provide 4 grams of fiber per ½ cup. We love to add them to our salads too! Chickpeas increase our fiber intake, which is food for our gut bacteria.

PREP TIME: 5 minutes
COOK TIME: 20-30 minutes

INGREDIENTS:

- 1 can (14.5 ounce) chickpeas
- 1-2 tablespoons extra-virgin olive oil
- ½ teaspoon chili powder
- ¼ teaspoon cumin
- Salt and pepper, to taste

INSTRUCTIONS:

1. Preheat the oven to 425° F.
2. Drain and rinse your chickpeas.
3. Spread the chickpeas on a kitchen towel and pat them dry.
4. Add chickpeas to a parchment-lined baking sheet and toss them with a drizzle of olive oil, chili powder, cumin and salt and pepper, to taste.
5. Spread chickpeas evenly on the baking sheet.
6. Bake for 20 -30 minutes or until chickpeas are lightly browned and very crisp.

RECIPE SECTION



LENTIL CHILI

Brought to you by **ACTIVIA®**

MAKES 4 SERVINGS



Lentils are rich in soluble and insoluble fiber. One cup of cooked lentils provides more than 15 grams of dietary fiber. The nuttiness of the lentils combined with the wonderful combination of red bell peppers, and roasted tomatoes make this a hearty and gut-friendly soup.

PREP TIME: 8 minutes
COOK TIME: 35-40 minutes

INGREDIENTS:

1 tablespoon extra-virgin olive oil
1 small onion, chopped
1 medium red bell pepper, chopped
2 minced garlic cloves
1 tablespoon chili powder
8 ounces dry brown lentils (inspected and rinsed)
1 (14.5 oz.) can diced fire-roasted tomatoes
32 ounces vegetable stock
Salt and pepper, to taste
1 cup fresh chopped cilantro
½ cup plain Greek yogurt (made with live and active cultures)

INSTRUCTIONS:

1. In a medium stockpot, heat olive oil over medium heat.
2. Add chopped onions, red bell pepper and garlic.
3. Cook for about 5 minutes or until vegetables are lightly browned, stirring occasionally.
4. Stir in chili powder, lentils, fire-roasted tomatoes, and vegetable stock. Simmer over medium-low heat for 30 minutes or until lentils are tender.
5. Serve in individual bowls, topped with cilantro and dollop of yogurt.

OATMEAL RAISIN ENERGY BITES

Brought to you by **ACTIVIA®**

MAKES 5 SERVINGS



Uncooked oats are the starring ingredient in these tasty no-bake energy bites! Raw oats contain two different prebiotics, resistant starch and beta-glucan.

PREP TIME: 12 minutes
COOK TIME: 20-30 minutes

INGREDIENTS:

1 cup walnut halves
1 ½ cups old fashioned oats
½ teaspoon vanilla
Dash cinnamon
2 tablespoons almond butter
3 tablespoons maple syrup
¼ cup raisins

INSTRUCTIONS:

1. In food processor or heavy-duty blender, blend walnuts until finely ground, remove, and add to medium size bowl.
2. Add oats to food processor/blender and pulse a few times to create almost an oat flour consistency with some texture of the oats remaining. Add the oats to the bowl with the walnuts.
3. Mix in vanilla, cinnamon, almond butter, maple syrup and raisins.
4. Form into 10 even balls (about 2 heaping tablespoons each)
5. Place on parchment-lined tray and then, into the refrigerator to set.

RECIPE SECTION

MINI CRUSTLESS VEGETABLE QUICHES

Brought to you by ACTIVIA®

MAKES 3 SERVINGS



The variety of veggies in this quiche help broaden your plant intake which is associated with a greater diversity of gut microbes, a marker of good gut health!!

PREP TIME: 20 minutes

COOK TIME: 30 minutes

INGREDIENTS:

1 ½ cups finely chopped assorted vegetables such as a combo of any of the following: summer squash, broccoli, grated cooked potato, red bell pepper, and zucchini

1 cup fresh arugula

5 large eggs

2 tablespoons low fat milk

½ cup grated cheddar cheese

½ teaspoon Italian seasoning

Salt and pepper, to taste

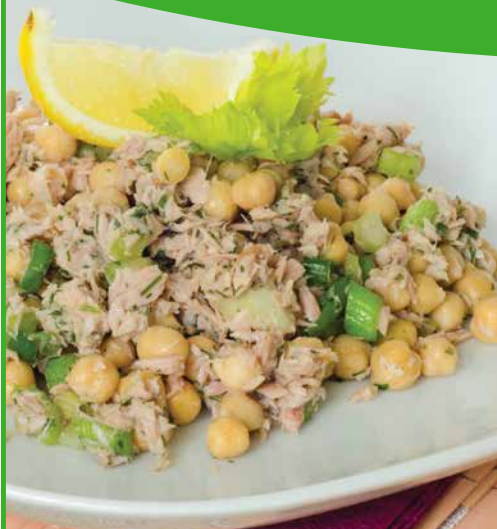
INSTRUCTIONS:

1. Preheat oven to 350° F and lightly oil 6-cup muffin tin.
2. Distribute vegetables evenly in muffin tin.
3. In medium bowl, add eggs, milk, cheddar, and Italian seasoning. Whisk ingredients until blended.
4. Top vegetables with egg mixture filling until about ¾ full. (Don't fill to very top as mixture does expand a bit)
5. Place in oven and bake for about 25-30 minutes or until eggs are set and cooked through.
6. Let cool for about 10 minutes.
7. Run a butter knife around the quiche to loosen and remove.

