

# THE GASTRITIS HEALING BOOK

A Comprehensive Guide to  
Heal Gastritis and Restore  
Your Stomach Health

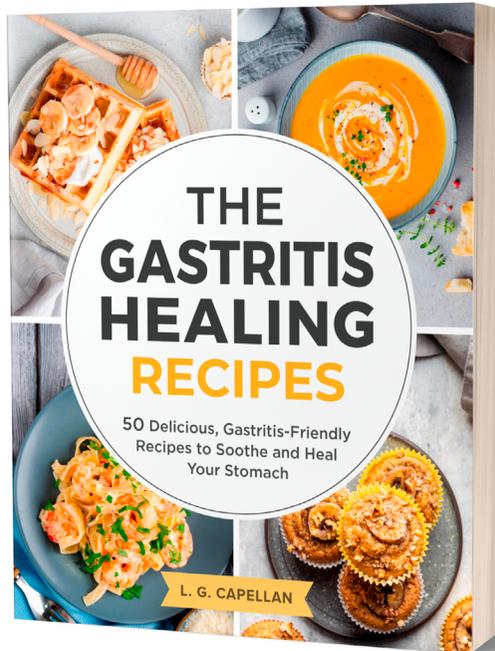
**L. G. Capellan**

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**SUPPLEMENTAL MATERIAL**

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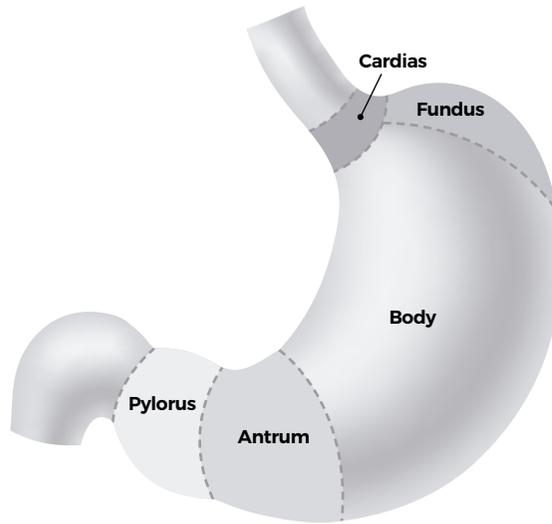
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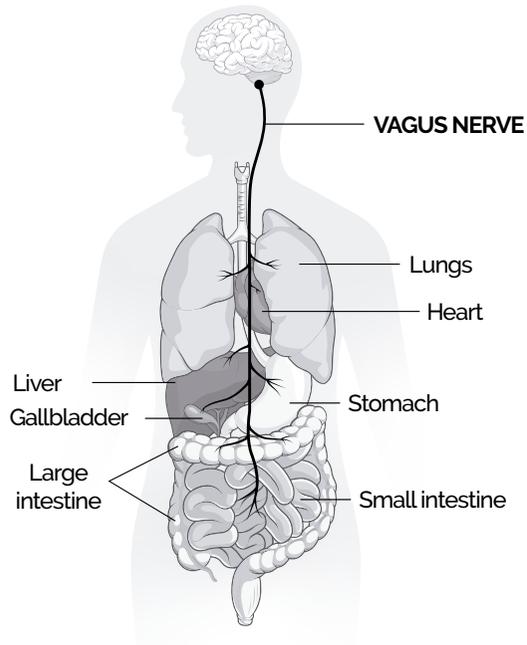
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## Chapter 1: What Is Gastritis?



## Chapter 2: Why Is It Difficult to Cure Gastritis?





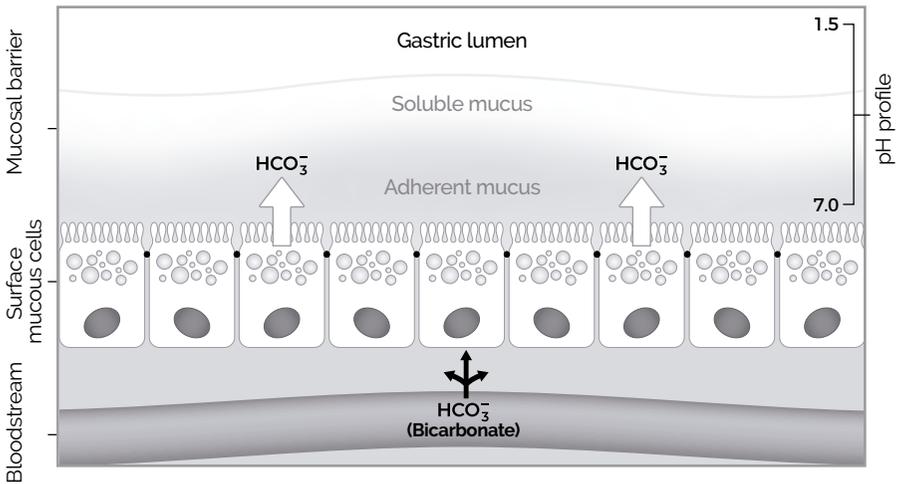
## AGGRESSIVE FACTORS

Stomach acid  
Pepsin  
Bile acids and salts  
Helicobacter Pylori  
NSAIDs  
Alcohol



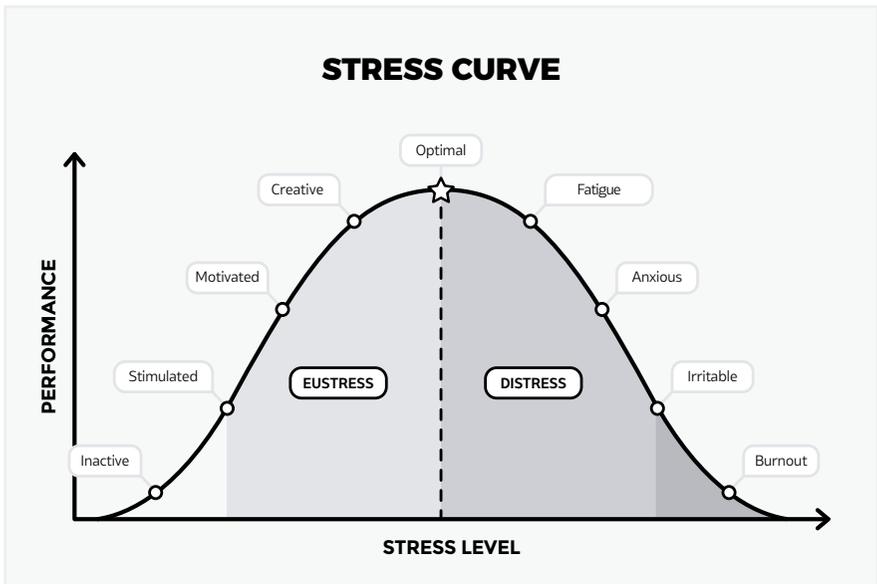
## DEFENSIVE FACTORS

Gastric mucus  
Bicarbonate  
Mucosal blood flow  
Prostaglandins



## Chapter 3: The Healing Program

|             |                     |
|-------------|---------------------|
| Breakfast   | 7:00 to 8:30 a. m.  |
| Mid-morning | 10:00 to 11:00 a.m. |
| Lunch       | 12:30 to 2:00 p.m.  |
| Snack       | 4:00 to 5:00 p.m.   |
| Dinner      | 6:00 to 7:30 p.m.   |



## Foods with a pH Higher Than 5

- **Fruits:** papaya, melon, watermelon, banana, dragon fruit, avocado, and black olives. Among pears, the less acidic varieties (which it is recommended that you eat) are Bosc and Asian. Always try to consume fruits when they are ripe, never unripe.
- **Vegetables:** spinach, kale, broccoli, cauliflower, arugula, celery, Brussels sprouts, chard, artichoke, asparagus, zucchini, okra, mushrooms, carrots, beets, chayote, pumpkin and squash (all varieties), parsnips, jicama, turnip, yam, potatoes, sweet potato, and malanga (taro). Most vegetables have a pH higher than 5, so don't worry too much.
- **Herbs and condiments:** coriander, rosemary, parsley, sage, thyme, basil, oregano, coriander, saffron, asafetida, sumac, bay leaves, dill, tarragon, star anise, celery seeds, cumin seeds, fennel seeds, coriander seeds, sea salt or Himalayan salt, Bragg liquid aminos or coconut aminos (alternatives to soy sauce), extra virgin olive oil, coconut oil, avocado oil, and hemp oil. Always choose cold-pressed vegetable oils, as they are of higher quality, better preserve their nutritional values, and have not been refined or chemically extracted.
- **Poultry:** skinless chicken or turkey breast and eggs. Chicken or turkey legs and thighs are known as dark meat, which has a higher fat content. If available, choose organic chicken or turkey breasts, and organic eggs. I also recommend that you avoid eating red meat, as it contains large amounts of saturated fat and is much harder to digest.

- **Fish and seafood:** tilapia, trout, herring, wild salmon, cod, sardines, anchovies, small mackerel, flounder, haddock, hake, catfish, sole, lobster, scallop, crab, and shrimp. It is advisable that you eat as little as possible of fish such as swordfish, grouper, marlin, king or Spanish mackerel, and albacore, as they contain high levels of mercury. Mercury is a dangerous and highly toxic heavy metal for the human body. When it accumulates in the body, mercury can adversely affect the nervous and immune systems.<sup>47</sup> The larger and older the fish, the more mercury it can contain.
- **Others:** almond milk, rice milk, or other plant-based milks (as alternatives to cow's milk), coconut water, alkaline water, pure maple syrup, stevia, monk fruit, vanilla extract, and almond butter. Peanut butter is allowed so long as it is organic and does not contain hydrogenated oils.

## Home Remedies for Gastritis

### Potato Juice

The first of the home remedies I will talk about is the juice of raw potatoes, as it has been used for years to treat gastritis and gastric ulcers. Potatoes are especially rich in vitamins such as C, B3, B6, and B9, and minerals such as magnesium, phosphorus, and potassium. The alkaline properties of potato juice help it act as a natural antacid, thus calming stomach upset and relieving the pain of stomach ulcers.

Scientific research has shown that the gastroprotective effect of potato juice is due largely to the precipitate or sediment of the juice, which is composed mostly of starch. Meanwhile, the supernatant or the most liquid part of the juice is the one that confers the greatest antioxidant protection.<sup>128</sup>

### Ingredients

- 1 or 2 large red or white potatoes

### Preparation

1. Wash the potatoes well (they must be ripe), peel them, and remove all the black spots. Discard those that are green and that have many black spots (as they may have high amounts of a toxic substance called solanine).
2. Cut the potatoes into two halves and verify that they are not damaged inside. Then, place them in a juice extractor.
3. Take immediately to prevent the starch from precipitating at the bottom of the glass. It is preferable to take this juice once a day on an empty stomach.

## **Notes**

- If you don't have a juice extractor, you can also use a blender. For this, just cut the potatoes into pieces, then blend them with half a cup of water and strain the mixture.
- If you do not like the taste of potato juice, you can mix it with carrot juice but do not add any sweeteners.

## Chamomile Tea

Chamomile tea is one of the most popular teas to treat digestive problems. It is known mostly for its anti-inflammatory, soothing, and relaxing properties. Bisabolol, which is obtained from the essential oil of chamomile flower, is one of the active compounds that occur in greater concentration and is primarily responsible for the anti-inflammatory and regenerative effect of this herb on the stomach lining.<sup>129</sup>

### Ingredients

- 1 tablespoon chamomile flowers (or one sachet)
- 1 cup of water
- Maple syrup to taste (optional)

### Preparation

1. Bring the water to boil. When it starts boiling, turn off the heat.
2. Add chamomile flowers to boiled water. Cover with a lid and let stand for 15 minutes.
3. Strain and let it cool slightly. If you want to cool it faster, you can place the cup in a bowl filled with water. (Just make sure the water does not enter the cup containing the tea.)
4. Once the tea is warm or at room temperature, sweeten it to taste (optional). Take it about 20 or 30 minutes before eating.

### Notes

- You can use this same recipe to prepare teas with other herbs and plants that have anti-inflammatory and soothing properties similar to chamomile, such as marshmallow root, fennel, ginger, lavender, and anise.
- It is important that you do not take this or any other tea when it is very hot. It is better to consume it warm or at room temperature.

## **Nopal Water**

Nopal is a type of cactus native to America that has been shown to have excellent gastroprotective, antioxidant, and anti-inflammatory properties. The gastroprotective effects of nopal are attributed to the mucilages it contains inside its leaf. As we have mentioned before, this is a type of soluble fiber that provides a protective and regenerating effect on the stomach lining.<sup>130</sup> In addition, nopal is rich in polyphenols, a substance with antioxidant action that helps fight free radicals in the body.

### **Ingredients**

- 1 nopal leaf
- 1 cup of water

### **Preparation**

1. With a knife, remove all the thorns from the leaf and wash it well.
2. Cut the leaf into small pieces and place them along with the cup of water in a medium bowl. Cover it well and let it sit overnight to release the mucilages.
3. The next day, remove all the chopped pieces and drink the thick liquid 30 minutes before eating. It is recommended that you drink the nopal water about two or three times a day.

### **Note**

- You can reuse the chopped pieces; you just have to add more water to the bowl or container to release more mucilages. However, keep in mind that the more times you reuse them, the lower their effectiveness will be, so I recommend that you reuse them only two or three times at most.

## **Aloe Vera**

Aloe vera is a plant that, due to its anti-inflammatory, gastroprotective, and regenerative properties, has proved to be excellent for treating gastritis and its symptoms. Aloe vera is also rich in mucilage, which, as we mentioned above, has the ability to soothe and protect the stomach lining.

### **Ingredients**

- 1 aloe vera leaf

### **Preparation**

1. Cut a fifth of the aloe vera leaf (approximately a two-inch piece) and refrigerate the rest.
2. Then, cut the lateral rows of spines of the leaf and discard them. Rinse the leaf well.
3. Carefully remove the entire outer leaf. It is important that you remove it completely, as this part contains aloin, a bitter substance that can irritate the stomach lining.
4. Wash the aloe vera inner gel well and place it in a blender with a little water. Blend for about 30 seconds or until the mixture has a homogeneous consistency.
5. Take immediately or preferably 30 minutes before eating.

### **Notes**

- Aloe vera is usually a little acidic (pH less than 5), so it is possible that some types of gastritis, especially the most severe cases, will not tolerate it well. If you can't tolerate it, try liquefying aloe vera gel with half a cup of papaya and a little water or plant-based milk.
- The internal use of aloe vera is contraindicated in pregnant or breastfeeding women and in young children.

