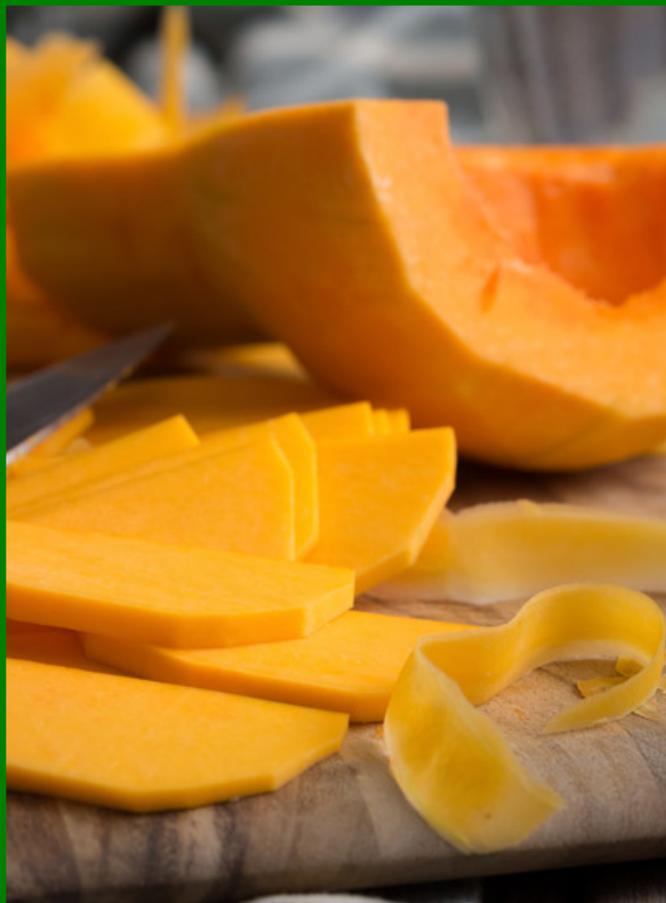




The  
**Healthy Belly**  
4-Day Menu

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**The Healthy Belly 4-Day Menu**  
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**Enjoy this gluten free menu that is high in flavor and nutrition!**

**Day One**

**Breakfast: Perfect Yogurt Parfait**

*Kick start your morning with this yogurt parfait that delivers a hefty dose of live active cultures, fiber and anti-inflammatory spices to flavor it up!*

Prep Time: 2 Minutes    Cook Time: None    Makes: 1 serving

**Ingredients:**

- 1 cup plain, unsweetened organic yogurt
- ¼ teaspoon spice (ground cinnamon, ground ginger, ground nutmeg, etc.) or ½ teaspoon pure flavor extract (vanilla, maple, orange, etc.)
- 1 cup fresh or frozen berries
- 1 tablespoon chopped nuts
- 1 tablespoon seeds (sunflower, pumpkin, flax, or chia)

**Directions:**

1. In a glass or single-serving bowl, mix the yogurt with the spice or pure flavor extract
2. Serve topped with fruit, nuts, and seeds.

**Lunch: Black Bean Sweet Potato Chili**

*Partner this robust, warming chili with a raw watercress, radish and cucumber salad with an olive oil & raw apple cider vinegar dressing!*

Prep Time: 20 minutes    Crock-Pot Time: 4 to 5 hours    Serves: 4

**Ingredients:**

- 1 medium red onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, minced
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- ¼ teaspoon ground cinnamon
- 1 tablespoon unsweetened cocoa powder
- 1 28-ounce can fire-roasted diced tomatoes with juice
- 2 15 ½-ounce cans black beans
- 1 large sweet potato (about 8 ounces), peeled and cut into ½-inch cubes
- 1 cup water

Directions:

1. In a 4- to 6- quart slow cooker, combine the onion, bell pepper, garlic, chili powder, cumin, cinnamon, and cocoa powder.
2. Add the tomatoes, beans (and their liquid), sweet potato and water.
3. Cover and cook until the chili has thickened and the sweet potatoes are tender (over high heat for 4 to 5 hours; over low heat for 7 to 8 hours). Note: This recipe can also be made on the stovetop.

**Dinner: Lemon Dill Shrimp with Sesame Bok Choy and Steamed Quinoa with Basil Balsamic Dressing**

*A light and delicious dinner that is ready in minutes and if there is any leftover, it makes a lovely lunch the next day!*

**Lemon Dill Shrimp**

Prep Time: 10 minutes    Cook Time: 5 minutes    Makes: 4 servings

Ingredients:

- 1 pound medium shrimp
- $\frac{3}{4}$  cup Lemon Dill Marinade/Dressing

Directions:

1. Peel and devein the shrimp
2. In a medium bowl, coat the shrimp with the marinade/dressing mixture.
3. In a medium skillet, sauté the shrimp on medium-high heat for about 4 minutes, until they are pink and opaque throughout.

