



Gut-Healthy Snack Guide

20 recipes to help you poop
easy with paralysis



PARALYSIS
NUTRITION



WELCOME

I'm so glad you're here and ready to get started!

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The information in this guide is not meant to substitute for any dietary regimen or advice that may have been prescribed by your doctor. As with all dietary programs, you should get your doctor's approval before beginning. If you suspect you have a medical problem, I urge you seek professional help. Keep in mind that nutritional needs vary from person to person. The information here is intended to help you make informed decisions about your eating and health. This guide is not meant to be a guide for your food choices; it does not recommend that you eat or eliminate any particular foods from your diet. This guide is also not for those who are under 18 years of age or who have specific medical conditions.



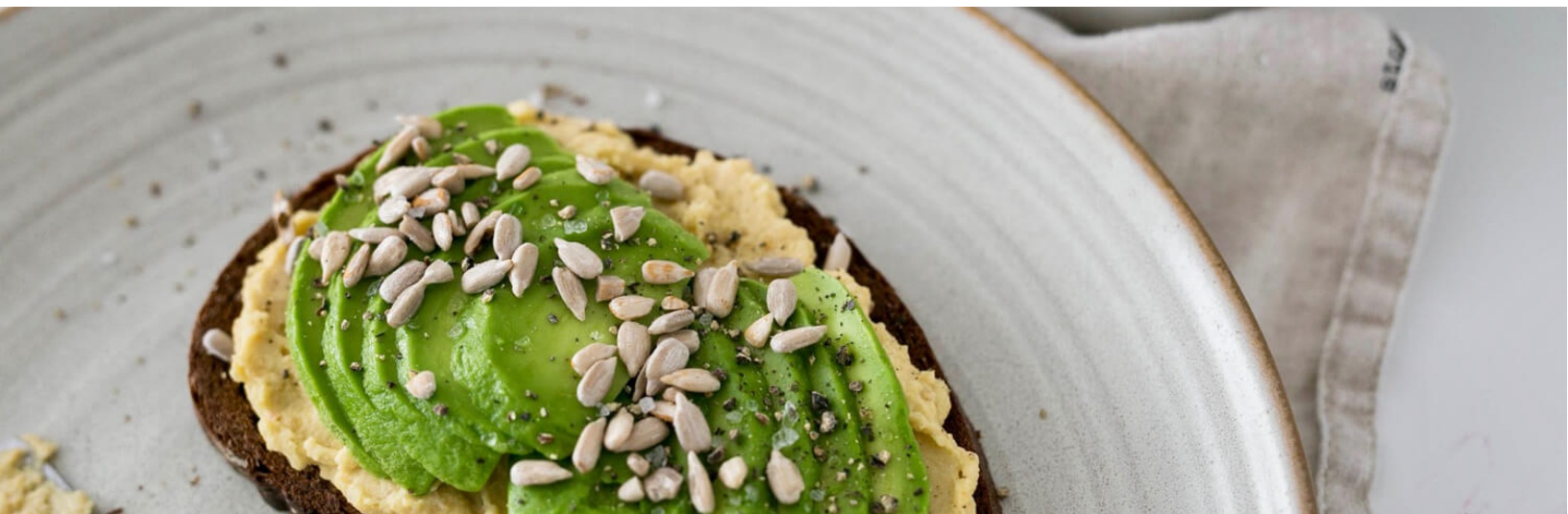
HOW TO USE THIS SNACK GUIDE

If you're living with paralysis and want improve your bowels, reduce bloating, and feel more energetic, this snack guide will help you get started!

The nutrition information will vary depending on which brands and products you buy, and these recipes are not individualized for you. You'll need to adjust for your own body's needs.

Feel free to make substitutions – use what you have. If you have leftovers from a recipe – eat them the next day. My hope is that this snack guide will give you an idea of what a gut-healthy diet for neurogenic bowel looks like.

Bon appetite! And cheers to your good health!



Hummus Toast with Avocado

1 serving

10 minutes

Ingredients

1 slice Whole Grain Bread (toasted)
 1/4 cup Hummus
 1/4 Avocado (sliced or mashed)
 1 tbsp Sunflower Seeds
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

Notes

No Sunflower Seeds: Use hemp seeds, sesame seeds or pumpkin seeds instead.