## Chapter 5: Getting Started with The Meal Plan

Low acid (pH higher than 5)

Low fat (less than 10g per serving)

Low salt

No irritating ingredients

### Gastritis-Friendly Ingredient Substitutions

| REMOVE  | REPLACE  |
|---|--|
| Onion (raw or powder)                               | Fennel (bulb), leek (white part only), asafoetida  |
| Garlic (raw or powder)                              | Asafoetida, ground cumin, Italian seasoning (without garlic) or a mixture of dried herbs (basil, oregano, rosemary, and thyme) |
| Chili powder, cayenne pepper, paprika, black pepper | Ground cumin, ground coriander   |
| Vinegar, lime, lemon                                | Sumac (Turkish spice with a lemon-like taste) or grated zest of lemon, lime, or orange   |
| Store-bought poultry seasoning                      | A mixture of salt with dried herbs (thyme, rosemary, basil, oregano, or others)  |
| Chocolate   | Carob (a great low-fat and caffeine-free substitute for chocolate)   |

## NOTES

- Most of these substitutes should be used moderately and always for cooking (especially spices such as cumin and asafoetida). Dried herbs and sumac can be used uncooked. If you notice any reaction when you consume cumin or leek, replace them with another ingredient on the list. If you can't find asafoetida, sumac, or carob locally, you can get them online.
- In the last part of the recipes section, you will find some gastritis-friendly salad dressings, which you can use in your salads as a substitute for the salad dressings loaded with additives and irritating ingredients sold in supermarkets.

## Tips for Creating Your Own Meal Plan

Before we start with the weekly meal plan, I would like to give you some tips and recommendations that will help you create your own diet plan.

- **Plan ahead.** Choose the meals or recipes that you will include in your weekly meal plan and write them down in your meal planner. Choose those recipes that sound attractive to you and that are easy to make. You can repeat a meal or recipe several times in the same week, although it is preferable that you eat as varied as possible. Do not forget to include snacks in your meal plan. Preferably, choose simple snacks that do not require much time for preparation.
- **Create your shopping list.** When you have your full weekly meal plan, create a shopping list with all the ingredients that you will need. This is a good way to avoid buying in excess and having to throw out expired or spoiled food. Once you have all the ingredients you will need, organize your shopping list based on where the items are located in the supermarket.

- **Cook for several days.** If you do not have much time to cook daily or if you simply do not want to be in the kitchen all day, I recommend that you take about two or three days a week to cook your meals and store them in the refrigerator in suitable containers (e.g. BPA-free plastic or glass food storage containers). The next day, or when you have to eat a specific meal, you just have to take it out of the refrigerator and heat it using the method you prefer. Cooking for several days will not only save you a lot of time but also help you avoid eating restaurant meals that may be prepared with irritating ingredients.
- **Change the menu regularly.** It is recommended that you change your meal menu on a regular basis to avoid eating always the same, which can also lead to nutritional deficiencies. Try to cook using new foods or add different recipes to your menu every week. This can be as simple as choosing different proteins for your salads each day or eating chicken with vegetables three nights a week, and fish or tofu with vegetables the other two. If you always choose boiled white rice, try changing it to sautéed potatoes or baked pumpkin. If you always eat broccoli, replace it with asparagus, Brussels sprouts, or other vegetables.

Now that you know what you can do to create your own meal plan, let's talk about everything you'll need to start with the weekly meal plan that I included.

## Weekly Shopping List

The first thing we will talk about regarding the weekly meal plan is the shopping list, which has been included so that when you go to the supermarket, you will know in advance which foods, and how much, to buy so that you can make the respective recipes in the meal planner. Note that in the list you will see below, the ingredients listed as optional in the recipes and the ingredients for preparing the side dishes have not been included.

Therefore, I recommend that you take a look at each of the recipes that I have included in the meal planner and that you write down, on your weekly shopping list, the optional ingredients that you would like to add to the recipes. Do not forget to write down the ingredients of the side dishes (in the event that you want to prepare any of the dishes that I have included in Chapter 8) to accompany your main dishes.

### Poultry and Eggs

- 3 boneless and skinless chicken breasts
- 6 ounces ground turkey breast
- 10 eggs

### Fish

- 6 ounces salmon fillet
- 11 ounces cod fillet

### Vegetables

- ¼ pound fresh spinach
- 1 pound broccoli
- ½ pound mushrooms
- ¼ pound Brussels sprouts

- ¾ pound pumpkin
- 5 medium carrots
- 1 small carrot
- 4 medium potatoes
- 1 small sweet potato
- 1 medium zucchini
- 1 fennel bulb
- 4 leeks
- 2 celery stalks
- 1 piece fresh ginger (about 1")
- 1 bunch fresh cilantro
- 1 bunch fresh parsley
- 1 bunch fresh basil
- 1 small packet fresh thyme

## **Fruits**

- 6 ripe bananas
- ½ pound blueberries, strawberries, or mixed berries
- 4 ½ pounds of fresh fruits: watermelon, papaya, cantaloupe, Bosc pear, or dragon fruit
- 2 avocados

## **Bread and Grains**

- 1 loaf gluten-free bread
- 1 small package gluten-free breadcrumbs (unseasoned)
- 1 small package gluten-free flour tortillas
- 1 package puffed rice cakes
- 1 package gluten-free pasta (preferably penne type)
- 1 package gluten-free pasta (rotini or fusilli type)
- 1 (5-ounce) package quick-cooking or unflavored instant oats

## **Others**

- 4 liters unsweetened almond milk or other plant-based milk
- 1 (10-ounce) block extra-firm tofu
- 1 (8-ounce) package shelled walnuts

## Kitchen Equipment and Pantry List

The following list details the essential items to store in your pantry and the kitchen equipment that you will need to prepare the recipes found in the meal planner. Most are affordable and easy to find. If, for some reason, you are unable to find the items locally, most are available online.

### Pantry Items

- Extra virgin olive oil
- Sesame oil
- Sea salt or Himalayan pink salt
- Bragg liquid aminos or coconut aminos
- Maple syrup
- Almond butter
- Nutritional yeast
- Arrowroot flour or cornstarch
- Baking powder
- Ground oregano
- Dried oregano
- Ground cumin
- Dried thyme
- Dried rosemary

### Essential Equipment

- Nonstick skillet
- 3 pots (small, medium, and large)
- 2 mixing bowls (small and medium)
- Potato masher
- Zester grater
- Spatula
- Balloon whisk
- Kitchen knives
- Complete set of measuring cups
- Complete set of measuring spoons
- Baking sheet
- Steamer basket
- Blender
- Small food processor

## Tips for Meal Prep

If you do not have much time to cook daily or simply do not want to be in the kitchen all day, I recommend that you follow the next tips to prepare the meals found in the meal planner.

- Lunch and dinner meals can be prepared the previous night and stored in suitable containers (e.g. BPA-free plastic or glass food storage containers) so that you can heat them the next day or take them with you to work or wherever you go. Alternatively, you can take two or three days a week to prepare lunch and dinner for the next few days (up to three days maximum).
- Breakfast recipes are mostly easy to make and will not take you more than 15 minutes to prepare. Therefore, you do not need to prepare them the night before, except for the oatmeal, which you can prepare as indicated in the recipe and store in suitable containers—or you can add uncooked oats and plant-based milk to a glass jar and let it stand covered in the refrigerator overnight. The next day, you just have to add the other ingredients and enjoy your overnights oats.
- Fresh fruits for snacks can be chopped the day before and stored in the refrigerator in suitable containers, or you can chop enough fruits to store for up to three days (as long as you refrigerate and store them well in airtight containers). Toast can be prepared and stored in resealable bags to take with you wherever you go. You can prepare anti-inflammatory smoothies before you leave home and then store them in a thermal bottle to take with you.

## Weekly Meal Plan

### MONDAY

Breakfast Scrambled Eggs with Spinach (p. 25)

Mid-morning Chopped Fresh Fruits (p. 65)

Lunch Chicken Vegetable Stir-Fry (p. 35)

Snack Avocado Toast (p. 65)

Dinner Creamy Mushroom Pasta (p. 49)

### TUESDAY

Breakfast Classic Oatmeal (p. 24)

Mid-morning Toast or Rice Cake with Almond Butter (p. 65)

Lunch Creamy Pumpkin Soup (p. 46)

Snack Anti-Inflammatory Smoothie (p. 65)

Dinner Baked Cod with Brussels Sprouts (p. 37)

### WEDNESDAY

Breakfast Banana Oat Smoothie (p. 32)

Mid-morning Toast or Rice Cake with Almond Butter (p. 65)

Lunch Grilled Chicken with Spinach and Mushrooms (p. 36)

Snack Chopped Fresh Fruits (p. 65)

Dinner Cream of Broccoli Soup with Toast (p. 45)

## THURSDAY

|             |   |
|-------------|---|
| Breakfast   | Scrambled Eggs with Spinach (p. 25)           |
| Mid-morning | Chopped Fresh Fruits (p. 65)                  |
| Lunch       | Veggie Tofu Stir-Fry (p. 51)                  |
| Snack       | Toast or Rice Cake with Almond Butter (p. 65) |
| Dinner      | Chicken Vegetable Soup (p. 39)                |

## FRIDAY

|             |                                    |
|-------------|------------------------------------|
| Breakfast   | Classic Oatmeal (p. 24)            |
| Mid-morning | Avocado Toast (p. 65)              |
| Lunch       | Baked Turkey Meatballs (p. 40)     |
| Snack       | Anti-Inflammatory Smoothie (p. 65) |
| Dinner      | Roasted Vegetable Burrito (p. 53)  |

## SATURDAY

|             |   |
|-------------|---|
| Breakfast   | Banana Berry Smoothie (p. 31)                 |
| Mid-morning | Toast or Rice Cake with Almond Butter (p. 65) |
| Lunch       | Pesto Pasta with Tofu (p. 47)                 |
| Snack       | Chopped Fresh Fruits (p. 65)                  |
| Dinner      | Baked Chicken Tenders (p. 43)                 |

## SUNDAY

|             |   |
|-------------|---|
| Breakfast   | Banana Oat Pancakes (p. 26)                   |
| Mid-morning | Chopped Fresh Fruits (p. 65)                  |
| Lunch       | Glazed Salmon with Broccoli (p. 41)           |
| Snack       | Toast or Rice Cake with Almond Butter (p. 65) |
| Dinner      | Fish Stew (p. 44)                             |

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## CHAPTER 6

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# BREAKFAST RECIPES

## Classic Oatmeal

*This comforting, warm, and creamy porridge is an excellent way to start the day. Oatmeal provides vitamins and minerals, and, being rich in soluble fiber, contributes to a healthy digestive system.*

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**Servings:** 1 | **Preparation:** 5 minutes | **Cooking:** 10 minutes

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### Ingredients

- ½ cup quick-cooking or unflavored instant oats
- 1 cup unsweetened almond milk or other plant-based milk
- 1 ripe banana, sliced
- A pinch of salt
- ¼ teaspoon vanilla extract (optional)
- 1 tablespoon coconut flakes or chopped walnuts (optional)
- 1 tablespoon maple syrup (optional, to drizzle on top)

### Preparation

1. In a small saucepan over medium-high heat, add the milk, oats, pinch of salt, and vanilla (if using). Cook, stirring for about 5 minutes or until it starts to boil.
2. Once it starts to boil, reduce the heat to low and cook, stirring constantly, for about 5 minutes or until it begins to thicken.
3. Remove from heat and pour it in a bowl. Serve with banana slices, coconut flakes, or walnuts and maple syrup on top (if using these optional ingredients).

### Notes

- If you don't tolerate oatmeal, you can try the rice porridge recipe (p. 27) that I included later.
- You can substitute the banana for half a ripe Bosc pear, sliced and peeled, or another type of fruit that has a pH greater than 5.

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**Per serving:** (1 bowl) Calories: 295; Total fat: 5.7g; Protein: 8g; Carbohydrates: 48.6g; Fiber: 7.2g

## Scrambled Eggs with Spinach

*These tasty scrambled eggs with spinach are ideal for breakfast, as they are easy to prepare and give your body the proteins it needs to start the day.*

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**Servings:** 1 | **Preparation:** 10 minutes | **Cooking:** 5 minutes

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### Ingredients

- 1 large egg
- 2 egg whites
- 1 cup fresh spinach, chopped
- ½ teaspoon olive or coconut oil
- ¼ teaspoon salt
- 1 tablespoon black olives, chopped (optional)
- 1 slice gluten-free toast or another side dish

### Preparation

1. In a medium bowl, beat the egg, egg whites, and salt. Add spinach and black olives (if using). Mix all the ingredients well.
2. Heat a nonstick skillet over medium heat and cover with olive oil. Pour the egg mixture into the pan and cook, stirring constantly, for about 2 minutes or until the egg and spinach are cooked.
3. Remove from heat and transfer to a plate. Serve with the slice of bread or another side dish (a small or medium potato or sweet potato, cooked and skinless).

### Note

- You can substitute spinach for kale. On the other hand, if you do not tolerate eggs, try the vegetarian recipe (p. 28) that I included later, which is very similar to this but, instead of eggs, has tofu.

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**Per serving:** (3 eggs scrambled with a slice of toast) Calories: 210; Total fat: 9g; Protein: 15g; Carbohydrates: 15g; Fiber: 1.2g

## Banana Oat Pancakes

*These simple and healthy pancakes are an excellent alternative to traditional pancakes, as they are made with oats instead of wheat flour and do not require eggs or dairy for their preparation.*

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**Servings:** 1 | **Preparation:** 10 minutes | **Cooking:** 15 minutes

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### Ingredients

- ½ cup quick-cooking oats or oat flour
- ½ medium ripe banana
- ¼ cup unsweetened almond milk or other plant-based milk
- 1 teaspoon baking powder
- A pinch of salt
- ½ teaspoon vanilla extract (optional)
- 1 tablespoon maple syrup (to drizzle on top)

### Preparation

1. If using quick-cooking oats, add them to the blender and pulse until they are well-ground. Otherwise (if using oat flour), add all the ingredients (except maple syrup) and blend until the mixture is smooth. Pour the mixture into a medium bowl and set aside.
2. Heat a nonstick skillet over medium heat. Pour ¼ cup of the mixture into the prepared pan and cook until small bubbles form in the center of the pancakes or until the bottom is golden-brown, about 1 or 2 minutes. Turn with a spatula and cook for 1 or 2 minutes on the other side. Repeat with the remaining mixture.
3. Serve with maple syrup and half a ripe banana sliced on top.

