



## Healthy Meal Swaps

---

sandrine olmi

<https://www.savoirfayre.co.uk>

Hello and welcome!

My name is Sandrine Olmi. I am a Registered Nutritional Therapist and a Certified Mind, Body, Eating Coach. I help women address digestive issues and hormonal imbalances naturally so that life can be enjoyed fully.

I retrained as a Nutritional Therapist after a career in Marketing because I experienced terrible digestive pains. I tried so many diets and nothing seemed to help. Today, I am happy to say that I am symptom-free and I achieved this by following a Gut Healing Programme that involved eating wholesome natural ingredients and taking carefully selected food supplements to heal the gut. Helping women in the same situation has become my true passion in life and the results are incredible.

On the next pages, you will find lovely recipes that are delicious and nutritious. Ideal for the whole family.

You will notice that the measurements are in American cups. I find these so much easier to use than grams. If you don't own a set of cups, it is well worth purchasing some. You can find cheap sets on Amazon.

I hope you enjoy those recipes. If you have any questions, or if you would like to find out more about Nutritional Therapy, feel free to get in touch. In the meantime, you can follow me on Facebook ( @savoirfayre) and on Instagram (@savoirfayre\_nutrition) where I share daily tips to reduce bloating and digestive discomforts and to balance hormones naturally.

Happy cooking and best wishes

Sandrine

**Sandrine Olmi**

Registered Nutritional Therapist | Mind Body Eating Coach | mBANT rCNHC

**HELPING Women RESTORE DIGESTIVE HEALTH AND BALANCE HORMONES Naturally**



## Lemon Pesto Penne

4 servings

20 minutes

### Ingredients

2 cups Cherry Tomatoes  
2 tbsps Avocado Oil  
4 cups Quinoa Penne (dry, uncooked)  
2 cups Broccoli (chopped into florets)  
1/3 cup Pesto  
1 Lemon (juiced)  
1/4 tsp Sea Salt

### Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil. Place tomatoes on a baking sheet and toss in oil. Broil for 5 to 10 minutes, or until tomatoes are soft and blistered.
- 2 Meanwhile, bring a large saucepan of water to a boil. Add penne and cook according to instructions. Add broccoli during the last 2 to 3 minutes of cooking. Drain the pasta and broccoli, and return to the pan.
- 3 Add in the pesto, lemon juice, sea salt and broiled tomatoes, gently tossing until combined. Divide into bowls and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately as quinoa pasta will get stiff and dry once refrigerated. Can be stored in the fridge up to 5 days and enjoyed hot or cold.

**No Quinoa Penne:** Use any other type of pasta instead.

**No Broccoli:** Use broccolini or any other veggies on hand.

**No Avocado Oil:** Use ghee, coconut oil or olive oil instead.



## Black Bean Chili Stuffed Sweet Potatoes

4 servings

1 hour

### Ingredients

- 4 Sweet Potato (medium size)
- 1 tbsp Vegetable Broth
- 1 Yellow Onion (chopped)
- 1 Yellow Bell Pepper (chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Chili Powder
- 1 tsp Oregano
- 1/2 tsp Cumin
- 1 3/4 cups Black Beans (cooked, drained, rinsed)
- 3/4 cup Tomato Sauce
- 1/3 cup Water
- 1/4 cup Cilantro (chopped)

### Directions

1

Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Poke a few fork holes in the sweet potatoes and place on the baking sheet. Bake for 45 to 50 minutes until cooked through.

2

While the potatoes cook, in a medium-sized pot over medium heat, add the vegetable broth. Add the onion and bell pepper and sauté for 5 to 7 minutes, or until cooked through. Add the garlic and cook for 1 minute more. Then add the chili powder, oregano and cumin. Stir to combine. Reduce the heat to low, and add the black beans, tomato sauce and water and cook for 6 to 8 minutes.

3

Remove the sweet potatoes from the oven. Slice each one down the centre and stuff with the black bean chili. Top with cilantro. Serve and enjoy!

### Notes

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

**Additional Toppings:** Top with avocado, cheese, sour cream or yogurt.



## Hummus & Veggie Wrap

2 servings

5 minutes

### Ingredients

- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)

### Directions

- 1 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 2 Serve immediately and enjoy!

