



The Be Fit Minute

By Emily Gelsomin, MLA, RD, LDN



Short on Time? Try These Fast Gut-Friendly Meals

These meals feature foods that can help regulate bowel movements and promote gut-health.
(They also feature gluten-free ingredients—if you have celiac disease check specific ingredients to verify.)
(Salt and pepper to taste.)

Curried Tuna Salad

2 rice cakes + $\frac{1}{2}$ can (2 oz) tuna + 1 shredded carrot + $1\frac{1}{2}$ tbsp mayo + $\frac{3}{4}$ tsp curry powder + 1 tbsp raisins (or craisins) + $\frac{1}{4}$ cup diced pineapple



provides 460 calories, 17 grams fat (3 grams saturated), 61 grams carb, 4 grams fiber, 15 grams protein

Rice Buddha Bowl

$\frac{1}{2}$ cup brown rice + $\frac{1}{4}$ cup chickpeas + 2 tbsp sunflower seeds + 5 walnuts + 2 tbsp feta + $\frac{1}{2}$ whole roasted red pepper + $\frac{1}{2}$ cup diced cucumber + handful mint/cilantro + $\frac{1}{2}$ tbsp olive oil + splash of vinegar or citrus



provides 450 calories, 27 grams fat (5 grams saturated), 45 grams carb, 9 grams fiber, 14 grams protein

Savory Thai Oatmeal

1 cup oatmeal + $\frac{1}{4}$ cup peanuts + cilantro + scallions (green part) + 1 tbsp ginger ($\frac{1}{3}$ tsp ground) + 2 tbsp coconut milk



provides 440 calories, 26 grams fat (7 grams saturated), 40 grams carb, 7 grams fiber, 16 grams protein

Chicken Tacos

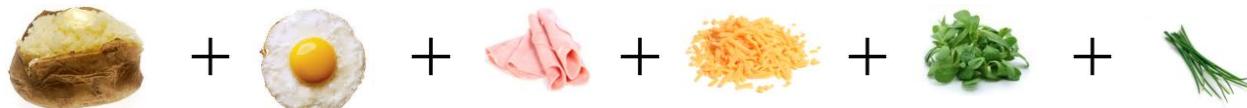
2 corn tortillas + 6 slices deli chicken (or leftover cooked chicken) + pickled green beans + 1 radish + scallions (green part) + 10 olives + 2 tbsp mashed avocado + lime/tomato + 2 tbsp sour cream



provides 410 calories, 22 grams fat (6 grams saturated), 29 grams carb, 8 grams fiber, 30 grams protein

Loaded Breakfast Baked Potato

Large baked potato (flesh only) + fried egg + 2 slices deli ham + $\frac{1}{4}$ cup shredded cheese + $\frac{1}{2}$ cup arugula + chives



provides 390 calories, 14 grams fat (5 grams saturated), 34 grams carb, 3 grams fiber, 22 grams protein

Finish with Dessert

- | | |
|--|---|
| <input type="checkbox"/> 1 cup grapes | <input type="checkbox"/> 1 cup kefir |
| <input type="checkbox"/> 1 cup blueberries or strawberries | <input type="checkbox"/> $\frac{1}{4}$ cup chocolate covered peanuts |
| <input type="checkbox"/> 1 cup pineapple | <input type="checkbox"/> Lactose-free yogurt |
| <input type="checkbox"/> 1 small banana | <input type="checkbox"/> Granola bar (e.g. 88 Acres) |
| <input type="checkbox"/> 2 kiwi or clementines | <input type="checkbox"/> 1 tbsp chocolate nut butter on rice crackers |