### Note

- If you do not tolerate these pancakes, try the other pancake recipe (p. 29) that I included later.

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**Per serving:** (2 ½ pancakes) Calories: 272; Total fat: 5.6g; Protein: 8.6g; Carbohydrates: 43g; Fiber: 4.9g

# Rice Porridge

*A very rich and great alternative to porridge. Perfect for those who can't eat or tolerate oatmeal.*

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**Servings:** 1 | **Preparation:** 5 minutes | **Cooking:** 10 minutes

---

## Ingredients

- 1 cup cooked white rice
- 1 cup unsweetened almond milk or other plant-based milk
- 1 ripe banana, sliced
- 1 or 2 tablespoons maple syrup
- ½ teaspoon vanilla extract (optional)
- 1 tablespoon coconut flakes or chopped walnuts (optional)
- 1 tablespoon maple syrup (optional, to drizzle on top)

## Preparation

1. In a medium saucepan, add the cooked rice, milk, maple syrup, and vanilla (if using) and let it boil.
2. Once it starts to boil, reduce the heat to low and cook, stirring constantly, for about 5-10 minutes, until it absorbs part of the liquid and begins to thicken.
3. Remove from heat and pour it into a bowl. Serve with banana slices, coconut flakes, or walnuts and maple syrup on top (if using these optional ingredients).

## Notes

- The rice to be used in this recipe must be previously cooked without oil and without salt.
- You can substitute the banana for half a ripe Bosc pear, sliced and peeled, or another type of fruit that has a pH greater than 5.

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**Per serving:** (1 bowl) Calories: 398; Total fat: 3.5g; Protein: 7g; Carbohydrates: 82g; Fiber: 3.6g

# Tofu Scramble

*This scrambled tofu is an excellent vegetarian alternative to the typical scrambled eggs. Tofu is a protein-rich food that contains all the essential amino acids that your body needs.*

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**Servings:** 2 | **Preparation:** 10 minutes | **Cooking:** 10 minutes

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## Ingredients

6 ounces (170g) firm tofu, drained  
1 cup fresh spinach, chopped  
¼ teaspoon ground turmeric (to add color)  
¼ teaspoon ground cumin  
1 or 2 tablespoons nutritional yeast (optional)  
¼ teaspoon salt  
½ teaspoon olive or coconut oil  
1 slice gluten-free toast or another side dish

## Preparation

1. Place the tofu in a medium bowl and crush it with a potato masher or fork (or with your clean hands) until you get a texture similar to that of scrambled eggs. Add the other ingredients (except spinach and oil) and mix well.
2. Heat a pan over high heat and cover with olive oil. Add the tofu and cook, stirring constantly, for about 3 or 5 minutes, or until the water from the tofu evaporates.
3. Add the spinach and cook, stirring constantly, for another 5 minutes or until spinach is wilted.
4. Serve with the slice of bread or another side dish (a small or medium-sized potato or sweet potato, cooked and skinless).

## Note

- Turmeric and cumin are two very unpredictable spices, as they cause stomach discomfort in some people. Therefore, it is recommended that you try the recipe and see how well you tolerate it.

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**Per serving:** (3 ounces of tofu scrambled without toast) **Calories:** 119; **Total fat:** 7.2g; **Protein:** 13.3g; **Carbohydrates:** 1.7g; **Fiber:** 1.4g

## 3-Ingredient Pancakes

*These fluffy and naturally sweet pancakes are really easy to make—and, best of all, they require only 3 ingredients for their preparation! They are ideal for a quick breakfast or lazy weekend mornings.*

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**Servings:** 1 | **Preparation:** 5 minutes | **Cooking:** 5-10 minutes

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### Ingredients

- 1 very ripe banana
- 1 large egg
- ¼ cup gluten-free all-purpose flour (see notes)

### Preparation

1. In a medium bowl, mash the banana well with a fork. Add the egg and mix well.
2. Combine the gluten-free flour with the wet ingredients. (Be sure to break up lumps that have formed.)
3. Heat a nonstick skillet over medium heat. Pour ¼ cup of the mixture into the prepared pan and cook until small bubbles form in the center or until the pancakes are golden-brown on the bottom, about 1 or 2 minutes. Turn with a spatula and cook for 1 or 2 minutes on the other side. Repeat with the remaining mixture.
4. Serve with maple syrup and half a ripe banana sliced on top (optional).

### Notes

- If you want the pancakes to be fluffier, you can add ½ teaspoon of baking powder to the mixture.
- If you can't find gluten-free all-purpose flour, use oat flour or gluten-free pancake mix.

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**Per serving:** (3 pancakes) Calories: 283; Total fat: 6.3g; Protein: 10.6g; Carbohydrates: 43.9g; Fiber: 5.6g

## Mushroom and Spinach Omelette

*A rich and tasty omelette loaded with nutritious vegetables such as spinach, mushrooms, and zucchini. Ideal for when you need a simple but nutritious breakfast.*

---

**Servings:** 1 | **Preparation:** 10 minutes | **Cooking:** 10 minutes

---

### Ingredients

- 1 large egg
- 2 egg whites
- ½ cup fresh mushrooms, sliced
- 1 cup fresh spinach
- ½ cup zucchini, sliced (optional)
- 1 teaspoon olive or coconut oil
- ¼ teaspoon salt
- 1 slice gluten-free toast or another side dish

### Preparation

1. In a small bowl, beat the egg, egg whites, and salt. Set aside.
2. In a nonstick skillet, heat the oil over medium-high heat. Add the mushrooms and zucchini (if using) and cook, stirring frequently, for about 3 or 5 minutes, or until the vegetables are tender.
3. Add the spinach and cook, stirring until it wilts. Set aside and reduce heat to medium.
4. Pour the eggs into the pan (or in another lightly greased nonstick skillet). As the eggs are cooked, lift the edges and slightly tilt the pan to cover the sides and allow the raw part to flow underneath.
5. When the eggs are cooked, place the mushrooms, spinach, and zucchini (if using) in the center of the tortilla. If desired, sprinkle with a little salt on top. Gently fold the tortilla in half and transfer to a plate.
6. Serve with the slice of bread or another side dish (a small or medium potato or sweet potato, cooked and skinless).

---

**Per serving:** (1 omelette) Calories: 227; Total fat: 9.8g; Protein: 17g; Carbohydrates: 15.4g; Fiber: 1.6g

## Banana Berry Smoothie

*A rich banana and berry smoothie that, apart from being healthy and easy to prepare, provides your body with antioxidants and good fats from berries and almond butter.*

---

**Servings:** 1 | **Preparation:** 5 minutes | **Cooking:** N/A

---

### Ingredients

- 1 very ripe banana
- ½ cup blueberries, strawberries, or mixed berries
- 1 cup unsweetened almond milk or other plant-based milk
- ½ tablespoon almond butter
- 1 or 2 tablespoons pea or hemp protein (optional)

### Preparation

1. Place all the ingredients in a blender and pulse for a minute or until the mixture has a smooth consistency.
2. Serve immediately and enjoy.

### Notes

- If you desire, you can substitute almond butter for a tablespoon of walnuts or shelled hemp seeds.
- It is advisable to freeze the bananas and/or berries beforehand to avoid adding ice to the smoothie.

---

**Per serving:** (2 cups approx.) Calories: 248; Total fat: 8g; Protein: 4.8g; Carbohydrates: 36g; Fiber: 6g

# Banana Oat Smoothie

*This delicious banana oat smoothie is ideal for those lazy mornings or when you need a quick but satisfying breakfast.*

---

**Servings:** 1 | **Preparation:** 5 minutes | **Cooking:** N/A

---

## Ingredients

- 1 very ripe banana
- ¼ cup rolled or quick-cooking oats
- 1 cup unsweetened almond milk or other plant-based milk
- ½ tablespoon almond butter
- 1 tablespoon carob powder (optional, but recommended)

## Preparation

1. Place the oats in the blender and pulse until well ground. Add the other ingredients and pulse for a minute or until the mixture gets a smooth consistency.
2. Serve immediately and enjoy.

## Notes

- If you desire, you can substitute almond butter for a tablespoon of walnuts or shelled hemp seeds.
- It is recommended that you soak the oats in water overnight, as this way they will be easier to digest. The next day, you just have to strain the oats and add them to the smoothie.

---

**Per serving:** (2 cups approx.) Calories: 266; Total fat: 8.7g; Protein: 7g; Carbohydrates: 37g; Fiber: 5.9g

## Avocado Toast with Egg

*This simple and tasty recipe is really easy to make and requires few ingredients. It is ideal for a quick and light breakfast or snack.*

---

**Servings:** 1 | **Preparation:** 5 minutes | **Cooking:** N/A

---

### Ingredients

½ cup avocado, peeled and diced  
1 tablespoon fresh cilantro, finely chopped  
1 cooked large egg, sliced  
Salt to taste  
2 slices gluten-free toast

### Preparation

1. In a small bowl, add the avocado and mash it using a potato masher or fork. Add the cilantro and salt to taste and mix well.
2. Pour the avocado mixture over the toast and place the egg slices on top. Serve and enjoy.

### Notes

- Depending on your tolerance, you can add more avocado to toast.
- On the other hand, if you want to add more protein, you can add 1 or 2 chopped cooked egg whites or ½ cup of scrambled tofu on top of the avocado.

---

**Per serving:** (two slices of toast) Calories: 205; Total fat: 9.7g; Protein: 4.5g; Carbohydrates: 28g; Fiber: 5.3g

---

## CHAPTER 7

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# LUNCH AND DINNER RECIPES

## Chicken Vegetable Stir-Fry

*This tasty Chinese-style stir-fry is loaded with nutritious vegetables and topped with a delicious and healthy homemade stir-fry sauce. It's a perfect accompaniment to white rice or cauliflower rice.*

---

**Servings:** 1 | **Preparation:** 20 minutes | **Cooking:** 15 minutes

---

### Ingredients

- ½ boneless, skinless chicken breast, cut into pieces
- ¾ cup broccoli florets, cut into pieces
- ½ medium carrot, peeled and julienned
- ¼ medium zucchini, sliced
- ⅓ cup mushrooms, sliced (optional)
- ½ tablespoon of olive or coconut oil
- ½ teaspoon ginger, grated
- 1 ½ tablespoons coconut aminos or Bragg liquid aminos
- 2 teaspoons sesame oil
- ½ teaspoon arrowroot flour or cornstarch (see note)

### Preparation

1. In a nonstick skillet or wok over medium-high heat, add the oil, ginger, and chicken. Cook, stirring occasionally, until the chicken is cooked or slightly browned. Remove the chicken from the pan and set it aside.
2. Add the vegetables to the pan and cook, stirring frequently, until tender, about 5 to 7 minutes.
3. In a small bowl, mix the coconut aminos or Bragg liquid aminos, sesame oil, and arrowroot flour or cornstarch.
4. Add the chicken back to the pan and pour the stir-fry sauce on top. Stir well and simmer, stirring occasionally, for an additional 2 or 3 minutes. Serve and enjoy.

### Note

- If you use cornstarch instead of arrowroot flour, I recommend that you use one that is NON-GMO (non-transgenic).

---

**Per serving:** (2 ½ cups approx.) Calories: 179; Total fat: 6.6g; Protein: 21.4g; Carbohydrates: 6g; Fiber: 6.3g

# Grilled Chicken with Spinach and Mushrooms

*This exquisite recipe for grilled chicken breast over a spinach and mushroom bed is not only tasty but also simple. It provides your body with a large amount of protein and amino acids.*

---

**Servings:** 1 | **Preparation:** 15 minutes | **Cooking:** 15 minutes

---

## Ingredients

- 1 boneless, skinless chicken breast
- 1 cup fresh spinach
- 2 or 3 medium mushrooms, sliced
- ¼ leek (white part only), finely chopped
- 2 teaspoons olive oil, divided
- ¼ teaspoon salt
- ½ teaspoon dried oregano

## Preparation

1. In a medium bowl, combine the salt, oregano, and a teaspoon of olive oil. Add the chicken and cover generously with the mixture. Let stand for 20-30 minutes.
2. Heat a grill pan or nonstick skillet over medium heat and cook the chicken for about 5-7 minutes. Turn on the other side and cook for another 5-7 minutes or until the chicken is cooked. Set aside.
3. In a nonstick skillet over medium heat (you can use the same pan), add the remaining oil and the chopped leek and cook, stirring constantly, for about 2 or 3 minutes or until the leek is a little browned.
4. Add the mushrooms to the pan and cook for 2 or 3 more minutes or until tender. Finally, add spinach and cook until it wilts. Place the mushrooms and spinach on a plate and serve with the chicken on top of the vegetables.

## Note

- If you desire, instead of sautéing the mushrooms, you can prepare a mushroom sauce (p. 87) to pour over the chicken breast.

---

**Per serving:** (1 chicken breast approx.) Calories: 234; Total fat: 6g; Protein: 40g; Carbohydrates: 0g; Fiber: 0g

## Baked Cod with Brussels Sprouts

*A simple and healthy recipe for baked cod covered with aromatic herbs that, apart from having an exquisite flavor, is easy to make and requires few ingredients.*

---

**Servings:** 1 | **Preparation:** 20 minutes | **Cooking:** 20 minutes

---

### Ingredients

- 5-ounce cod fillet
- 1 teaspoon dried or fresh herbs (thyme, rosemary, parsley, or sage)
- 2 teaspoons olive oil, divided
- ¼ teaspoon salt
- ¼ pound Brussels sprouts (1 ¼ cups approx.) (see notes)

### Preparation

1. Preheat the oven to 375°F. Grease a baking sheet with nonstick spray oil (or cover with parchment paper). Set aside.
2. In a small bowl, mix a teaspoon of olive oil, salt, and dried or fresh herbs.
3. Place the cod fillet on the prepared baking sheet and distribute the herb mixture with oil evenly over the cod.
4. Trim the ends of the Brussels sprouts and cut them in half through the root. Place the cut cabbages in a medium bowl. Pour over the remaining teaspoon of olive oil and sprinkle with salt to taste. Mix well.
5. Distribute the Brussels sprouts on the prepared baking sheet together with the cod and bake for 12-15 minutes or until the fish crumbles easily with a fork.
6. After the first 12-15 minutes, remove the cod from the oven and bake the Brussels sprouts for another 10-15 minutes or until tender and golden-brown.
7. Transfer the Brussels sprouts to a plate and serve with the baked cod.