**Lemon Dill Marinade/Dressing**

Prep Time: 5 minutes    Cook Time: None    Makes: 8 servings (2 tablespoons per serving)

Ingredients:

- $\frac{1}{2}$  cup extra-virgin olive oil
- $\frac{1}{4}$  cup freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 2 tablespoons finely chopped fresh dill or 2 teaspoons dried dill

Directions:

1. Whisk together all of the ingredients in a small bowl until well blended.

### **Sesame Bok Choy**

Prep Time: 5 minutes    Cook Time: 5 minutes    Makes: 4 servings

#### Ingredients:

1 pound bok choy, chopped in strips  
1 medium red bell pepper, sliced  
1 teaspoon sesame seeds

#### Directions:

1. Add the bok choy and bell pepper to a steamer basket with water in a stainless-steel skillet
2. Cover and steam for 3 minutes, then remove from the steamer and top with the sesame seeds.

### **Steamed Quinoa & Basil Balsamic Dressing**

*Steam the quinoa according to package directions and add a tablespoon of the balsamic dressing to perk it up!*

### **Basil Balsamic Dressing**

Prep Time: 5 minutes    Cook Time: None    Serves: Makes 1 cup

#### Ingredients:

½ cup extra-virgin olive oil  
¼ cup Balsamic vinegar  
1 tablespoon finely chopped fresh basil or 2 teaspoons dried basil  
¼ cup water

#### Directions:

1. Whisk together all of the ingredients in a small bowl until well blended

## Day Two

### **Breakfast: Layers of Lox**

*A high protein and super satisfying way to welcome your day!*

Prep Time: 5 minutes    Cook Time: None    Makes: 1 serving

#### Ingredients:

3 ounces wild caught lox, nitrate free and naturally smoked  
1 small English cucumber, thinly sliced  
1 tomato, thinly sliced  
2 tablespoons Dilled Lemon Mustard Dressing (recipe below)

#### Directions:

1. Place the salmon, cucumber, and tomato in stacks and drizzle with the dressing.

### **Dilled Lemon Mustard Dressing**

¼ cup freshly squeezed lemon juice  
¼ cup water  
½ cup extra-virgin olive oil

### **Lunch: Carrot Squash Soup**

*A creamy, antioxidant rich soup that is soothing to the belly! Toss in some baked tofu or tempeh chunks for a protein boost.*

Prep Time: 15 minutes    Cook Time: 40 minutes    Makes: 10 cups

#### Ingredients:

6 large carrots, washed and sliced  
4 cups peeled and diced butternut squash  
8 cups Inside Tract Vegetable Broth (recipe below),  
or commercial low-sodium, gluten-free vegetable broth  
2 teaspoons ground ginger  
2 teaspoons orange zest, very finely grated  
Pinch of sea salt (optional)



#### Directions:

1. In a 6- to 8-quart pot, add all the ingredients and cook, stirring occasionally over medium-high heat until the mixture comes to a slight boil. Reduce heat to medium low and simmer uncovered for 30 minutes.
2. In a blender, puree the soup in batches until all the soup is smooth. Serve.

### **Inside Tract Vegetable Broth**

Prep Time: 30 minutes    Cook Time: 2-3 hours    Makes: 6-7 quarts (24-28 cups)

#### Ingredients:

4 carrots, unpeeled, cut into thirds  
1 small celeriac (celery root), quartered  
10 whole shiitake mushrooms, trimmed  
4 parsnips, with skins on, cut into thirds  
1 turnip, cut into thirds  
2 medium beets, trimmed and cut in half  
2 sweet potatoes with skins on, cut into thirds  
½ bunch of fresh flat-leaf parsley  
1 (8") strip of kombu  
2 bay leaves  
1 tablespoon shredded burdock root  
1 piece (1") fresh ginger, sliced

#### Directions:

1. Rinse the vegetables well, including the kombu.
2. In a 10-quart or larger pot, combine all the ingredients.
3. Fill the pot to 2" below the rim with water, cover, and bring to a boil.
4. Remove the lid, decrease the heat to low, and simmer for at least 2 hours. As the stock simmers, some of the water will evaporate. Add more water if the vegetables begin to peek out.
5. Strain the stock using a large coarse-mesh strainer (remember to use a heat-resistant container underneath.) Save the vegetables for another use (puree and freeze in ice cube trays to add to sauces or other soups) or serve with the broth. Cool to room temperature before refrigerating or freezing.

