

WELCOME

Thank you for downloading your copy of

15-Minute Healthy No Nook Recipes!

The recipes inside will transform your meals with easy-to-prepare dishes that taste great AND are packed with vital gut-healing nutrients.

Plus, most of them are meal-prep friendly, so you can double or triple the recipes and have meals for days.

The best news is that every recipe is no-cook, so if cooking isn't your thing, this is for you. *Some recipes do require the use of a microwave or toaster.

Because of the nature of this ebook, some recipes take advantage of premade ingredients.

We hope this guide helps make your meal plan a little easier (and healthier)!

Committed to Your Success,

Cheryl



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BREAKFAST

Triple Berry

OVERNIGHT OATS

SERVES 1

A creamy, fruity delight prepped the night before—grab and go for a morning burst of flavor and nutrition.



INGREDIENTS

- 1/2 cup old-fashioned oats
- 2/3 unsweetened vanilla almond milk, or your preferred milk
- 2 tbsp plain yogurt or non-dairy yogurt
- 1 tsp chia seeds
- 1/4 tsp vanilla
- pinch of salt
- 1/8 c of each, blueberries, raspberries, and sliced strawberries
- 1 tsp honey or agave



DIRECTIONS

1. Place all ingredients into a glass jar with a lid. Stir gently to incorporate.
2. Then place into the fridge overnight or for at least 3 hours.
3. When ready, you can eat it cold or warm it up for 1 1/2 minutes in the microwave. (If warmed, you may need to add additional milk)
4. Stir and enjoy!

LUNCH

Tuna Salad

LETTUCE WRAPS

SERVES 4

Wrap up a tasty mix of tuna, creamy avocado, and crunchy veggies in crisp lettuce leaves—a light and flavorful lunch that's perfect for a quick and easy meal.



INGREDIENTS

- 2 large lettuce leaves or 1 flour tortilla
- 3 oz canned tuna, drained
- 1 tbsp mayo
- 1/2 avocado, sliced thin
- 1-2 tbsp ranch dressing or mayo
- salt and pepper to taste



DIRECTIONS

1. Place tuna in a small bowl with mayo, stir to combine, salt and pepper to taste
2. Place both pieces of lettuce flat on a plate
3. Spread the ranch or mayo thinly across the surface to coat
4. Spoon tuna mixture across each leaf
5. Next, layer the avocado slices on top of the turkey
6. Sprinkle with salt and pepper
7. Wrap each leaf up to make a roll, slice in half
8. Enjoy!

DINNER

Raw Veggie STIR FRY

SERVES 4

Stir up a storm with our raw veggie stir-fry—packed with crunchy veggies, savory tofu, and a flavorful stir-fry sauce for a dinner that's quick, easy, and oh-so-delicious.



INGREDIENTS

- 1 head baby bok choy, chopped small
- 1/2 cup red cabbage, shredded
- 1 carrot, shredded
- 1/4 cup yellow onion, diced
- 1/2 cup snap peas
- 1 small can of water chestnuts, drained
- 2/3 cup of Kikkoman stir-fry sauce or other low-sugar sauce
- 1 tbsp toasted sesame seeds
- 1/4 tsp red pepper flakes
- 1/2 tsp garlic powder
- salt and pepper to taste



DIRECTIONS

1. In a medium-sized bowl, add all the veggies
2. Then add the sauce and seasonings, and mix until well combined
3. Cover and place in the refrigerator for 4 hours to marinate
4. Enjoy!

These stir fry veggies can be served alone or on a bed of precooked rice. For a protein boost, add a can of chicken along with the veggies.

SNACK

No-Bake

GINGER BITES

SERVES 4

Easy, no-bake recipe with oatmeal, almond butter, and flax. Raw, vegan, high protein, and gluten-free.



INGREDIENTS

- 1 cup rolled oats
- 3/4 cup almond butter
- 1/2 cup finely shredded unsweetened coconut
- 1/2 cup ground flaxseed meal
- 1/4 cup sesame seeds
- 1/4 cup maple syrup*
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon sea salt



DIRECTIONS

1. Add all of the ingredients to a large mixing bowl. Stir by hand with a wooden spoon or spatula until the mixture is incorporated and sticky.
2. Place the bowl in the refrigerator for 10 minutes or until firm.
3. With damp hands, take 1 tablespoon of dough and shape it into a 1-inch ball and place it on a plate. (Keep a bowl of water by your side, since the mixture is easier to handle with damp hands.)
4. Repeat with the remaining batter.
5. Enjoy immediately or store in the refrigerator for 2 weeks or freeze for 3 months.

SMOOTHIE

Gut Soothing GINGER MINT

SERVES 1

This smoothie is a true gem for your gut. It's brimming with soothing ingredients like ginger and mint, and it's the perfect refreshing drink to cool your digestive system.



INGREDIENTS

- 1 cup spinach
- 1 cup cucumber
- 1/2 cup pineapple
- 1/2 banana
- 1 teaspoon ginger
- 1 tablespoon mint
- 1 cup almond milk
- 1/2 ice



DIRECTIONS

1. Place all ingredients into a high-speed blender
2. Blend until well combined
3. Pour into a glass, enjoy!