**Notes**

- Brussels sprouts can be replaced by spinach, broccoli, or steamed asparagus, or any other vegetable you want to use as a side dish.
- On the other hand, if you can't find cod, replace it with tilapia or salmon.

---

**Per serving:** (5 ounces of cod) Calories: 189; Total fat: 1g; Protein: 32g; Carbohydrates: 0g; Fiber: 0g

## Chicken Vegetable Soup

*This comforting and soothing chicken soup loaded with nutritious vegetables is perfect for a light dinner in the middle of the week or for when you're in the middle of a flare-up and you need something light for your stomach.*

---

**Servings:** 4 | **Preparation:** 15 minutes | **Cooking:** 30 minutes

---

### Ingredients

- 1 boneless, skinless chicken breast, cut into pieces
- 2 celery stalks, chopped
- 1 medium carrot, peeled and sliced
- 1 or 2 medium potatoes, cut into pieces
- 1 leek (white and light green parts only), washed and chopped
- 1 cup pumpkin, peeled and diced
- 6 cups water or vegetable broth (p. 83)
- 1 tablespoon extra virgin olive oil
- 2 or 3 teaspoons salt
- 4 sprigs fresh thyme (or 1 teaspoon dried thyme)
- ½ teaspoon ground coriander (optional)

### Preparation

1. In a large pot, heat the oil over medium heat and gently sauté the leek and chicken for about 5 minutes or until the leek is tender and the chicken begins to lose its pinkish color.
2. Add the chopped vegetables, water or vegetable broth, 2 teaspoons salt, thyme, and coriander (if using) and bring to a boil.
3. Once it starts to boil, reduce the heat to low and cover the pot with a lid. Let the soup simmer until the chicken is well cooked and the vegetables are tender, 25 to 30 minutes.
4. Taste the soup and, if necessary, add 1 more teaspoon of salt. Serve warm and enjoy.

---

**Per serving:** (1 medium bowl) Calories: 149; Total fat: 4.9g; Protein: 11g; Carbohydrates: 12.6g; Fiber: 2.5g

## Baked Turkey Meatballs

*These tasty baked turkey meatballs are a healthy alternative to traditional beef-based meatballs. They're perfect to serve with zucchini noodles or you can cover them with a rich mushroom sauce.*

---

**Servings:** 2 | **Preparation:** 10 minutes | **Cooking:** 20 minutes

---

### Ingredients

6 ounces ground turkey breast (or ground chicken)  
½ cup gluten-free breadcrumbs  
1 large egg, beaten  
2 tablespoons fresh parsley, chopped  
2 tablespoons leek (white part only), finely chopped  
½ teaspoon ground oregano  
¼ teaspoon ground cumin  
½ teaspoon salt

### Preparation

1. Preheat the oven to 375°F. Cover a baking sheet with parchment paper or lightly grease it with nonstick spray oil. Set aside.
2. In a medium bowl, add the ground turkey, breadcrumbs, egg, salt, parsley, leek, cumin, and oregano and mix well. (You can do this with your hands.)
3. Form about 10 or 12 balls with your hands and place them on the prepared baking sheet.
4. Bake for about 15-20 minutes or until the meatballs are cooked. Serve and enjoy.

### Note

- If you desire, you can prepare the mushroom sauce (p. 87) that I included in the chapter containing extra recipes and then pour this sauce over your meatballs.

---

**Per serving:** (6 meatballs) Calories: 285; Total fat: 8g; Protein: 31g; Carbohydrates: 18g; Fiber: 1.9g

## Glazed Salmon with Broccoli

*A rich and tasty salmon covered with a sweet-salty glaze that, apart from giving the salmon an exquisite flavor, creates a delicious caramelized crust.*

---

Servings: 2 | Preparation: 10 minutes | Cooking: 20 minutes

---

### Ingredients

5-ounce salmon fillet  
3 tablespoons maple syrup or honey  
2 tablespoons of Bragg liquid aminos or coconut aminos  
1 teaspoon miso paste (optional)  
1 teaspoon ginger, grated  
1 cup broccoli florets, rinsed

### Preparation

1. In a medium bowl, mix Bragg liquid aminos or coconut aminos, maple or honey syrup, ginger, and miso (if using). Reserve about 2 tablespoons of the glaze to pour over the salmon at the end.
2. Place the salmon in the mixture and let it marinate at room temperature for 15 minutes (or up to 30 minutes in the refrigerator) before cooking. Be sure to cover the salmon well with the marinade.
3. While the salmon is marinating, fill a medium pot with about 1 inch of water. Place a steamer basket inside the pot (it should not touch the water) and bring to a boil.
4. Place the broccoli in the steamer basket and cover with a lid. Let the broccoli steam for about 4 to 5 minutes or until it softens a little. Remove the broccoli from the pot and transfer it onto a plate. Season with salt and set aside.

### IF BAKING

1. Preheat the oven to 400°F. and grease a baking sheet with oil (preferably nonstick spray oil).

2. Place the salmon on the prepared baking sheet and bake for about 15 minutes or until the salmon crumbles easily with a fork.
3. Roast for 1 to 2 minutes or until the top of the salmon is lightly browned. Watch closely so that it does not burn.
4. Remove from the oven and, if desired, drizzle or brush the salmon with a little of the remaining marinade. Let it stand a few minutes before serving with broccoli.

### **IF GRILLING**

1. Preheat a grill pan over medium heat and lightly grease it.
2. Place the salmon on the greased grill pan and cook for 4 to 6 minutes. Turn and cook on the other side for approximately 3-4 minutes or until the salmon crumbles easily with a fork. (The salmon should still be a little pink in the middle.)
3. Remove from the grill and, if desired, drizzle or brush the salmon with a little of the remaining marinade. Let stand for a few minutes before serving with broccoli.

---

**Per serving:** (2.5 ounces of salmon, 1 cup of broccoli) Calories: 184; Total fat: 6g; Protein: 18g; Carbohydrates: 6g; Fiber: 5g

## Baked Chicken Tenders

*These crispy baked chicken tenders are a tasty and healthy alternative to fried chicken tenders. They're an ideal accompaniment to a cup of steamed vegetables and/or mashed potatoes.*

---

**Servings:** 1 | **Preparation:** 10 minutes | **Cooking:** 20 minutes

---

### Ingredients

- 1 large egg
- ½ boneless, skinless chicken breast, cut into six strips
- ¼ cup gluten-free breadcrumbs
- ½ teaspoon dried thyme
- 1 teaspoon dried oregano
- ½ teaspoon salt

### Preparation

1. Preheat the oven to 425°F. Cover a baking sheet with parchment paper or grease it with nonstick spray oil. Set aside.
2. In a medium bowl, add the breadcrumbs, thyme, oregano, and salt. Mix well.
3. Beat the egg in another small bowl. Dip the chicken strips in the beaten egg and then in the breadcrumb mixture. Shake any excess coating off the strips.
4. Place the chicken strips on the prepared baking sheet and bake for 15 to 20 minutes, turning once, until the chicken strips are lightly browned.
5. Serve with cooked vegetables or the side dish of your choice.

### Note

- You can use this same recipe to make turkey or fish tenders. Just replace the chicken with an equal amount of skinless turkey breast or fish of your choice.

---

**Per serving:** (3 chicken strips) Calories: 247; Total fat: 8.4g; Protein: 30g; Carbohydrates: 9.5g; Fiber: 1g

## Fish Stew

*This hearty and flavorful fish stew makes a great midweek meal to warm you up in on a cold winter evening. It's a versatile recipe and you can use whatever white fish you like for your perfect fish stew.*

---

**Servings:** 2 | **Preparation:** 10 minutes | **Cooking:** 20 minutes

---

### Ingredients

1 leek (white part only), washed and chopped  
6 ounces cod or halibut, skin removed and cut into bite-size pieces  
1 fennel bulb, cored and chopped  
1-2 tablespoons fennel fronds or fresh parsley, chopped  
2 carrots, peeled and diced  
1 medium potato, peeled and quartered  
1 tablespoon olive oil  
3 cups vegetable broth (p. 83)  
1 teaspoon arrowroot flour or NON-GMO cornstarch  
½ teaspoon salt

### Preparation

1. Heat the oil in a large pot over medium-high heat. Add the fennel and leek, and sauté for about 5 minutes, or until the vegetables start to brown.
2. Add the fish and cook, stirring frequently, for about 3-4 minutes.
3. In a medium bowl, mix the arrowroot flour or cornstarch with the broth. Then add it to the pot, along with the carrots, potato, and salt.
4. Cook, stirring occasionally, until the potato and carrots are soft and tender, about 15 minutes.
5. Stir in the fennel fronds or fresh parsley just before serving. Serve warm and enjoy!

---

**Per serving:** (2 cups approx.) Calories: 298; Total fat: 8g; Protein: 23g; Carbohydrates: 26g; Fiber: 8g

## Cream of Broccoli Soup

*This classic and delicious cream of broccoli soup is super-healthy and very nutritious. Best of all, it does not require cream or butter for its creamy texture.*

---

**Servings:** 2 | **Preparation:** 15 minutes | **Cooking:** 20 minutes

---

### Ingredients

- 2 cups broccoli florets, rinsed
- 2 cups water or vegetable broth (p. 83)
- ½ cup unsweetened almond milk or other plant-based milk
- ½ cup leek (white part only), washed and finely chopped
- 1 medium potato, peeled and cut into pieces
- 1 teaspoon olive or coconut oil
- 1 teaspoon salt

### Preparation

1. In a medium saucepan, heat the oil over medium-high heat. Add the chopped leek and cook, stirring constantly, until tender, about 5 minutes.
2. Add the broccoli, potato, vegetable broth, and salt. Bring to a boil.
3. Once it starts to boil, reduce the heat to medium and cook for 15 minutes or until the vegetables are soft.
4. Remove from heat and allow the soup to cool slightly. Then transfer it to a blender and add the milk. Blend until it has a smooth consistency.
5. Place the mixture in the pot again over medium heat and cook for an additional 2 or 3 minutes or until the soup thickens slightly.
6. Serve warm with slices of toast (optional).

---

**Per serving:** (1 medium bowl) Calories: 131; Total fat: 2.2g; Protein: 5g; Carbs: 20g; Fiber: 4.3g

## Creamy Pumpkin Soup

*A comforting, rich, and creamy pumpkin soup full of flavor and prepared without any cream. Perfect for those cold winter days and ideal to accompany with slices of crusty toast.*

---

**Servings:** 1 | **Preparation:** 15 minutes | **Cooking:** 25 minutes

---

### Ingredients

- 1 ¼ cups (150g approx.) pumpkin, peeled, seeded, and diced
- ½ medium carrot, peeled and sliced
- ½ medium potato, peeled and cut into pieces
- ½ leek (white part only), washed and sliced
- 1 cup water or vegetable broth (p. 83)
- ½ tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon ground coriander (optional)

### Preparation

1. In a medium saucepan over medium heat, add the oil and chopped vegetables and cook, stirring occasionally, for about 5 minutes. Add water or vegetable broth and bring to a boil.
2. When it starts to boil, add salt and ground coriander (if using). Let the vegetables cook over medium-high heat for about 15 minutes or until soft.
3. Remove from the heat and let the soup cool slightly. Use an immersion blender to gently blend the soup inside the pot. If you don't have an immersion blender, transfer the soup to a blender and pulse until smooth. Taste and add a little more salt if necessary.
4. Place the soup in the pot again over medium heat for about 2 or 3 minutes. Serve and accompany with toasted bread slices (optional).

---

**Per serving:** (1 medium bowl) Calories: 217; Total fat: 7.2g; Protein: 4.5g; Carbohydrates: 32g; Fiber: 4.3g

## Pesto Pasta with Tofu

*The classic Italian pesto pasta dish can be made very special by adding golden tofu cubes to increase the protein and make this rich dish a more complete one.*

---

**Servings:** 2 | **Preparation:** 10 minutes | **Cooking:** 20 minutes

---

### Ingredients

- 1 (6-ounce) block extra-firm tofu, drained
- 1 teaspoon olive oil
- 1 ⅓ tablespoons Bragg liquid aminos or coconut aminos
- 1 cup gluten-free pasta (preferably penne type)

### To make the pesto:

- ½ cup fresh basil leaves
- 2 tablespoons walnuts
- ½ tablespoon extra virgin olive oil
- 1 tablespoon nutritional yeast
- ½ teaspoon sumac (optional)
- ¼ teaspoon salt

### Preparation

1. Cut the tofu block into small cubes and add them to a nonstick skillet over medium heat together with a teaspoon of oil and the Bragg liquid aminos or coconut aminos. Cook the tofu, turning it occasionally, until it is golden on the outside, 15 to 20 minutes.
2. Add the pesto ingredients to a food processor and pulse several times (scraping the sides if necessary) until well combined. (You may need to add some water to help mix.) Taste and add a little more salt if necessary. Set aside.
3. While the tofu is browning, place the pasta in a pot with boiling water and cook according to the package directions.

4. Drain the pasta and return it to the pot. Pour the pesto sauce over the pasta and stir until well combined. Add the tofu and stir. Serve and enjoy.

---

**Per serving:** (½ of recipe) Calories: 277; Total fat: 9.8g; Protein: 14.2g; Carbohydrates: 30g; Fiber: 5g

## Creamy Mushroom Pasta

*A simple but tasty vegetarian recipe for gluten-free pasta with a rich and creamy mushroom sauce. Perfect for a light dinner during the week.*

---

**Servings:** 2 | **Preparation:** 15 minutes | **Cooking:** 20 minutes

---

### Ingredients

- 1 cup gluten-free pasta (rotini or fusilli type)
- 2 ¼ cups (5.5 ounces) mushrooms, sliced
- ½ tablespoon olive oil
- ½ leek (white part only), washed and chopped
- ½ tablespoon Bragg liquid aminos or coconut aminos
- ½ cup vegetable broth (you can also use water)
- ¼ cup unsweetened almond milk or other plant-based milk
- 1 tablespoon arrowroot flour or cornstarch (see note)
- 1 teaspoon fresh thyme, chopped (or ¼ teaspoon dried thyme)
- ½ teaspoon salt
- 1 tablespoon nutritional yeast (optional)
- 1 tablespoon fresh parsley, chopped (optional, for garnish)

### Preparation

1. Boil water in a medium saucepan and cook the pasta according to package directions.
2. In a large, deep skillet over medium-high heat, add the olive oil and the leek and cook, stirring constantly, until the leek is golden brown, about 2 to 3 minutes.
3. Add the mushrooms and thyme and cook until the mushrooms are soft, about 5 minutes. Add salt and cook for 1 more minute.
4. Pour the vegetable broth (or water), Bragg liquid aminos, and nutritional yeast (if using). Mix well and bring to a boil.
5. Dissolve the arrowroot flour or cornstarch in milk. Then pour the milk mixture into the pan and cook over low heat for about 5 minutes or until the sauce thickens.