Nutrition

Amount per serving	
Calories	382
Fat	24g
Saturated	3g
Carbs	33g
Fiber	11g
Protein	13g



Kefir Berry Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Frozen Berries
- 3/4 cup Plain Kefir
- 1/4 Banana (medium)
- 1 tbsp Almond Butter
- 1 tbsp Ground Flax Seed

Nutrition

Amount per serving	
Calories	344
Fat	13g
Saturated	2g
Carbs	44g
Fiber	9g
Protein	15g

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Make it Vegan & Dairy-Free: Use coconut yogurt instead of kefir.

No Sunflower Seed Butter: Use almond or peanut butter instead.

Likes it Sweet: Add maple syrup, honey, or dates to taste.



Cinnamon Flax Muffins

12 servings

30 minutes

Ingredients

- 2 cups Ground Flax Seed
- 1 tbsp Baking Powder
- 1/4 tsp Sea Salt
- 2 tbsps Cinnamon
- 6 Egg (room temperature)
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Water (warm)

Nutrition

Amount per serving	
Calories	183
Fat	14g
Saturated	5g
Carbs	7g
Fiber	5g
Protein	7g

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with paper liners.
- 2 In a medium bowl, mix together ground flax seed, baking powder, salt, and cinnamon. Use a whisk to stir until well combined.
- 3 In another bowl, beat eggs with a whisk for 30 to 60 seconds. Add coconut oil and water, mixing until combined.
- 4 Add wet ingredients to dry and stir until combined. Let the batter sit for 1 to 2 minutes to thicken slightly.
- 5 Divide the batter between muffin cups and bake for 20 minutes, or until a toothpick inserted into the centre comes out clean.
- 6 Let cool and enjoy!

Notes

Storage: Store in an airtight container in the fridge for up to 5 days, or in the freezer for longer.

Serving Size: One serving is equal to one muffin.

Likes it Sweet: If you want these muffins to be sweet, use 1/3 cup coconut sugar, or granulated stevia.



Spinach & Artichoke Dip

10 servings

30 minutes

Ingredients

- 1 1/2 cups Cashews (raw, unsalted)
- 1 3/4 cups Milk, Fat-Free
- 1 tbsp Apple Cider Vinegar
- 1/4 cup Parmesan Cheese
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 10 cups Baby Spinach (finely chopped)
- 4 cups Artichoke Hearts (chopped)

Nutrition

Amount per serving	
Calories	172
Fat	10g
Saturated	2g
Carbs	13g
Fiber	5g
Protein	8g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking dish with parchment paper.
- 2 Soak the cashews in hot water for 10 minutes then drain.
- 3 Add the cashews, milk, apple cider vinegar, parmesan cheese, garlic powder, salt, and pepper to a blender or food processor. Blend until smooth. Taste and adjust seasoning as needed.
- 4 Arrange the baby spinach and artichoke hearts in the baking dish. Pour the cashew mixture over top and stir until well combined. Cover with foil and bake for 15 to 20 minutes, removing the foil halfway.
- 5 Remove from oven. Let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately half a cup of dip.

Serve it With: Bread, tortilla chips, or veggie sticks.

No Apple Cider Vinegar: Use lemon juice instead.



Papaya with Yogurt & Walnuts

2 servings

5 minutes

Ingredients

2 cups Papaya (peeled, seeds removed, chopped)
 1/4 tsp Cinnamon (to taste)
 1 cup Plain Greek Yogurt
 1/2 cup Walnuts

Nutrition

Amount per serving	
Calories	348
Fat	22g
Saturated	3g
Carbs	26g
Fiber	5g
Protein	16g

Directions

- 1 Divide the papaya into cups and top with cinnamon, yogurt and walnuts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top with granola, raisins, seeds, honey or maple syrup.



Green Smoothie Muffins

12 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 2 1/2 cups Baby Spinach
- 2 Banana (ripe)
- 1 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 3/4 cup Milk, Fat-Free
- 2 Egg
- 2 cups Oats (rolled)
- 1 tbsp Baking Powder

Nutrition

Amount per serving	
Calories	124
Fat	2g
Saturated	1g
Carbs	17g
Fiber	2g
Protein	10g

Directions

- 1 Preheat your oven to 350°F (177°C) and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
- 2 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 3 Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 4 Let cool and enjoy!