CHICKPEA “TUNA” SALAD

Brought to you by ACTIVIA®

MAKES 2 SERVINGS



This plant forward version of traditional tuna salad has a surprising gut-friendly ingredient, chickpeas. You'll love the buttery, nutty flavor of this prebiotic-rich legume that is rich in protein and fiber (both insoluble and soluble), food for your good gut bacteria.

PREP TIME: 6 minutes

COOK TIME: n/a

INGREDIENTS:

1 can (14 oz) chickpeas (garbanzo beans), drained and rinsed

juice of ½ lemon

¼ cup hummus mixed with 2 tablespoons water

¼ cup celery, chopped (1 large stalk)

¼ cup red onion, chopped

Salt + pepper, to taste

INSTRUCTIONS:

1. Drain and rinse chickpeas, place in medium size bowl and roughly mash about ¾ of the chickpeas with the back of a fork, leaving some texture to some of the chickpeas.
2. Mix in lemon juice, hummus mixed with water, diced celery and red onion.
3. Season with salt and pepper, as desired.

GUT-FRIENDLY MEAL PLANNING MADE EASY — 7 DAY PLAN

RECIPE SECTION

SALMON SALAD WITH STRAWBERRY YOGURT BALSAMIC VINAIGRETTE

Brought to you by **ACTIVIA®**

MAKES 2 SERVINGS



A salad with a wide variety of vegetables has a special twist, a delightful probiotic-rich strawberry dressing. Add some nuts and seeds for extra fiber for additional gut health benefits.

PREP TIME: 15 minutes

COOK TIME: n/a

INGREDIENTS:

- 4 cups chopped romaine lettuce
- 1 cup diced cucumber
- 1 cup diced red or orange bell pepper
- ½ cup diced red onion
- 1 medium avocado, diced
- 7 ounce can salmon, packed in water
- 4 large strawberries, diced
- Optional gut health boosters: (add all or pick 1 or 2)
- ¼ cup chopped pistachios
- ¼ cup chopped cashews
- ¼ cup pepitas

Dressing

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 3 tablespoon Activia Strawberry Probiotic Yogurt
- Pinch of salt and pepper

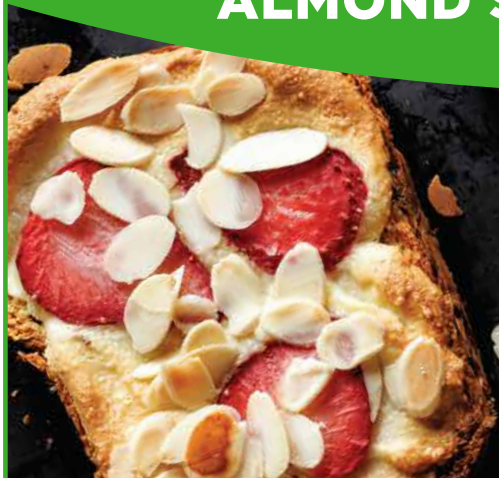
INSTRUCTIONS:

1. Divide salad ingredients among 2 large bowls.
2. Mix dressing ingredients in a small bowl to combine.
3. Pour dressing over salads. Add optional nuts and seeds, as desired, and serve.

ALMOND STRAWBERRY “YOAST”

Brought to you by **ACTIVIA®**

MAKES 2 SERVINGS



A slightly sweet protein and probiotic-rich strawberry yogurt-based topping is the perfect gut-friendly topping for whole grain toast.

PREP TIME: 3 minutes

COOK TIME: 1-2 minutes, to toast bread

INGREDIENTS:

- 2 slices whole grain bread
- 4 ounces Activia strawberry probiotic yogurt
- 2 tablespoons all-natural almond butter
- 2 tablespoons sliced almonds
- ½ teaspoon chia seeds

INSTRUCTIONS:

1. Toast bread.
2. While bread is toasting, blend yogurt and almond butter in small bowl.
3. Add yogurt and almond butter mixture evenly on top of toast.
4. Top with sliced almonds and a sprinkle of chia seeds.

REFERENCES

1. McDonald D, et al. American Gut: an Open Platform for Citizen Science Microbiome Research. mSystems. 2018 May 15;3(3):e00031-18.

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