6. Once the sauce has thickened a little, add the pasta and mix well with the mushroom sauce. Garnish with chopped parsley and serve!

**Note**

- If you use cornstarch instead of arrowroot flour, I recommend that you use one that is NON-GMO (non-transgenic).

---

**Per serving:** (½ of recipe) Calories: 220; Total fat: 4.7g; Protein: 4.6g; Carbohydrates: 37.5g; Fiber: 2g

## Veggie Tofu Stir-Fry

*This is an excellent vegetarian alternative to Chinese-style stir-fry chicken or beef. It's perfect for lunch or dinner and ideal for serving with some white rice or cauliflower rice.*

---

**Servings:** 1 | **Preparation:** 20 minutes | **Cooking:** 25 minutes

---

### Ingredients

- 1 (3-ounce) block extra-firm tofu
- ¼ leek (white part only), washed and finely chopped
- ½ small carrot, peeled and cut into julienne or strips
- ½ cup broccoli florets, cut into pieces
- ¼ medium zucchini, sliced (optional)
- 2 teaspoons olive oil, divided
- 2 ½ tablespoons Bragg liquid aminos or coconut aminos
- 2 teaspoons sesame oil
- ½ teaspoon arrowroot flour or cornstarch (see note)
- ½ teaspoon ginger, grated

### Preparation

1. Cut the tofu block into ½-inch cubes and place it in a nonstick skillet over medium heat along with a teaspoon of olive oil and a tablespoon of Bragg liquid aminos or coconut aminos. Cook the tofu, turning it occasionally, until it is golden on the outside, 15 to 20 minutes. Remove from the pan and set aside.
2. In a nonstick skillet over medium-high heat, add the leek, ginger, and remaining teaspoon of olive oil. Cook, stirring, until the leek is golden-brown, about 2 to 3 minutes.
3. Add the carrot, broccoli, and zucchini and cook, stirring constantly, until the vegetables are soft, about 5 to 7 minutes.
4. In a small bowl, mix the remaining Bragg liquid aminos or coconut aminos, sesame oil, and arrowroot flour or cornstarch. Pour over the sautéed vegetables and stir well. Cook over low heat,

stirring occasionally, for an additional 2 or 3 minutes. Add the tofu and stir well. Serve and enjoy.

**Note**

- If you use cornstarch instead of arrowroot flour, I recommend that you use one that is NON-GMO (non-transgenic).

---

**Per serving:** (2 cups approx.) Calories: 132; Total fat: 7g; Protein: 10.4g; Carbohydrates: 7g; Fiber: 2.8g

## Roasted Vegetable Burrito

*A tasty and satisfying burrito loaded with nutritious vegetables such as sweet potatoes, zucchini, carrots, spinach, and avocado. It's perfect to take with you outside for lunch or dinner.*

---

**Servings:** 2 | **Preparation:** 20 minutes | **Cooking:** 25 minutes

---

### Ingredients

- ½ medium zucchini, chopped
- ½ medium carrot, peeled and chopped
- ½ small sweet potato, peeled and chopped into ½-inch pieces
- 1 tablespoon olive oil
- 1 cup fresh spinach
- 1 large egg + 1 egg white
- ½ cup chopped avocado or ⅓ cup guacamole (p. 84)
- 1 gluten-free flour tortilla
- ½ teaspoon salt

### Preparation

1. Preheat the oven to 425°F. Lightly grease the baking sheet with oil (preferably nonstick spray oil). Set aside.
2. Place the zucchini, carrot, and sweet potato in a medium bowl and add ½ tablespoon of olive oil and ¼ teaspoon of salt. Mix the vegetables until they are well coated with the oil and salt.
3. Spread the chopped vegetables evenly on the prepared baking sheet and bake for 20 to 25 minutes, until the vegetables are cooked and lightly browned.
4. While the vegetables are in the oven, beat the egg, egg white, and remaining salt in a medium bowl.
5. In a nonstick skillet over medium heat, add the remaining ½ tablespoon of oil and spinach. Cook, stirring occasionally, until the spinach is wilted, about 2 minutes.

6. Pour the beaten eggs in the pan evenly over the spinach and cook, stirring constantly, for 1 or 2 minutes, until the egg is cooked.
7. Heat the flour tortilla using the method of your choice (on an electric griddle, in a pan, or in the oven).
8. Place the tortilla on a plate and add the roasted vegetables, scrambled eggs, and chopped avocado or guacamole (p. 84). Fold the sides of the tortilla and then roll it up to form a burrito.

**Note**

- If you desire, you can substitute scrambled eggs for ½ cup of scrambled tofu, spinach for kale, and sweet potato for potato.

---

**Per serving:** (½ burrito) Calories: 209; Total fat: 8.4g; Protein: 9.6g; Carbs: 20g; Fiber: 6.8g

---

## CHAPTER 8

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### SIDE DISH RECIPES

## Sautéed Potatoes

*These simple and tasty sautéed potatoes are perfect to accompany any meal and are an excellent alternative to French fries.*

---

**Servings:** 2 | **Preparation:** 10 minutes | **Cooking:** 20 minutes

---

### Ingredients

3 medium red or white potatoes  
1 tablespoon olive oil  
1 or 2 tablespoons fresh parsley, chopped  
½ teaspoon dried rosemary  
½ teaspoon salt

### Preparation

1. Peel and cut the potatoes into medium-sized pieces. Place the potatoes in a pot and cover them with water. Cook for about 15-18 minutes or until tender but still firm. (The cooking time depends on the size of the potatoes.) Drain the potatoes well.
2. In a nonstick skillet over medium-high heat, add the oil and potatoes and cook, stirring constantly, until golden-brown, about 5 to 10 minutes.
3. Once the potatoes are browned, add salt, rosemary, and parsley and mix well. Sauté the potatoes for another 30-60 seconds.
4. Serve as an accompaniment to your main course.

---

**Per serving:** (½ of recipe) Calories: 245; Total fat: 3.6g; Protein: 4.3g; Carbs: 45g; Fiber: 5g

## Simple Vegetable Rice

*This recipe for vegetable rice is perfect for those days when you want to cook something out of the ordinary. Above all, it is simple and tastes delicious.*

---

**Servings: 2 | Preparation: 15 minutes | Cooking: 20 minutes**

---

### Ingredients

- ¾ cup white rice, rinsed and drained
- 1 ½ cups of vegetable broth (you can also use water)
- ½ medium carrot, diced
- ½ celery stalk, cut into pieces
- ½ cup zucchini, diced
- ⅛ leek stalk (white part only), finely chopped
- 1 tablespoon olive oil
- ½ teaspoon salt

### Preparation

1. Heat the oil in a nonstick skillet over medium heat. Add the carrot, celery, zucchini, and leek. Cook, stirring constantly, until the vegetables are tender, about 5 minutes. Set aside.
2. In a medium saucepan, add the vegetable broth (or water) and salt and bring to a boil. Add the rice and let it boil until the water begins to dry.
3. Once the water starts to dry (or when you don't see bubbles on the surface), reduce the heat to low and add the vegetables. Stir well and cook covered for 15 minutes.
4. Uncover the rice and taste it. If you notice that it is still hard, stir it and cook covered for 5 or 10 more minutes. Remove the saucepan from the heat and stir the rice.
5. Serve as an accompaniment to your main course.

---

**Per serving:** (1 cup approx.) Calories: 304; Total fat: 4g; Protein: 5.4g; Carbohydrates: 57g; Fiber: 3g

## Turmeric Coconut Rice

*This vibrant coconut-flavored rice not only is a side dish that tastes delicious but is also versatile enough to accompany any main course.*

---

**Servings:** 2 | **Preparation:** 10 minutes | **Cooking:** 15 minutes

---

### Ingredients

- ¾ cup white rice, rinsed and drained
- ½ cup canned coconut milk
- 1 cup of water or vegetable broth (p. 83)
- ½ teaspoon ground turmeric
- 1 teaspoon salt
- ¼ to ½ teaspoon fresh ginger, peeled and grated (optional)

### Preparation

1. In a medium saucepan, add the water or vegetable broth, turmeric, salt, and ginger (if using) and bring to a boil. Add the rice and coconut milk. Stir and let it boil until the water begins to evaporate.
2. Once the water starts to evaporate (or when you don't see bubbles on the surface), reduce the heat to low. Stir and cook covered for 15-18 minutes. Remove the pot from the heat and stir the rice.
3. Serve as an accompaniment to your main course.

### Note

- Turmeric is a very unpredictable spice, as it may cause stomach discomfort in some people. Therefore, it is recommended that you try the recipe and see how well you tolerate it.

---

**Per serving:** (1 cup approx.) Calories: 347; Total fat: 9g; Protein: 4.7g; Carbohydrates: 55g; Fiber: 2g

## Roasted Butternut Squash

*The slightly sweet taste and buttery texture of butternut squash combined with the flavor and aroma of fresh herbs make this side dish the ideal choice to accompany Christmas dinners or for a simple weekend dinner.*

---

**Servings: 2 | Preparation: 10 minutes | Cooking: 30 minutes**

---

### Ingredients

400g butternut squash (2 cups approx.)  
1 ½ tablespoons fresh herbs (rosemary, thyme, oregano), chopped  
1 tablespoon extra virgin olive oil  
½ teaspoon salt  
A pinch of ground cumin (optional)

### Preparation

1. Preheat the oven to 400°F. Grease a baking sheet with oil (preferably nonstick spray oil). Set aside.
2. Remove the seeds and pulp from the center of the pumpkin. Peel it and cut it into 1-inch cubes.
3. Place the pumpkin pieces onto a baking sheet. Drizzle with olive oil and sprinkle with the chopped fresh herbs and salt. Stir well to cover and spread the pumpkin pieces in a single layer.
4. Bake in the preheated oven for 20 minutes. Remove from the oven and stir the pumpkin pieces. Return to the oven and bake about 10 more minutes.
5. Serve as an accompaniment to your main course.

---

**Per serving:** (1 cup approx.) Calories: 110; Total fat: 3g; Protein: 1.8g; Carbohydrates: 14.5g; Fiber: 6.4g

## Herb-Roasted Carrots

*This simple side dish of roasted carrots with herbs is a healthy and delicious way to enjoy this root vegetable that is rich in antioxidants and beta-carotene.*

---

**Servings:** 2 | **Preparation:** 10 minutes | **Cooking:** 30 minutes

---

### Ingredients

2 medium carrots  
½ tablespoon extra virgin olive oil  
¼ teaspoon dried oregano  
¼ teaspoon fresh thyme leaves, chopped  
½ teaspoon salt  
1 tablespoon parsley, finely chopped

### Preparation

1. Preheat the oven to 400°F. Grease a baking sheet with oil (preferably nonstick spray oil). Set aside.
2. Peel the carrots and cut them lengthwise into 4 or 6 pieces (depending on the thickness), and then into pieces 2 inches long.
3. Place the carrots in a large bowl and cover with the olive oil, salt, thyme, and oregano. Mix well.
4. Spread the carrot pieces in a single uniform layer on the prepared baking sheet. Cover with foil and bake for 30 minutes. Uncover. If the carrots are not yet tender, lower the heat to 375° and return to the oven for 10 to 15 more minutes until they are tender.
5. Add the parsley and stir slightly. Sprinkle with a little more salt if you want.
6. Serve as an accompaniment to your main course.

---

**Per serving:** (½ of recipe) Calories: 55; Total fat: 3.5g; Protein: 1g; Carbohydrates: 4g; Fiber: 1.7g

## Mashed Potatoes

*A classic mashed potato recipe that, in addition to being simple, is quite easy to prepare and requires very few ingredients. It's an ideal accompaniment to tasty baked fish or grilled chicken.*

---

**Servings:** 2 | **Preparation:** 10 minutes | **Cooking:** 25 minutes

---

### Ingredients

- 2 medium red or white potatoes
- ¼ cup unsweetened almond milk or other plant-based milk
- 2 teaspoons extra virgin olive oil
- ½ teaspoon salt

### Preparation

1. Peel and cut the potatoes into 4 pieces. Place the potatoes pieces in a pot and cover them with water. Add salt and bring to a boil. Cook covered for about 20-25 minutes until the potatoes are tender.
2. Once cooked, drain the potato pieces and place them in a medium bowl. Let the potatoes stand for a few minutes so that the extra water evaporates.
3. Mash the potatoes with a potato masher or fork. Add the olive oil and half of the milk to the bowl and mix until the puree has a smooth consistency. (If necessary, add more milk to the mashed potatoes until you reach the desired texture.)
4. Serve as an accompaniment to your main course.

---

**Per serving:** (½ of recipe) Calories: 196; Total fat: 5g; Protein: 3.4g; Carbohydrates: 31g; Fiber: 4.8g

## Mashed Yuca

*This delicious and soft mashed yuca (cassava) is the perfect alternative to typical mashed potatoes. Yuca is an energy-dense root vegetable with approximately twice the calories per serving as potatoes.*

---

**Servings: 2 | Preparation: 10 minutes | Cooking: 25 minutes**

---

### Ingredients

- 1 pound yuca (3 ½ cups approx.)
- ⅓ cup unsweetened almond milk or other plant-based milk
- 2 teaspoons extra virgin olive oil
- 1 teaspoon salt

### Preparation

1. Cut the ends of the yuca and remove the outer skin. Cut the yuca into pieces and place them in a pot. Cover the yuca pieces with water, add the salt, and bring to a boil over high heat. Cook covered for about 25-30 minutes until the yuca is soft.
2. Once cooked, drain the yuca pieces and place them in a medium bowl. Remove the thick vein or fibrous stem from the center of the yuca pieces and mash them using a potato masher.
3. Add the milk and olive oil. Mix until the puree has a smooth consistency. Add more milk to the yuca puree if it is too dry.
4. Serve as an accompaniment to your main course.