Notes

Recommended Protein Powder: This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers: Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins: After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!



Almond Butter Stuffed Dates

1 serving

5 minutes

Ingredients

2 pieces Pitted Dates
1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	230
Fat	9g
Saturated	1g
Carbs	39g
Fiber	5g
Protein	4g

Directions

- 1 Spoon an even amount of nut butter into the centre of each date. Enjoy!

Notes

Nut-Free: Use sunflower seed butter or tahini instead of almond butter.

Dress Them Up: Sprinkle with coconut flakes, cacao nibs, or hemp seeds.



Sauerkraut Avocado Toast

2 servings

5 minutes

Ingredients

- 1 Avocado (peeled, pit removed)
- 1/2 cup Sauerkraut (roughly chopped)
- 2 slices Whole Grain Bread

Nutrition

Amount per serving	
Calories	277
Fat	17g
Saturated	3g
Carbs	28g
Fiber	11g
Protein	8g

Directions

1

Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve on bread and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Watching Your Carbs: Skip the bread. Dip with raw veggies.



Kiwi Yogurt Parfait

1 serving

5 minutes

Ingredients

1/2 cup Plain Greek Yogurt, Non-Fat

1/4 cup Granola

1 Kiwi (peeled, diced)

Nutrition

Amount per serving	
Calories	236
Fat	8g
Saturated	1g
Carbs	30g
Fiber	5g
Protein	13g

Directions

- 1 Layer the yogurt, granola, and kiwi in a jar. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Nuts, shredded coconut, hemp seeds, or chia seeds.



Peanut Butter Chickpea Smoothie

1 serving

5 minutes

Ingredients

1/2 cup Water
1/3 cup Chickpeas (cooked)
1/2 cup Plain Greek Yogurt
1/2 Banana
1 tbsp All Natural Peanut Butter
1 tbsp Ground Flax Seed

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size: One serving equals approximately 1 1/2 cups.

Additional Toppings: Blueberries, strawberries, or spinach.

Nutrition

Amount per serving	
Calories	363
Fat	15g
Saturated	3g
Carbs	40g
Fiber	8g
Protein	22g



Raspberry Chia Protein Pudding

2 servings

30 minutes

Ingredients

- 1/4 cup Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Raspberries (divided)
- 2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	234
Fat	13g
Saturated	3g
Carbs	18g
Fiber	11g
Protein	15g

Directions

- 1 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Nut-Free: Use coconut milk instead of almond milk.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1/2 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey
- 1 oz Collagen Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Kale: Use spinach instead.

No Honey: Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy: Use almond milk instead of water for extra creaminess.

Storage: Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Nutrition

Amount per serving	
Calories	397
Fat	22g
Saturated	2g
Carbs	35g
Fiber	9g
Protein	23g



Chewy Almond & Prune Bites

6 servings

15 minutes

Ingredients

1 cup Pitted Prunes
1/4 cup Cocoa Powder
1/4 cup Almond Butter
1 tsp Cinnamon
3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	170
Fat	9g
Saturated	1g
Carbs	23g
Fiber	5g
Protein	5g

Directions

- 1 Add the prunes, cocoa powder, almond butter, and cinnamon to a food processor and blend until well mixed and sticky.
- 2 Form into even balls with your hands, roughly one-inch in diameter. Roll each ball in the hemp seeds until evenly coated. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size: One serving equals approximately two balls.

Nut-Free: Use sunflower seed butter, pumpkin seed butter, or tahini instead of almond butter.

More Flavor: Vanilla extract and/or your sweetener of choice.



Kiwi Avocado Salsa

2 servings

5 minutes

Ingredients

2 Kiwi (peeled and chopped)
 1 Avocado (chopped)
 1/4 cup Red Onion
 1/2 Lime (large, juiced)
 1 1/2 tsps Extra Virgin Olive Oil
 3 tsps Cilantro (chopped)
 1/4 tsp Garlic Powder
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	245
Fat	19g
Saturated	3g
Carbs	22g
Fiber	9g
Protein	3g

Directions

- 1 In a mixing bowl combine the kiwi, avocado, and red onion. Add the lime juice, olive oil, cilantro, and garlic powder. Season with salt and pepper and add more lime juice to taste if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving is approximately 1/2 cup of salsa.