### Notes

**Gluten-Free:** Use a brown rice tortilla instead.

**Oil-Free:** Use an oil-free hummus.

**More Flavor:** Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

**Easy Eating:** Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.



## White Bean, Sweet Potato & Kale Soup

5 servings

30 minutes

### Ingredients

5 cups Vegetable Broth, Low Sodium (divided)  
1/2 White Onion (large, chopped)  
2 Garlic (cloves, minced)  
2 tsps Herbes de Provence  
2 Sweet Potato (large, cut into cubes)  
1 3/4 cups Cannellini Beans (drained, rinsed)  
4 cups Kale Leaves (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat a large pot over medium heat and add a splash of vegetable broth. Once hot add the onion and sauté for about five minutes, until softened. Add the garlic and herbes de provence and cook for one minute, until fragrant.
- 2 Add the sweet potato, beans, and remaining vegetable broth and bring to a boil. Reduce the heat to low and simmer, covered, for about 15 minutes, until the potato is softened.
- 3 Add the kale and cook for an additional five minutes. Season with salt and pepper. Divide evenly between bowls, and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/2 cups.

**Additional Toppings:** Top with fresh herbs such as parsley.



## White Bean Purée & Sautéed Mushrooms on Toast

2 servings

20 minutes

### Ingredients

1 1/2 cups White Navy Beans (cooked, rinsed)  
1 tsp Lemon Juice  
2 tbsps Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
8 White Button Mushrooms (sliced)  
100 grams Sourdough Bread (toasted)  
1 tbsp Parsley (chopped)

### Directions

- 1 In a food processor, purée the white beans, lemon juice, and half of the olive oil until smooth. Season with salt and pepper to taste.
- 2 In a medium pan over high heat, add the remaining olive oil. Once the oil is hot, sauté the sliced mushrooms for two to three minutes or until cooked and golden brown. Season with salt and pepper to taste.
- 3 Spread the white bean purée evenly on top of the toasted bread.
- 4 Top with sautéed mushrooms and chopped parsley. Enjoy.

### Notes

**Leftovers:** Refrigerate the white bean purée and sautéed mushrooms in separate airtight containers for up to three days.

**Serving Size:** One serving is equal to approximately 2/3 cup white bean purée and 1/8 cup sautéed mushrooms on one slice of sourdough bread.

**More Flavor:** Add garlic to the purée and thyme to the sautéed mushrooms.

**Additional Toppings:** Chili flakes and/or fresh mint.

**Sourdough Bread:** One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



## Spaghetti with Lentil Mushroom Tomato Sauce

2 servings

20 minutes

### Ingredients

1/2 cup Brown Rice Spaghetti (dry)  
1/4 cup Water (reserved starchy cooking water)  
1 tbsp Extra Virgin Olive Oil  
1 1/2 cups Oyster Mushrooms  
1/2 tsp Oregano  
Sea Salt & Black Pepper (to taste)  
1 tbsp Tomato Paste  
2 Tomato (medium, diced)  
1/2 cup Lentils (cooked, rinsed well)  
1/2 cup Basil Leaves (loosely packed, chopped)

### Directions

- 1 Cook the spaghetti according to the package directions. Reserve some of the starchy cooking water from the pot then drain and rinse the pasta under water to remove the excess starch from the noodles.
- 2 Meanwhile, heat the oil in a pan over medium heat. Add the mushrooms and cook for about five minutes or until browned and softened. Season with the oregano and generously with salt and pepper. Stir in the tomato paste and cook for another minute.
- 3 Add the tomatoes to the pan and stir to combine. Cook for six to eight minutes until the tomatoes have broken down and become sauce-like in consistency. Stir in the lentils and basil and cook for another one to two minutes until the lentils are warmed through. Stir in the reserved cooking water. Season with additional salt and pepper to taste.
- 4 To serve, divide the spaghetti noodles between plates and top with the sauce. Enjoy!

### Notes

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

**More Flavor:** Add fresh onions or garlic, other dried herbs, and spices, nutritional yeast, balsamic vinegar, or red pepper flakes to the sauce.

**No Oyster Mushrooms:** Use another mushroom instead, like cremini.

**Spaghetti:** 1/2 cup of dry spaghetti is equal to 128 grams/4.5 ounces.





## Thai Red Lentil & Spinach Curry

2 servings

25 minutes

### Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1/4 cup Thai Red Curry Paste
- 1 1/2 cups Vegetable Broth
- 1 cup Canned Coconut Milk
- 1/2 cup Dry Red Lentils (rinsed)
- 2 cups Baby Spinach (chopped)
- 1/2 Lime (juiced)

### Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
- 2 Add the vegetable broth and coconut milk and bring the sauce to a simmer.
- 3 Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/2 cups.

**Additional Toppings:** Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

**Curry Paste:** This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

**Serve it With:** Rice, quinoa or cauliflower rice.