---

**Per serving:** (½ of recipe) Calories: 416; Total fat: 5.5g; Protein: 3.3g; Carbohydrates: 84g; Fiber: 4.1g

# Potato Wedges

*These tasty baked potatoes are another excellent alternative to French fries. They're ideal to accompany a main course or you can enjoy them as a simple snack.*

---

**Servings:** 2 | **Preparation:** 10 minutes | **Cooking:** 20-30 minutes

---

## Ingredients

2 medium red or white potatoes  
1 tablespoon extra virgin olive oil  
1 teaspoon dried oregano  
1 teaspoon dried thyme or rosemary  
¼ teaspoon salt

## Preparation

1. Preheat the oven to 400°F.
2. Wash the potatoes. Peel them and then cut them lengthwise in half in the form of wedges (at least 8 pieces).
3. In a medium bowl, mix olive oil with oregano, thyme or rosemary, and salt. Add the potatoes to the bowl and stir until well combined.
4. Place the potatoes on a baking sheet covered with parchment paper (or lightly grease the baking sheet) and bake for about 15 minutes.
5. After 15 minutes, remove them from the oven and turn them on the other side. Bake for an additional 10-15 minutes or until they are golden-brown on the outside but soft on the inside when pricked. Watch them carefully so they don't burn.
6. Serve as an accompaniment to your main course.

## Note

- You can use this same recipe to make wedges with other root vegetables such as sweet potatoes and parsnips.

---

**Per serving:** (½ of recipe) Calories: 191; Total fat: 4.6g; Protein: 3.2g; Carbohydrates: 31g; Fiber: 4.8g

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## CHAPTER 9

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# SNACK AND DESSERT RECIPES

## Quick Snack Ideas

Before we start with snack and dessert recipes, I would like to give you some quick snack ideas that do not require much elaboration and that can be prepared using simple ingredients. The idea is that every time you are hungry, you can prepare something quick and easy, without having to wait a long time.

### Chopped Fresh Fruits

A simple and healthy snack is a bowl of chopped fresh fruits. You can choose between fruits such as melon, watermelon, papaya, dragon fruit, and Bosc or Asian pears. Prepare approximately two cups of the fruit of your choice, or a combination of those mentioned above. A good combination of chopped fresh fruits is watermelon, cantaloupe, and papaya.

### Toast or Rice Cakes

Gluten-free toast and puffed rice cakes are ideal with almond butter or mashed avocado. To prepare this simple snack, spread a tablespoon of almond butter or  $\frac{1}{3}$  cup of mashed avocado between one or two pieces of gluten-free toast or rice cakes.

### Anti-Inflammatory Smoothies

Anti-inflammatory smoothies are another excellent snack, as, apart from being healthy and nutritious, they help fight inflammation in the stomach and within your body. To prepare them, use, as a base, a cup of almond milk or another plant-based milk (unsweetened) and half a cup of blueberries, strawberries, raspberries, or mixed berries. You can also add a very ripe banana (or other fruits), half a tablespoon of almond butter or a tablespoon of walnuts, or a tablespoon of pea or hemp protein powder. Add all the ingredients to a blender and blend until the mixture acquires a smooth consistency.

## Baked Sweet Potato Fries

*These tasty and slightly crispy baked sweet potatoes are another healthy alternative to typical French fries. Enjoy them as a snack or as an accompaniment to a main course.*

---

**Servings:** 1 | **Preparation:** 10 minutes | **Cooking:** 25-30 minutes

---

### Ingredients

1 medium sweet potato, peeled and cut into ¼-inch sticks  
1 tablespoon extra virgin olive oil  
½ teaspoon ground cumin  
½ teaspoon dried oregano (optional)  
½ teaspoon salt

### Preparation

1. Preheat the oven to 425°F.
2. In a medium bowl, add the sweet potato sticks and cover with olive oil, cumin, and oregano (if using). Mix well.
3. Place the sweet potato sticks in a single layer on a baking sheet covered with parchment paper (or lightly greased with a little oil). Make sure they are in a single layer and are not piled up.
4. Bake for about 25-30 minutes, turning after the first 15 minutes, until the sweet potato sticks are golden-brown or slightly crispy on the outside and soft on the inside.
5. Remove from the oven and let cool a few minutes. Sprinkle with salt.
6. Serve with guacamole (optional, p. 84).

### Note

- For crispier sweet potatoes "fries", leave the sticks to soak in water for approximately 30 minutes (to remove excess starch). Then rinse and dry the sweet potato strips thoroughly absorbent paper towels and continue with step two of the preparation process.

---

**Per serving:** Calories: 162; Total fat: 6.9g; Protein: 2.3g; Carbohydrates: 19.7g; Fiber: 3.8g

## Almond Flour Crackers

*These tasty and easy to make almond flour crackers are great to snack on and take with you wherever you go.*

---

**Servings:** 30-40 crackers | **Preparation:** 10 minutes | **Cooking:** 15 minutes

---

### Ingredients

1  $\frac{3}{4}$  cups blanched almond flour, finely ground  
1 large egg  
1 tablespoon fresh rosemary, chopped (optional)  
 $\frac{1}{2}$  teaspoon salt

### Preparation

1. Preheat the oven to 350°F (175 degrees C).
2. In a large bowl, mix the almond flour, salt, and rosemary (if using). Add the egg and mix well. Then, use your hands and mix until it forms a homogeneous dough.
3. Place the dough between two large pieces of parchment paper. Use a rolling pin to roll the dough out to about 1/16 inch thick. Then remove the top piece of parchment paper.
4. With a pizza cutter or a knife, cut the dough into 1-inch squares. If desired, sprinkle the crackers with salt. Transfer the bottom piece of parchment paper with the cut-out dough onto a baking sheet and bake for about 12 to 15 minutes, until the crackers are light golden brown.
5. Remove from the oven and let cool for 10 minutes before gently separating them. Cool completely before serving.

### Note

- Leftovers may be stored in an airtight container in a cool, dry place for 3 to 5 days.

---

**Per serving:** (1 cracker approx.) Calories: 35; Total fat: 3.1g; Protein: 1.3g; Carbohydrates: 0.4g; Fiber: 0.6g

# Baked Potato Chips

*Satisfy your craving for something crispy with these delicious and healthy homemade baked potato chips.*

---

**Servings:** 1 | **Preparation:** 30 minutes | **Cooking:** 15-20 minutes

---

## Ingredients

1 medium potato  
1 tablespoon extra virgin olive oil  
½ teaspoon salt

## Preparation

1. Wash the potato, peel it, and cut it into thin slices ( $\frac{1}{8}$  inch thick) with a mandoline slicer or knife.
2. Soak the potato slices in cold water for about 20-30 minutes (to remove excess starch). Then rinse and completely dry the slices with absorbent paper towel or a clean cotton towel.
3. Preheat the oven to 400°F.
4. In a medium bowl, mix the potato slices with the olive oil. Then place them on a baking sheet covered with parchment paper (or grease with a little oil) and sprinkle with salt. Make sure they are in a single layer and not piled up.
5. Bake for about 15-20 minutes or until crispy and lightly browned. (The time may vary depending on the oven and the thickness of the slices.) Watch them carefully to avoid burning.
6. Remove from the oven and let cool a few minutes. Serve with guacamole (optional, p. 84).

## Note

- Soaking potato slices in cold water for at least 30 minutes is necessary to remove excess starch. The starch prevents moisture from escaping, which leaves more water in the potato and prevents the chips from getting crispy.

---

**Per serving:** Calories: 182; Total fat: 9g; Protein: 2.3g; Carbohydrates: 19g; Fiber: 3.8g

# Tofu Nuggets

*These amazing and healthy baked tofu nuggets are the perfect vegetarian alternative to traditional chicken nuggets. They're ideal to enjoy with a homemade sauce.*

---

**Servings:** 2 | **Preparation:** 15 minutes | **Cooking:** 25 minutes

---

## Ingredients

- 1 (12-ounce) block extra-firm tofu
- ½ cup gluten-free panko breadcrumbs
- ¼ cup gluten-free flour (any kind)
- ⅓ cup unsweetened almond milk or other plant-based milk
- ½ teaspoon salt
- 2 tablespoons nutritional yeast
- ½ teaspoon cumin
- 1 teaspoon Italian seasoning or dried parsley
- Olive oil spray

## Preparation

1. Preheat the oven to 400°F.
2. Remove the tofu from the package, drain it well, and cut it into approximately 10 or 12 slices.
3. Place the tofu slices on a layer of absorbent paper towels (or a clean towel) and cover with another layer. Gently press down the tofu slices to absorb the extra water.
4. In a medium bowl, combine the breadcrumbs, nutritional yeast, salt, cumin and Italian seasoning or dried parsley. Add the flour to a second bowl and add the milk to a third bowl.
5. Dip each slice of tofu in the flour, then in the milk, and, finally, in the breadcrumb mixture. Repeat with the other slices.
6. Place the tofu slices on a lightly greased baking sheet (or covered with parchment paper). Spray each slice with a thin layer of oil.

7. Bake for 15 minutes. Turn on the other side and bake for about 10 minutes or until golden-brown. Watch them carefully so they don't burn.
  8. Remove from the oven and let cool slightly. Serve and enjoy.
- 

**Per serving:** (5-6 nuggets approx.) Calories: 191; Total fat: 9g; Protein: 18g; Carbohydrates: 12g; Fiber: 1.4g

# Blueberry Muffins

*These delicious and fluffy blueberry muffins are a healthy alternative to traditional muffins, as they are low in fat and gluten- and dairy-free!*

---

**Servings:** 12 muffins | **Preparation:** 10 minutes | **Cooking:** 25 minutes

---

## Ingredients

3 cups gluten-free all-purpose flour  
1 cup blueberries  
1 ½ cups unsweetened almond milk or other plant-based milk  
½ cup unsweetened applesauce  
4 teaspoons baking powder  
½ cup coconut sugar (see notes)  
¼ teaspoon salt  
1 teaspoon vanilla extract (optional)

## Preparation

1. Preheat the oven to 400°F. Cover a 12-piece muffin pan with muffin liners or lightly grease each of the cups in the pan.
2. In a large bowl, combine the flour, baking powder, and salt.
3. In another medium bowl, mix the milk, applesauce, sugar, and vanilla (if using).
4. Slowly pour the wet ingredients into the bowl of the dry ingredients, stirring continuously. Mix until completely combined. Add the blueberries to the mixture and mix well.
5. Divide the mixture between the 12 cups of muffins and bake for 25-30 minutes or until the muffins are lightly browned on the top and when you insert a toothpick it comes out clean.
6. Remove from the oven and, after a few minutes, transfer the muffins to a cooling rack. Serve and enjoy.

## Notes

- If sugar is a problem for you, I recommend that you replace it with a sweetener such as maple syrup or monk fruit.
- Muffins can be stored in an airtight container for 2 days at room temperature. However, it is better to keep them refrigerated (for up to 5 days).
- If you want to add a little fat to your muffins, substitute about 2 or 4 tablespoons of the applesauce for the equivalent amount of coconut oil (preferably odorless coconut oil).

---

**Per serving:** (1 muffin) Calories: 154; Total fat: 1g; Protein: 1.6g; Carbohydrates: 34g; Fiber: 2g

# Banana Bread

*This delicious and amazing banana bread, apart from having an exquisite and sweet taste, is healthy and does not require eggs or dairy. It's ideal to enjoy as a dessert or at breakfast.*

---

**Servings:** 10 slices | **Preparation:** 15 minutes | **Cooking:** 60 minutes

---

## Ingredients

- 3 medium ripe bananas (1 ½ cups approx.)
- 1 ¾ cups gluten-free all-purpose flour (see notes)
- ¼ cup unsweetened almond milk or other plant-based milk
- ¼ cup melted coconut oil or applesauce (see notes)
- ¼ cup coconut sugar (optional, see notes)
- ¼ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon vanilla extract (optional)

## Preparation

1. Preheat the oven to 350°F. Grease a baking sheet with oil (preferably nonstick spray oil).
2. Place the bananas in a medium bowl and mash them well with a potato masher or fork. Add the milk, coconut oil or applesauce, sugar, and vanilla (if using them). Mix until all the ingredients are incorporated into the mixture.
3. In another large bowl, combine the flour, baking powder, baking soda, and salt. Slowly pour the wet ingredients into the bowl of the dry ingredients, stirring continuously, and mix until completely combined.
4. Pour the mixture into the prepared bread pan and bake for 40 minutes.
5. After the first 40 minutes, take a look at the bread. If you notice the top is browning too fast, cover the bread pan with aluminum

foil. Bake for an additional 10 or 15 minutes or until a toothpick inserted in the center of the bread comes out clean.

6. Remove from the oven and carefully remove the bread from the pan. Place it on a cooling rack and let it cool for at least 10 minutes before cutting it.

### Notes

- If you want to create your own gluten-free all-purpose flour, you can make a mixture with 4 cups of rice flour, 1 cup of potato starch,  $\frac{2}{3}$  cup of tapioca flour,  $\frac{1}{3}$  cup of arrowroot powder, and 2 teaspoons of xanthan gum.
- If you want your bread to be low in fat, substitute unsweetened applesauce for coconut oil.
- If you use ripe-enough bananas, you may not have to add sugar to your banana bread. However, if you want a sweeter bread, you can add the amount of sugar indicated in the recipe. If sugar is a problem for you, you can substitute it for monk fruit or maple syrup.
- Store the bread in an airtight bag or container on the counter for up to 3 days or in the refrigerator for up to a week. Alternatively, you can keep the bread covered in the freezer as needed. You just have to defrost it overnight in the refrigerator and reheat it in a toaster oven or using the method of your choice.
- You can use this same recipe to make muffins. Simply pour the mixture into a muffin pan and bake for approximately 25 minutes.

---

**Per serving:** (1 slice) Calories: 174; Total fat: 6g; Protein: 2.5g; Carbohydrates: 27g; Fiber: 2.6g

## Coconut Balls

*These simple coconut balls are the perfect snack to take with you wherever you go, as they are small, healthy, and delicious.*

---

**Servings:** 10 balls | **Preparation:** 15 minutes | **Cooking:** N/A

---

### Ingredients

1 ¼ cups shredded coconut  
⅓ cup almond flour  
¼ cup maple syrup or honey

### Preparation

1. Place the almond flour, maple syrup, and 1 cup of shredded coconut in a food processor or blender and pulse until smooth. If the mixture is very sticky, add more shredded coconut or almond flour. If it is very hard, add more syrup or honey. The mixture must have the right consistency such that you can make balls with your hands.
2. Pour the remaining shredded coconut into a small bowl. Make small balls with your hands (about 10 balls) and roll them in the shredded coconut. Add more shredded coconut if necessary.
3. Place the balls on a plate and let cool in the refrigerator for at least an hour.