### **Dinner: Lamb or Beef Vegetable Kebabs, Minted Brown Rice, and Green Beans with Slivered Almonds**

*Kebabs are delicious any season of the year--- vegetarians can substitute tofu or tempeh!*

#### **Lamb or Beef Vegetable Kebabs**

Prep Time: 10 minutes + 1 hour to marinate    Cook Time: 15 minutes  
Makes: 4 servings

#### Ingredients:

½ cup freshly squeezed lemon juice  
2 tablespoons dried oregano  
¼ cup extra-virgin olive oil  
1 pound lean lamb or beef, trimmed of fat and cut into 1" cubes  
16 cherry tomatoes  
1 large green bell pepper, cut into 1" pieces  
1 large red bell pepper, cut into 1" pieces

1 large onion, cut into 1" pieces

Directions:

1. In a small bowl, combine the lemon juice, oregano, and oil. Set, cover, and refrigerate.
2. Pour ½ cup of marinade over meat, and reserve ¼ cup for basting on grill. Marinate the beef or lamb cubes for at least 1 hour, or overnight.
3. Preheat a grill.
4. Drain the marinade.
5. Using metal or soaked wooden skewers, alternately thread the meat cubes and the vegetables.
6. Grill the kebabs, uncovered, over medium heat for 3 minutes per side.
7. Baste with the reserved marinade.
8. Grill for 8 to 10 minutes longer, or until the meat is done, turning and basting frequently.

### **Minted Brown Rice**

*You may want to save time and make extra rice (without the mint) for the teriyaki stir fry recipe below*

Prep Time: 5 minutes    Cook Time: 30 minutes    Makes: 6 servings

Ingredients:

2 cups Basmati brown rice (Lundberg Farms brand – California grown)  
4 cups water  
¼ cup fresh mint, chopped

Directions:

1. Rinse the rice in a mesh colander.
2. Place the rice in a medium saucepan.
3. Add the water and cook, covered, over medium heat for 25 to 30 minutes, or until the rice is cooked.
4. Add the mint and toss gently.

### **Green Beans with Slivered Almonds**

Prep Time: 8 minutes    Cook Time: 5-8 minutes    Makes: 4 servings

Ingredients:

1 pound green beans  
¼ cup slivered almonds

Directions:

1. Fill the bottom of a steamer pot with 2" of water.
2. Steam the green beans for 5 minutes, or until al dente.
3. Sprinkle with the almonds.

## Day Three

### **Breakfast: Herb Scramble**

*Green up your eggs with this mouth-watering herb scramble*

Prep Time: 10 minutes    Cook Time: 5 minutes    Makes: 2 Servings

#### Ingredients:

- 1/3 cup parsley, finely chopped
- 4 eggs
- 1/8 cup fresh dill or basil, finely chopped
- Freshly ground black pepper
- 2 teaspoons extra-virgin olive oil



#### Directions:

1. Bring a medium pot of water to a boil over high heat. Add the parsley and cook for 1 minute, then drain and rinse under cold water.
2. Whisk the eggs in a medium bowl. Add the parsley, dill or basil and several grinds of pepper, and whisk to combine.
3. Warm the oil in a large cast iron skillet over medium heat. Pour in the eggs and stir gently and constantly, until the eggs form large curds and are cooked to your preference, about 2 to 3 minutes. Serve immediately.

### **Lunch: White Beans with Rosemary and Sun-Dried Tomatoes with Lemon-Caper Sauce**

*An aromatic bean dish that is delectable to the senses and the tummy!*

Prep Time: 15 minutes    Cook Time: 20 minutes    Makes: 4 servings

#### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 shallot, finely chopped
- 1 garlic clove, minced
- 1 cup sun-dried tomatoes, chopped
- 2 15-ounce cans white beans, drained and rinsed
- 1 cup water
- 1 tablespoon chopped fresh rosemary
- 2 tablespoons fresh lemon juice
- 1/4 cup capers, drained and rinsed

#### Directions:

1. Heat the olive oil in a large skillet on medium-low heat.
2. Add the shallots and sauté for about 5 minutes until softened.
3. Add the garlic and sauté for 30 seconds, and then add the sun-dried tomatoes and sauté for 2 minutes.
4. Add the beans, water, rosemary, lemon juice, and capers and simmer covered for about 10 minutes to allow the flavors to blend.

