



# THE **SIBO SURVIVOR COOKBOOK**

*"Enjoy Eating Again"*

50+ **Easy-to-prepare** recipes and advice for **optimal gut health**



**Low FODMAP &  
SCD friendly**

# Tips & Tricks

Here are some of the tips I have found helpful when eating with SIBO.

- Cooking each meal can be stressful and time consuming, so try to do meal prep on Sunday, before the work week. I have found this very helpful. Another idea is to hand off the recipes to someone, to prep them for you. In order to stick to a SIBO diet you need to have a plan of attack, because on the days you feel rotten you won't want to cook. Cook in batches and keep it simple.
- Develop a list of staple foods that agree with your gut. You need to choose recipes and staple foods that you can consistently rely on. This makes eating much simpler and less stressful. Having food you can always rely on to taste good and be gut friendly is key.
- Develop an organized grocery list. I am a big believer in developing systems. Find all of the foods you need to meal prep for your week, as well as all your staple foods and snacks. Bring your list with you on your phone to the store. This will help simplify your work.
- Drink water. If you eat out, get a water cup. It will save you a lot of money over the long run and it will be the healthiest for your gut. The sugars that other drinks contain can cause symptoms. I personally stick to water, tea, and some unsweetened almond or coconut milk.
- Get comfortable telling your friends that you can't eat at greasy restaurants. Dealing with the social aspect of eating for SIBO can be a challenge. I have found I am the best off when I let my friends know that I have a digestive disease and I can't eat specific foods. It's not enough to tell them that you don't want to eat something. Explain to them why it won't be happening and be firm with your stance. They should understand.
- Constantly test and experiment. You might need to substitute ingredients in recipes like white rice for brown rice or a different kind of sugar instead of maple syrup. You may need to avoid recipes with certain ingredients like lentils for a bit. You will find that when your gut is flaring up the most, it is best to lower your carbohydrate intake and be more cautious with the carbohydrates you eat. When your body starts to heal a bit more you will be able to tolerate a wider variety of foods. Remember that this takes time. For me it has taken a few years from my lowest point, to be able to incorporate more foods into my diet. Try to keep a positive attitude and know that you will be able to eventually eat more foods. It takes time!



# Staple Foods That Work For Me

Like I said, everyone needs to find staple foods to rely on. These core foods can help simplify your eating patterns and reduce your stress. Below is a list of the staple foods that I consistently eat and the tools I use to help simplify cooking.

## Foods

- Long grain brown rice and brown rice pasta
- Unsweetened almond and coconut milk
- Almonds and cashews
- Carrots, eggplant, spaghetti, summer squash, yellow peppers, and tomatoes
- Coconut and olive oil
- Fresh rotisserie chicken
- Chicken breasts and ground turkey
- Sourdough bread (I eat the occasional sandwich)
- Grapeseed oil vegenaïse
- Mustard

## Tools

- Rice cooker
- Measuring cups (I measure 1/2-1 cup of carbs with protein)
- Plastic lunch containers
- Baking pans (muffin and regular)
- Blender
- Couple non-stick pans for stove

Find your own list of safe staple foods. It makes cooking and eating with SIBO much easier!





## Coconut Granola



### Ingredients:

- 2 cups of puffed rice cereal (Be sure the only ingredient is rice)
- 1 cup of unsweetened coconut shreds
- ½ cup of melted coconut oil
- ¼ cup of pure maple syrup
- 1 tsp. pure vanilla extract
- 1 tsp. ground cinnamon
- Coconut milk for serving

### Directions:

1. Preheat the oven to 350 degrees F, and line a baking sheet with parchment paper.
2. Add all the ingredients minus the coconut milk for serving to a large bowl and stir to combine.
3. Transfer the mixture to the lined baking sheet and bake for 15-20 minutes or until golden brown. Mix halfway through.
4. Allow to cool and then serve with coconut milk.



# Breakfast Turkey Sausage



## Ingredients:

- 1 lb. organic ground turkey
- ¼ cup almond flour
- 1 Tbsp. freshly chopped basil
- 1 Tbsp. freshly chopped sage
- 1 Tbsp. pure maple syrup
- Salt & pepper to taste
- Olive oil for cooking

## Directions:

1. Start by adding all the ingredients minus the olive oil to a large mixing bowl and mix to combine.
2. Next, form into 12 small patties and set aside.
3. Preheat a large skillet over medium heat with the olive oil. Add the sausage and cook for about 8 minutes each side or until browned and cooked through.
4. Enjoy while warm!



## One Pan Asian Lettuce Cups



### Ingredients:

- 1 lb. ground pork
- ¼ cup shredded carrots
- ¼ cup scallion, chopped (Green part only)
- 1 Tbsp. freshly grated ginger
- 1 tsp. red pepper flakes
- 1 tsp. sea salt
- ¼ tsp. black pepper
- 1 head of ice burg lettuce
- Coconut oil for cooking

### Directions:

1. Start by preheating a large skillet over medium heat with the coconut oil.
2. Next, add the ground ginger and red pepper flakes to the skillet and cook for 2 minutes. Add the ground pork, breaking it up with a spoon as needed.
3. Cook until the pork is cooked through, and then add the scallions and shredded carrots. Cook for another 3-5 minutes.
4. Scoop the mixture into lettuce cups, and enjoy.



# Rosemary Chicken Legs



## Ingredients:

- 6 chicken legs
- 2 springs of rosemary
- 4 Tbsp. garlic infused olive oil
- ½ cup of grape tomatoes, sliced
- Salt & pepper to taste

## Directions:

1. Preheat your oven to 350 degrees F and line a baking dish with parchment paper.
2. Next, season the chicken with the garlic infused olive oil, rosemary, salt, and pepper.
3. Bake for 35-40 minutes or until the juices run clear, and the chicken is cooked through.
4. Once cooked, add the chicken thighs to a skillet with the tomatoes and cook for another 5 minutes.
5. Enjoy right away.



# Coconut Almond Ice Cream



## Ingredients:

- 2 can of full-fat coconut milk (No thickeners)
- ½ tsp. pure vanilla extract (Alcohol free)
- 1 Tbsp. raw honey
- 4 Tbsp. almond butter mixed with 2 Tbsp. pure maple syrup
- ¼ cup raw almonds

## Directions:

1. The night before you plan to make this ice cream, add the canned coconut to the fridge upside down.
2. The next day, remove the coconut milk from the fridge and add the coconut cream (The hardened portion of the milk) to the base of a food processor. Add the raw honey and pure vanilla extract. Pulse for 10 seconds or until smooth.
3. Next, make the “caramel sauce” by adding the almond butter and pure maple syrup to a bowl and whisking.
4. Add the coconut milk ice cream to the base of 4 serving classes and drizzle with the caramel sauce.
5. Top with the raw almonds and enjoy right away.