---

**Per serving:** (1 ball) Calories: 107; Total fat: 8.3g; Protein: 1.4g; Carbohydrates: 6.3g; Fiber: 2g

## Pumpkin Custard

*This creamy and rich pumpkin custard is a healthy alternative to custards based on milk and eggs. It's an ideal dessert to satisfy a craving for pumpkin pie.*

---

**Servings:** 4 | **Preparation:** 10 minutes | **Cooking:** 5 minutes

---

### Ingredients

- 1 ½ cups pumpkin puree (fresh or canned)
- 2 cups unsweetened almond milk or other plant-based milk
- ½ cup canned coconut milk
- 1 tablespoon unflavored gelatin or agar-agar powder
- 1 ½ teaspoons liquid stevia or 4 tablespoons coconut sugar
- ½ teaspoon cinnamon powder (optional, if tolerated)
- 1 teaspoon vanilla extract (optional)

### Preparation

1. In a medium bowl, add ½ cup of the milk and evenly sprinkle the gelatin on top. Let the gelatin hydrate for a few minutes until it gels.
2. While the gelatin is hydrating, add the pumpkin puree, coconut milk, remaining milk, stevia, vanilla, and cinnamon (if tolerated) to a blender. Pulse until the mixture acquires a smooth consistency.
3. Pour the mixture into a medium saucepan and cook over medium heat, stirring lightly, for about 5 minutes. (If it starts to boil, reduce the heat and continue stirring.) Turn off the heat.
4. Once the gelatin gels, add it to the heated pumpkin mixture and mix well.
5. Pour the pumpkin mixture into individual containers and let it cool for a while at room temperature. Then refrigerate for at least 2 hours or until firm.

---

**Per serving:** (1 cup approx.) Calories: 85; Total fat: 4.3g; Protein: 3.4g; Carbohydrates: 5.8g; Fiber: 2.6g

# Banana Ice Cream

*This soft, creamy, and naturally sweet banana ice cream is probably one of the easiest desserts you can make. Best of all, it does not require dairy milk or cream!*

---

**Servings:** 1 | **Preparation:** 5 minutes | **Cooking:** N/A

---

## Ingredients

2 ripe bananas, frozen and sliced  
1-2 tablespoons unsweetened almond milk (more if necessary)

## Preparation

1. Place the frozen bananas and milk in a food processor and pulse until the mixture has a consistency that resembles soft-serve ice cream. (Alternatively, you can use a high-speed blender.)
2. Serve immediately or freeze for at least 1 hour (if you want the ice cream to have a firmer consistency).

## Flavorings

- Vanilla (base recipe + ½ teaspoon vanilla extract)
- "Chocolate" (base recipe + 1-2 tablespoons carob powder)
- Nut Butter (base recipe + 1 tablespoon almond or peanut butter)
- "Chocolate" Nut Butter (base recipe + 1 tablespoon carob powder + 1 tablespoon nut butter)
- Spirulina Ice Cream (base recipe + 1 teaspoon spirulina powder)
- Caramel Ice Cream (base recipe + 4-6 pitted Medjool dates + pinch of sea salt)
- Maple Walnut Ice Cream (base recipe + 1 tablespoon maple syrup + 1 tablespoon chopped walnuts)

---

**Per serving:** (2 bananas) Calories: 210; Total fat: 1g; Protein: 2.6g; Carbohydrates: 47g; Fiber: 6

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## CHAPTER 10

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### EXTRA RECIPES

# Homemade Gluten-Free Bread

*An ideal recipe for bread lovers who prefer to avoid gluten and dairy.  
Excellent for sandwiches or toast, or spread with a little almond butter.*

---

**Servings:** 15 slices | **Preparation:** 15 minutes | **Cooking:** 50 minutes

---

## Ingredients

- 3 cups gluten-free all-purpose flour
- 1 ½ cups warm water or plant-based milk (approximately 110°F)
- 1 ¼ teaspoons xanthan gum (see notes)
- 2 ¼ teaspoons instant yeast
- 1 large egg
- 1 egg white
- 2 tablespoons olive oil
- 3 tablespoons coconut or brown sugar
- 1 teaspoon salt

## Preparation

1. Grease a 9x5-inch bread pan. Set aside.
2. In a large bowl, combine the flour, xanthan gum, yeast, sugar, and salt.
3. In another bowl, combine the warm milk or water, eggs, and oil. Slowly pour the wet ingredients into the bowl of the dry ingredients, stirring continuously. Mix until they are completely combined. (You can use a hand mixer to mix all the ingredients.)
4. Pour the dough into the prepared bread pan and smooth the top. Cover the bread pan with a clean dishcloth or a piece of greased plastic wrap. Let the dough rise until it has doubled in size, about 1 hour.
5. When the dough has doubled in size, preheat the oven to 350°F. Remove the cloth or plastic wrap from the top of the bread pan.

6. Bake for 40-50 minutes or until the internal temperature reaches 190-200°F. Cover with foil after 30 minutes if you notice that the crust of the bread is beginning to brown too quickly.
7. Remove the bread from the oven and let cool for 2 minutes. Transfer the bread to a cooling rack and let it cool completely before cutting it.

### **Notes**

- The amount of xanthan gum you add may vary depending on whether or not your gluten-free flour premix contains it. If the mix contains xanthan gum, add the amount indicated by the recipe. If not, add up to 3 teaspoons or the amount indicated by the manufacturer to make gluten-free bread.
- If you want to create your own gluten-free all-purpose flour, you can make a mixture with 4 cups of rice flour, 1 cup of potato starch,  $\frac{2}{3}$  cup of tapioca flour,  $\frac{1}{3}$  cup of arrowroot powder, and 2 teaspoons of xanthan gum.
- Store the bread in an airtight bag or container on the counter for up to 3 days. Alternatively, you can refrigerate or freeze as needed, though keep in mind that gluten-free bread will dry quickly once cooled. You can heat it in a toaster oven or using the method you prefer to help soften it again.

---

**Per serving:** (1 slice) Calories: 114; Total fat: 3g; Protein: 3.1g; Carbohydrates: 18g; Fiber: 2g

# Homemade Non-Dairy Milk

*An easy and simple recipe for making a variety of delicious, creamy, and healthy plant-based "milks" that are free of additives and preservatives. It's perfect to use in your favorite recipes or just to drink directly.*

---

**Servings:** 3-4 cups | **Preparation:** 15 minutes | **Cooking:** N/A

---

## Ingredients

- 1 cup nuts or raw seeds of your choice (almonds, cashews, hemp or sunflower seeds, etc.)
- 3 or 4 cups filtered or purified water
- A pinch of salt

## Optional add-ins:

- 2 tablespoons maple syrup or ¼ teaspoon liquid stevia
- 1 teaspoon vanilla extract

## Preparation

1. Place the nuts or seeds in a medium bowl and cover with 2-3 cups of water. Cover the bowl with a cloth and let it soak overnight at room temperature. Cashews require only 2-3 hours of soaking, while Brazil nuts, hemp seeds, flaxseeds, and shredded coconut do not require soaking. If you use flaxseeds, use only ⅓ cup.
2. Discard the soaking water and rinse the nuts or seeds thoroughly through a strainer.
3. Place the nuts or seeds in a blender and add 3-4 cups of filtered or purified water. Pulse until smooth.
4. Pour the mixture into a nut milk bag (or 2 layers of cheesecloth) and squeeze into a large bowl until all the liquid is extracted.
5. Add the sweetener of your choice and vanilla (if using) and mix well. Transfer to a glass jar or airtight container with a lid and store the milk in the refrigerator for up to 4 days.

**Notes**

- You can use this same recipe to make oat, rice, or coconut milk. For that, I recommend that you use 1 cup of oats or 2 cups of unsweetened shredded coconut for every 3-4 cups of filtered water. Heat the water to make coconut milk.
- Be sure to shake the milk well before using it.

## Homemade Vegetable Broth

*This simple homemade vegetable broth is a great alternative to broths full of irritating ingredients sold in supermarkets. It's an excellent way to add flavor to soups, stews, or any dish that calls for it.*

---

**Servings:** 6 cups approx. | **Preparation:** 15 minutes | **Cooking:** 60 minutes

---

### Ingredients

2 medium carrots, peeled and chopped  
2 celery stalks, chopped  
1 leek (white part only), rinsed and chopped  
1 fennel bulb, chopped (see note)  
2 bay leaves  
3 sprigs fresh parsley  
3 sprigs fresh thyme or 1 teaspoon dried thyme  
8 cups filtered water

### Preparation

1. Place all the ingredients in a large pot and bring to a boil over high heat.
2. Once it starts to boil, reduce the heat to low and cover with a lid. Let the vegetable broth simmer for at least 1 hour.
3. Remove from heat and pour the broth through a fine-mesh strainer into a large bowl or pot. Discard the vegetables.
4. Let the broth cool for about half an hour and then separate into glass containers for storage.
5. Refrigerate the broth for up to a week or freeze it indefinitely.

### Note

- If you can't find the fennel bulb, you can skip it. It is recommended that you shake or stir the vegetable broth before using it.

## Simple Guacamole

*This simple and tasty guacamole is super easy to make and requires few ingredients. It's an ideal accompaniment for potato chips or baked sweet potato fries.*

---

Servings: 1 | Preparation: 5 minutes | Cooking: N/A

---

### Ingredients

- ½ cup ripe avocado, peeled, pitted, and chopped
- 1 tablespoon fresh cilantro, chopped
- ¼ teaspoon salt
- ¼ teaspoon sumac or grated lemon zest
- A pinch of ground cumin

### Preparation

1. In a small bowl, add all the ingredients and puree with a masher or fork.

### Note

- If, after preparing this guacamole, you decide to save it for later, I recommend that you place plastic wrap directly on it to prevent the avocado from oxidizing.

---

**Per serving:** (½ cup) Calories: 90; Total fat: 7.5g; Protein: 1.7g; Carbohydrates: 1.6g; Fiber: 4.2g

## Basil Walnut Pesto

*This recipe for basil and walnut pesto is packed with healthy fats and is delicious in almost everything. It's ideal for pasta or spread on sandwiches or a simple piece of bread.*

---

**Servings:** ½ cup | **Preparation:** 10 minutes | **Cooking:** N/A

---

### Ingredients

½ cup fresh basil leaves  
¼ cup walnuts  
1 or 2 tablespoons extra virgin olive oil  
1 tablespoon nutritional yeast  
½ teaspoon sumac or grated lemon zest  
½ teaspoon salt

### Preparation

1. In a food processor or blender, add all the ingredients and pulse for about 30 or 60 seconds (scraping the sides if necessary) until combined. Depending on whether you use a blender or a food processor, you may need to add a little water to help with the mixing.

---

**Per serving:** (2 tablespoons approx.) **Calories:** 77; **Total fat:** 7.5g; **Protein:** 1.8g; **Carbohydrates:** 1g; **Fiber:** 1g

## Black Olive Tapenade

*Tapenade is a rich and savory olive-based Mediterranean spread that, while it doesn't look very appetizing, has an exquisite flavor and is delicious on crackers or toast.*

---

**Servings:** ½ cup | **Preparation:** 15 minutes | **Cooking:** N/A

---

### Ingredients

- ½ cup black olives, chopped and pitted (see notes)
- ½ anchovy fillet, finely chopped
- 2 tablespoons fresh basil, chopped
- 1 teaspoon fresh thyme, chopped
- 1 tablespoon extra virgin olive oil

### Preparation

1. Place the olives, anchovy, basil, and thyme in a food processor and pulse until the ingredients are crushed well. (Alternatively, place the ingredients in a mortar and pestle, and then tap and crush with the pestle until the ingredients have been reduced to a thick paste.)
2. While the food processor is running, gradually add olive oil until everything is well combined and a paste forms.
3. Serve on gluten-free toast or crackers, or transfer to an airtight container and store in the refrigerator.

### Notes

- To prepare this tapenade, it is recommendable to use Kalamata olives, which have a more complex flavor than the generic black olives sold in supermarkets.
- When storing the tapenade, pour a little olive oil over the surface of the tapenade to avoid oxidation.

---

**Per serving:** (2 tablespoons approx.) Calories: 54; Total fat: 5.5g; Protein: 1g; Carbohydrates: 1g; Fiber: 1g

## Mushroom Sauce

*This rich and creamy mushroom sauce is ideal over your favorite pasta. It's also versatile enough to be poured over some delicious meatballs or grilled chicken.*

---

**Servings:** 1 | **Preparation:** 15 minutes | **Cooking:** 15 minutes

---

### Ingredients

- 2 ¼ cups (5.5 ounces) mushrooms, sliced
- ½ tablespoon olive oil
- ½ leek (white part only), chopped
- ½ tablespoon Bragg liquid aminos or coconut aminos
- ½ cup vegetable broth (you can also use water)
- ¼ cup unsweetened almond milk or other plant-based milk
- 1 tablespoon arrowroot flour or cornstarch (see note)
- 1 teaspoon fresh thyme, chopped (or ¼ teaspoon dried thyme)
- 1 tablespoon nutritional yeast (optional)
- ½ teaspoon salt

### Preparation

1. In a large, deep skillet over medium-high heat, add the olive oil and leek. Cook, stirring constantly, until the leek is golden brown, about 2 to 3 minutes.
2. Add the mushrooms and thyme. Cook until the mushrooms are soft, about 5 minutes. Add salt and cook for 1 more minute.
3. Pour the vegetable broth (or water) and add the Bragg liquid aminos and nutritional yeast (if using). Mix well and bring to a boil.
4. Dissolve the arrowroot flour or cornstarch in milk. Pour the milk mixture into the pan and cook over medium-low heat for about 5 minutes or until the sauce thickens.

**Note**

- If you use cornstarch instead of arrowroot flour, I recommend that you use one that is NON-GMO (non-transgenic).

---

**Per serving:** (½ of recipe) Calories: 70; Total fat: 3g; Protein: 3g; Carbohydrates: 7.4g; Fiber: 1.3g

## Stir-Fry Sauces

*These delicious and healthy stir-fry sauces are the perfect alternative to the typical stir-fry sauces full of irritating ingredients sold in supermarkets.*

---

**Servings:** ⅓ cup approx. | **Preparation:** 5 minutes | **Cooking:** N/A

---

### Ingredients for recipe #1

¼ cup coconut aminos or Bragg liquid aminos  
2 tablespoons sesame oil  
½ tablespoon arrowroot flour or cornstarch (see notes)

### Ingredients for recipe #2

2 tablespoons coconut aminos or Bragg liquid aminos  
¼ cup vegetable broth (p. 83)  
1 teaspoon arrowroot flour or cornstarch (see notes)  
½ teaspoon fish sauce (see notes)  
¼ teaspoon ground ginger

### Preparation

1. To make any of the above recipes for stir-fry sauces, simply mix all the ingredients.

### Notes

- If you use cornstarch instead of arrowroot flour, I recommend that you use one that is NON-GMO (non-transgenic).
- You can skip the fish sauce from the second recipe if you are going to prepare a vegetarian stir-fry.
- If you want a touch of sweetness to your stir-fry sauce, you can add a dash of maple syrup.

