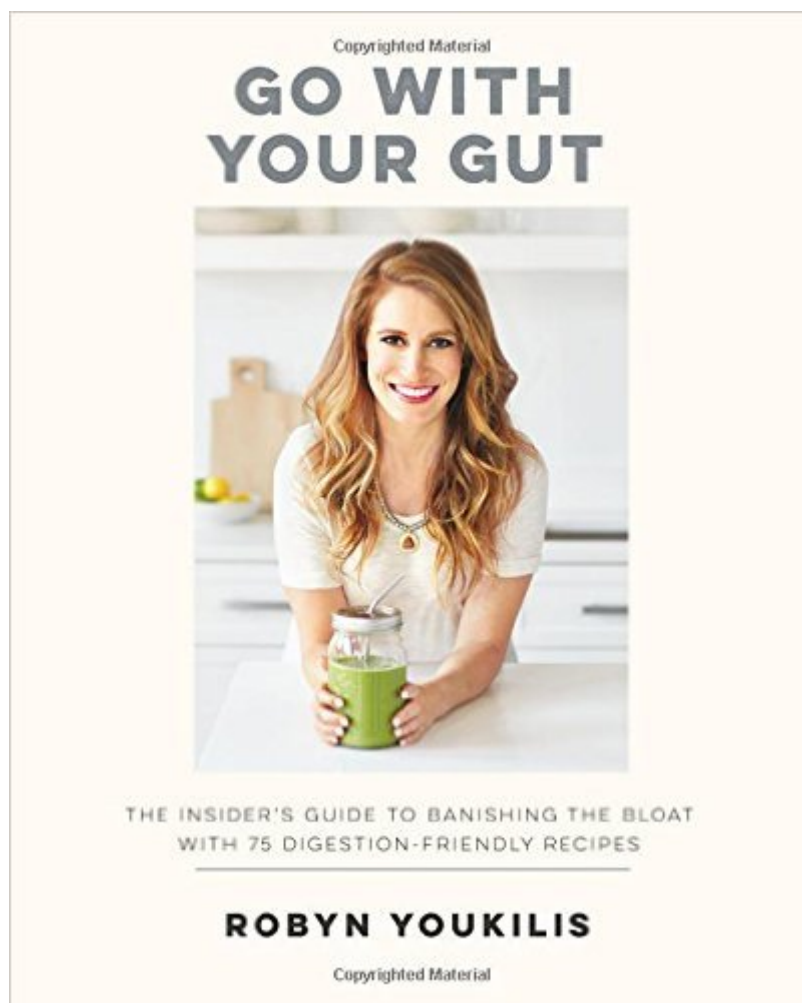


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Go With Your Gut: The Insider's Guide To Banishing The Bloat With 75 Digestion-Friendly Recipes



Synopsis

How We Digest Our Food is How We Digest Our Lives If you're like most women, you've been on the never-ending quest for the "perfect" diet since you were a teenager, constantly trying to find the trick that will "fix" your body. You've sworn off all bread and carbs, skipped meals, tried to subsist solely on green drinks. You've maybe even taken a "supplement" that promised to help you lose those last 5 (or 10, or 15) pounds. Does this sound familiar? It's sooo exhausting, right? Obsessions with weight, diet, exercise, and even health don't have to be a part of everyday life. Anyone can change their relationship with food and their body. We need to slow down and learn to listen, and focus on what our symptoms - weight gain, fatigue, insomnia, bloating, indigestion, and constipation - are telling us. Through her health coaching practice, Your Healthiest You, Robyn Youkilis has helped thousands of women discover the real reasons why they feel like their bodies just aren't listening to them, reconnect with that gut instinct, and learn how to make choices from that place of inner wisdom. "In *Go With Your Gut*, you will get the what, why, and how of creating a truly healthy lifestyle. Each chapter includes a practice to reinforce Robyn's simple, yet effective, lessons, such as "Breathe", "Chew", "Eat", "Drink", "Shop", and "Shed," plus over 75 healthy, easy and insanely delicious recipes - from the Superhuman Breakfast to Chocolate Cake to homemade Sauerkraut. With these practices and recipes you will have everything you need to learn to listen to your body and love your life.

Book Information

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good burger. When thinking about and researching what kind of burger I wanted to include in this book, this recipe came to me via a dear friend. She texted me immediately after making it, exclaiming how easy and delicious these burgers were, and that I must include them in my book! From fashion to food, her taste is impeccable, so I knew I had to take her seriously. The original recipe had panko breadcrumbs, but when I got in the kitchen I immediately thought: shredded coconut! Light and fluffy and nutritionally rich coconut plus a few additional healthy tweaks later and voila! a simple and delicious burger recipe that works with any protein. I suggest you master this one immediately.

Directions

1. If using beans, grind them in a food processor until crumbly. If using fish, you can ask your fishmonger to grind for you or grind at home using same process as beans. If you don't have a food processor, you can chop the beans or fish finely with a knife.
2. Mix the ground protein together in a large bowl with the remaining ingredients up to and including the tamari, and shape into 4 large patties or 6 mini patties.
3. Add the oil to your skillet and cook the burgers over medium heat until golden brown on the bottom, 3 to 6 minutes depending on protein. Flip the burgers over.
4. Reduce the heat to low and cook for another 5 minutes, until brown or crisp. Serve immediately with traditional burger toppings or on top of a salad or in a lettuce wrap. I love topping them with the Cilantro Yogurt Dressing on page 171.

Ingredients

- 1 pound ground meat or 2 (15-ounce) cans black beans, drained and rinsed
- 1 egg white, beaten
- 1 cup unsweetened, shredded coconut
- 1 tablespoon garlic powder
- 1 tablespoon minced onion flakes
- 1/2 cup tamari or coconut aminos
- 1 to 2 tablespoons coconut oil

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