## **Dinner: Teriyaki Tofu Stir Fry**

*A veggie-loaded stir fry that indulges your taste buds!*

Prep Time: 10 minutes   Cook Time: 15 minutes   Makes: 4 servings

### Ingredients:

- 1 pound firm or extra firm tofu
- 4 tablespoons unrefined sesame oil, divided
- 1 cup onion, diced
- 1 head broccoli, chopped
- 1 cup sugar snap peas
- 1 cup green beans, ends cut and discarded
- 1 red bell pepper, medium dice
- 1 orange bell pepper, medium dice
- 2 cups cooked brown or white rice
- 1 tablespoon sesame seeds
- 3 scallions, whites and greens, chopped, for garnish

### Marinade Ingredients:

- ¼ cup gluten free Shoyu or Tamari
- 2 teaspoons grated ginger or ginger juice
- 1 tablespoon mirin
- 2 garlic cloves, minced or pressed

### Directions:

1. Drain and rinse the tofu. Wrap it in a paper towel and lightly squeeze to release the extra water. Cut the tofu into 1-inch cubes and set aside.
2. In a wok or large skillet heat 2 tablespoons of the oil over medium-low heat. Add the onions and sauté until they start to soften, about 2 minutes.
3. Add the broccoli, sugar snap peas, green beans, and bell peppers. Continue to cook until the broccoli starts to soften, stirring occasionally, about 6 minutes. Transfer the vegetables to a dish and set aside.
4. Whisk the tamari, ginger, mirin, and garlic together in a small bowl.
5. Place the remaining 2 tablespoons of the oil in the same wok or skillet over medium heat. Add the tofu and cook until the tofu is browned on all sides, turning frequently. Pour the marinade over the tofu and stir to coat and let cook another 2 minutes. Return the vegetables to the skillet with the tofu and stir to mix. Cook another 2 minutes or until some of the liquid has reduced. Divide the rice onto 4 plates. Top with the stir-fry and sprinkle each serving with sesame seeds and scallions.



## Day Four

### **Breakfast: Apple-Walnut Amaranth**

*Pure comfort and nutrition to start your day!*

Prep Time: 5 minutes    Cook Time: 30 minutes    Makes: four  $\frac{2}{3}$ -cup servings

#### Ingredients:

1 cup amaranth  
3 cups plain almond milk  
 $\frac{1}{4}$  teaspoon ground cinnamon  
Pinch sea salt (optional)  
1 large apple, skin on, cored and diced  
 $\frac{1}{2}$  cup chopped walnuts

#### Directions:

1. Place the amaranth, soy or almond milk, cinnamon, salt (if using), and apple in a medium saucepan. Cover the pan and bring to a boil, whisking occasionally.
2. Reduce heat to low and continue to simmer, covered, for about 25 to 30 minutes until amaranth is soft. Top with chopped walnuts and serve.

### **Lunch: Turkey Breast and Avocado Cream on a Pile of Greens**

*Just the right avocado creaminess!*

Prep Time: 20 minutes    Cook Time: None    Makes: 2 servings

#### Ingredients:

1 large avocado, peeled and pitted  
 $\frac{1}{4}$  cup freshly squeezed lemon juice  
3 tablespoons extra virgin olive oil  
1 clove garlic, minced  
Pinch sea salt  
Dash freshly ground black pepper  
6 cups fresh mixed baby greens  
6 to 8 ounces roast skinless, sliced turkey breast  
 $\frac{1}{2}$  small red onion, sliced in slivers  
1 pickling cucumber (Kirby), thinly sliced  
10 pitted green olives, drained and chopped

#### Directions:

1. In a food processor, blend the avocado, lemon juice, olive oil, garlic, salt, and pepper. Slowly add up to  $\frac{1}{4}$  cup filtered water and process until the dressing has a creamy consistency.
2. Place the greens on two serving plates and top with the turkey, onion, cucumber, and olives. Drizzle with the avocado cream.

**Dinner: Coconut Dal with Steamed Broccoli**

*Coconut, ginger and turmeric meld together in this dal favorite!*

Prep Time: 10 minutes    Cook Time: 30 minutes    Makes: 6 servings

Ingredients:

- 2 cups yellow split peas
- One 14-ounce can coconut milk
- 4 cups low-sodium vegetable broth
- 1 small yellow onion, sliced
- 3 cloves garlic, pressed
- 1 tablespoon grated fresh ginger
- 2 teaspoons ground turmeric
- 1 teaspoon sea salt
- 4 tablespoons chopped fresh cilantro
- 1 medium bunch broccoli, trimmed and steamed

Directions:

1. Rinse the split peas.
2. In a large saucepan, place the split peas, coconut milk, vegetable broth, onion, garlic, ginger, turmeric, and salt. Simmer over medium heat until peas are soft, approximately 30 minutes.
3. Sprinkle chopped fresh cilantro on top. Serve with steamed broccoli and gluten free grain of your choice.