## Salad Dressings

These simple salad dressing recipes are an excellent alternative to the typical store-bought salad dressings, which are usually loaded with additives and irritating ingredients that cause inflammation and slow the healing process. Use these simple and healthy dressings to give your salads the touch of flavor they need.

---

### Simple Herb Dressing

- ¼ teaspoon fresh parsley, finely chopped
- ¼ teaspoon fresh oregano, finely chopped
- ¼ teaspoon fresh basil, finely chopped
- 1 tablespoon extra virgin olive oil
- A pinch of salt
- A pinch of sumac (optional)

In a small cup, mix all the dressing ingredients. Pour over the salad and enjoy.

---

### Papaya Dressing

- ½ cup papaya, chopped
- 1 tablespoon extra virgin olive oil
- ½ teaspoon sumac or grated lemon zest
- 1 tablespoon fresh thyme, chopped
- ¼ teaspoon salt
- 1 or 2 tablespoons water (optional, if necessary)

In a food processor or blender, add all the ingredients (except water) and pulse until smooth. Taste and add more salt if necessary. Pour the dressing over the salad and enjoy.

## **Carrot Ginger Dressing**

- ½ medium carrot, peeled and chopped
- 1 ¼ tablespoons extra virgin olive oil
- ¼ tablespoon fresh ginger, peeled and chopped
- 2 teaspoons maple syrup or honey
- ½ teaspoon toasted sesame oil
- ¼ teaspoon sumac or grated lemon zest
- ¼ teaspoon salt
- 1 or 2 tablespoons of water (optional, if necessary)

In a food processor or blender, add all the ingredients (except water) and pulse until smooth. Dilute with water if necessary. Pour the dressing over the salad and enjoy.

---

## **Peanut Dressing**

- 2 tablespoons creamy peanut butter
- ¼ teaspoon ground ginger
- 1 tablespoon honey or maple syrup
- 2 tablespoons water
- 1 tablespoon Bragg liquid aminos or coconut aminos
- 2 pinches of sumac

In a small bowl, mix all the dressing ingredients. Pour over the salad and enjoy.

---

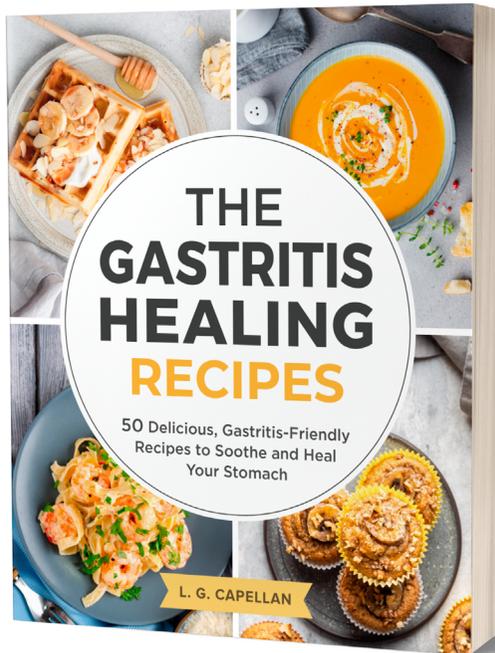
## **Creamy Avocado Dressing**

- ¼ cup avocado
- 1 tablespoons olive oil
- 2 tablespoons water or more to give consistency
- 1 teaspoon plain non-dairy yogurt (optional)
- 1 tablespoon cilantro, basil, or parsley
- ½ teaspoon sumac or grated lime zest
- ¼ teaspoon salt

In a food processor, combine all the ingredients and pulse until smooth. Dilute with more water if necessary. Pour the dressing over the salad and enjoy.

## WANT MORE RECIPES?

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## APPENDIX D

### THE pH VALUES OF VARIOUS FOODS

| Vegetables               | pH         |
|--------------------------|------------|
| Artichokes, canned       | 4.3 to 4.6 |
| Artichokes, fresh        | 5.6 to 6.0 |
| Arugula                  | 5.9        |
| Asparagus, canned        | 5.2 to 5.3 |
| Asparagus, fresh         | 6.0 to 6.7 |
| Bamboo shoots            | 5.1 to 6.2 |
| Bamboo shoots, preserved | 3.5 to 4.6 |
| Beet, fresh              | 5.3 to 6.6 |
| Beets, canned            | 4.9 to 5.8 |
| Bell peppers             | 4.6 to 5.4 |
| Broccoli                 | 6.3 to 6.5 |
| Brussels sprouts         | 6.0 to 6.3 |
| Butternut squash         | 5.8        |
| Cabbage                  | 5.4 to 6.9 |
| Carrot, canned           | 5.2        |
| Carrot, fresh            | 5.8 to 6.4 |
| Cauliflower              | 5.6        |
| Celery                   | 5.7 to 6.0 |

|                 |            |
|-----------------|------------|
| Chard           | 6.1 to 6.7 |
| Chayote         | 6.0 to 6.3 |
| Cherries        | 5.3 to 5.7 |
| Cucumbers       | 5.1 to 5.7 |
| Eggplant        | 5.5 to 6.5 |
| Endive          | 5.7 to 6.0 |
| Fennel          | 5.8 to 6.0 |
| Garlic          | 5.8        |
| Ginger          | 6.2        |
| Hearts of palm  | 5.7        |
| Kohlrabi        | 5.7 to 5.8 |
| Leek            | 5.5 to 6.0 |
| Lettuce         | 5.8 to 6.0 |
| Mushrooms       | 6.2        |
| Okra            | 5.5 to 6.4 |
| Onions          | 5.3 to 5.8 |
| Pickles         | 3.2 to 3.5 |
| Potatoes        | 5.5 a 6.4  |
| Pumpkin         | 6.1        |
| Red radishes    | 5.8 to 6.5 |
| Rhubarb         | 3.1 to 3.4 |
| Sauerkraut      | 3.5 to 3.6 |
| Savoy           | 6.4 to 6.8 |
| Shallots        | 5.3 to 5.7 |
| Spinach, fresh  | 5.5 to 6.8 |
| Spinach, frozen | 6.3 to 6.5 |

|                  |            |
|------------------|------------|
| Summer squash    | 5.5 to 6.2 |
| Sweet potato     | 5.3 to 5.6 |
| Taro             | 5.0 to 5.5 |
| Tomatoes, canned | 3.5 to 4.7 |
| Tomatoes, fresh  | 4.2 to 4.9 |
| Turnips          | 5.2 to 5.9 |
| White radishes   | 5.5 to 5.7 |
| Yam              | 5.5 to 6.8 |
| Zucchini         | 5.8 to 6.1 |

| Herbs      | pH         |
|------------|------------|
| Basil      | 5.9        |
| Chives     | 5.2 to 6.1 |
| Cilantro   | 6.18       |
| Dandelion  | 5.8        |
| Lemongrass | 5.4        |
| Parsley    | 5.6        |

| Grains and Legumes | pH         |
|--------------------|------------|
| Amaranth           | 6.6        |
| Barley             | 5.1 to 5.3 |
| Beans              | 5.4 to 6.5 |
| Brown rice         | 6.2 to 6.7 |
| Buckwheat          | 6.7        |
| Chickpea           | 6.4 to 6.8 |
| Corn, canned       | 6.0        |
| Corn, fresh        | 5.9 to 7.3 |

|                 |            |
|-----------------|------------|
| Edamame         | 6.5        |
| Green beans     | 4.6        |
| Lentils         | 6.3 to 6.8 |
| Millet          | 6.2        |
| Oatmeal, cooked | 6.2 to 6.6 |
| Peas            | 5.8 to 7.0 |
| Peas, canned    | 5.7 to 6.0 |
| Peas, frozen    | 6.4 to 6.7 |
| Quinoa          | 6.2 to 6.8 |
| Rye             | 5.8        |
| Soy             | 6.0 to 6.6 |
| White rice      | 6.0 to 6.7 |
| Whole wheat     | 5.7        |
| Wild rice       | 6.0 to 6.4 |

| Fruits              | pH         |
|---------------------|------------|
| Apples              | 3.7 to 4.8 |
| Apricots, canned    | 3.4 to 3.7 |
| Apricots, dried     | 3.3 to 3.5 |
| Apricots, fresh     | 3.3 to 4.8 |
| Avocado             | 7.1        |
| Banana              | 5.7        |
| Black olives        | 6.0 to 6.5 |
| Blackberries        | 3.2 to 4.5 |
| Blueberries, fresh  | 3.1 to 3.2 |
| Blueberries, frozen | 3.1 to 3.4 |
| Cherries            | 3.2 to 4.1 |

|                              |            |
|------------------------------|------------|
| Dates (Medjool, Deglet Noor) | 5.4        |
| Dragon fruit                 | 5.4        |
| Fig, Calimyrna               | 5.0 to 5.9 |
| Figs                         | 4.6        |
| Grapefruit                   | 3.0 to 3.3 |
| Grapes                       | 3.3 to 4.2 |
| Green apple                  | 3.5        |
| Green olives, fermented      | 3.6 to 3.8 |
| Kiwi                         | 4.2        |
| Lemon zest                   | 5.77       |
| Lemons                       | 2.2 to 2.4 |
| Lime zest                    | 5.22       |
| Limes                        | 2.0 to 2.8 |
| Lychee                       | 4.7 to 5.0 |
| Mangoes                      | 3.9 to 4.6 |
| Melons                       | 5.4 to 6.6 |
| Nectarines                   | 3.9 to 4.1 |
| Olives, Kalamata             | 5.4        |
| Orange zest                  | 5.34       |
| Oranges                      | 3.1 to 4.1 |
| Papaya                       | 5.2 to 5.7 |
| Peaches, fresh               | 3.3 to 4.2 |
| Pear (Bartlett, Forelle)     | 4.0 to 4.2 |
| Pear, Asian                  | 5.7        |
| Pear, Bosc                   | 5.15       |
| Persimmons                   | 4.4 to 4.7 |

|              |            |
|--------------|------------|
| Pineapple    | 3.2 to 4.0 |
| Plums        | 2.8 to 4.4 |
| Pomegranates | 2.9 to 3.2 |
| Prunes       | 3.6 to 3.9 |
| Raisins      | 4.41       |
| Raspberries  | 3.2 to 3.7 |
| Soursop      | 3.8        |
| Strawberries | 3.0 to 3.8 |
| Tangerines   | 3.2 to 4.4 |
| Watermelon   | 5.2 to 5.8 |

| Eggs       | pH         |
|------------|------------|
| Egg whites | 7.0 a 9.0  |
| Egg yolks  | 6.4        |
| Whole eggs | 7.1 to 7.9 |

| Meat, Poultry, Fish, and Seafood | pH         |
|----------------------------------|------------|
| Anchovies                        | 6.5        |
| Beef, ground                     | 5.1 to 6.2 |
| Beef, steak                      | 5.8 to 7.0 |
| Chicken                          | 6.5 to 6.7 |
| Cod, roasted                     | 6.0        |
| Crab                             | 7.0        |
| Flounder, boiled                 | 6.1 to 6.9 |
| Lamb                             | 5.4 to 6.7 |
| Lobster, boiled                  | 7.3        |

| Pork                    | 5.3 to 6.9 |
|-------------------------|------------|
| Salmon, grilled         | 6.3        |
| Sardines, fresh         | 6.1        |
| Scallop                 | 6.0        |
| Shrimp                  | 6.8 to 7.0 |
| Tilapia                 | 6.8        |
| Tuna (canned, in water) | 6.1        |
| Turkey                  | 5.7 to 6.8 |
| Veal                    | 6.0        |
| Nuts and Seeds          |            |
|                         | pH         |
| Almonds, raw            | 6.0        |
| Brazil nuts             | 6.9        |
| Cashews, raw            | 5.4        |
| Chia seeds              | 7.2        |
| Flaxseed                | 6.5        |
| Hazelnuts, raw          | 5.3        |
| Macadamia, raw          | 5.4        |
| Pecans, roasted         | 6.6        |
| Pine nuts               | 6.5        |
| Pistachios, salted      | 5.3        |
| Pumpkin seeds           | 6.3        |
| Sesame seeds            | 6.9        |
| Sunflower seeds         | 6.3        |
| Walnuts, raw            | 5.9        |

| Others   | pH         |
|--|------------|
| Almond butter, natural                             | 6.32       |
| Almond milk, homemade                              | 6.62       |
| Almond milk, original flavor (Silk)                | 8.36       |
| Almond milk, vanilla (Silk)                        | 8.4        |
| Apple cider  | 2.9 to 3.3 |
| Coconut milk                                       | 6.1 to 7.0 |
| Honey, manuka                                      | 4.31       |
| Jam  | 3.1 to 3.5 |
| Maple syrup (grade a, amber color and rich flavor) | 6.0        |
| Mayonnaise   | 4.2 to 4.5 |
| Peanut butter, freshly ground                      | 6.15       |
| Raw honey  | 4.1        |
| Rice milk  | 6.35       |
| Soy milk   | 7.94       |
| Tofu   | 6.9        |
| Tomato paste                                       | 3.5 to 4.7 |
| Vinegar  | 2.4 to 3.4 |

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## Appendix A: How to Recover From a Flare-Up

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## Appendix D: The pH Values of Various Foods

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## ABOUT THE AUTHOR

**L. G. Capellan** is a voracious researcher of digestive problems, with extensive experience and knowledge about gastritis and bile reflux. In 2013, he was diagnosed with chronic gastritis, acid reflux, and bile reflux—digestive problems that he suffered from for several years until he decided to take his health in his own hands and do things on his own.

He spent more than 5 years researching a solution to his chronic gastritis and bile reflux. This included dedicating thousands of hours to reading medical and scientific research, articles on blogs and websites, and gastritis success stories on online health forums. His deep research provided him with a new understanding of what he had to do, how, and in what order to heal his gastritis and digestive problems.

Now, through his Facebook group (*The Gastritis Healing Group*) and his book about gastritis, he helps other people who are going through the same situation he once went through, so that they can also get rid of gastritis and take back their health.

To contact or connect with the author, go to next page to find contact details.

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