More Flavor: Add fresh garlic, jalapeno, or ground cumin.

Serve it With: Tortilla chips, on salads, or beside protein of choice.

No Red Onion: Use yellow onion or green onion instead.



Peanut Butter Pear Bites

2 servings

10 minutes

Ingredients

2 tbsps All Natural Peanut Butter

1 Pear (sliced into circles, seeds removed)

1 1/2 tps Dark Chocolate Chips (or chunks)

1 tsp Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	174
Fat	10g
Saturated	3g
Carbs	19g
Fiber	4g
Protein	4g

Directions

1

Spread the peanut butter over each pear slice. Top with chocolate chips and shredded coconut. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Nut-Free: Use tahini, pumpkin seed butter, or sunflower seed butter instead of peanut butter.



Blueberry Chia Parfait

2 servings

30 minutes

Ingredients

1 3/4 cups Unsweetened Almond Milk
 1/3 cup Chia Seeds
 1 tbsp Maple Syrup
 1 cup Frozen Blueberries (thawed)
 1/4 cup Slivered Almonds

Nutrition

Amount per serving	
Calories	376
Fat	24g
Saturated	1g
Carbs	36g
Fiber	14g
Protein	11g

Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 3 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds: Use shredded coconut or hemp seeds instead.

Chia Will Not Gel: If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!



Olive Tapenade with Crackers

8 servings

10 minutes

Ingredients

- 1 cup Black Olives (pitted)
- 2 tbsps Capers
- 1/4 cup Parsley
- 1/8 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 14 1/8 ozs Whole Grain Crackers

Nutrition

Amount per serving	
Calories	292
Fat	15g
Saturated	3g
Carbs	35g
Fiber	2g
Protein	4g

Directions

- 1 Combine the olives, capers, parsley, lemon juice, olive oil and sea salt in a food processor and blend until desired consistency is reached. Adjust salt and lemon juice to taste.
- 2 Top crackers with the olive tapenade and enjoy!

Notes

No Lemon Juice: Use apple cider vinegar instead.

No Olive Oil: Use avocado oil instead.

Storage: Refrigerate in an airtight container up to 7 days.



Kefir with Blackberries & Almonds

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Kefir
- 1/2 cup Blackberries
- 1/4 cup Sliced Almonds

Nutrition

Amount per serving	
Calories	310
Fat	20g
Saturated	3g
Carbs	22g
Fiber	8g
Protein	15g

Directions

- 1 Pour the kefir into a small bowl and top with blackberries and almonds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use coconut yogurt instead of kefir.

Nut-Free: Use hemp seeds, pumpkin seeds, or sunflower seeds instead of sliced almonds.

Additional Toppings: Cinnamon, vanilla extract and/or your sweetener of choice.



Easy Black Bean Salsa

4 servings

10 minutes

Ingredients

- 1 1/2 cups Black Beans (cooked and rinsed)
- 1/2 cup Corn (cooked)
- 1/2 Red Bell Pepper (finely chopped)
- 1/2 cup Red Onion (finely chopped)
- 1 Garlic (large clove, minced)
- 1/2 cup Cilantro (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (large, juiced)
- Sea Salt & Black Pepper (to taste)

Directions

1

Add everything to a mixing bowl and stir to combine. Season with additional lime juice or salt and pepper if needed. Enjoy!

Notes

Leftovers: Best enjoyed after refrigerating for an hour or two. Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1/2 cup.

More Flavor: Add green onion, jalapeno, chopped tomatoes, diced avocado, hot sauce, taco seasoning, or cumin.

Serve it With: Corn chips, tacos, burrito bowls, or on top of salads.

Nutrition

Amount per serving	
Calories	179
Fat	7g
Saturated	1g
Carbs	23g
Fiber	7g
Protein	7g



Figs & Yogurt with Flax

1 serving

5 minutes

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 tbsp Ground Flax Seed
- 3 Fig (sliced)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	288
Fat	5g
Saturated	2g
Carbs	50g
Fiber	6g
Protein	14g

Directions

1

In a small bowl, mix together yogurt and flax. Top with figs and drizzle syrup overtop. Enjoy!

Notes

No Greek Yogurt: Use any yogurt alternative or coconut cream.

No Maple Syrup: Use honey instead.

Leftovers: Refrigerate in an airtight container up to 5 days.