

HEALTHY GUT HEALTHY BONES

TOP 10 RECIPES





Hi, I'm Debi Robinson and I am a Bone Health Expert. I reversed my bone loss, got my confidence back, and travel the world again and this is what I help my clients achieve too.

I help women with a diagnosis of Osteopenia or Osteoporosis take control of their bone health naturally and get to the root causes of their bone loss. I have helped hundreds of women rescue their spiraling out of control bone loss, stop and reverse it and get their confidence back so they can live a very active lifestyle for the rest of their lives.

At 51, I had a total hip replacement, and I got my strength and confidence back slowly and safely. I learned that having bone and joint issues can make you feel weak, fragile, and breakable and feel like you can't rely on your body to live the life of your dreams and it stops you in your tracks.

If you desire to live an active life, travel, and explore the world, and not be sidelined by fear and worry then I'd love to show you how to have a stronger body, bones, and balance forever.

Debi Robinson

CHIA SEED PUDDING + TOPPINGS

BASE INGREDIENTS

- 1/2 cup unsweetened fortified almond milk
- 2 Tbsp. chia seeds
- 1 Tbsp. Lacuma sweetner

OPTIONAL INGREDIENTS

- 1/2 teaspoon orange zest
- 1/8 teaspoon vanilla extract
- 1 teaspoon unsweetened matcha
- 1 oz frozen strawberries thawed
- 1 tsp maca powder
- 1/2 - 1 Tbsp. cacao



OPTIONAL TOPPINGS

- 1 Tbsp. Almond butter (or 1/4 cup of almonds or pumpkin seeds)
- 1/2 cup of strawberries, blueberries, raspberries, kiwi, bananas, blackberries, figs, grapefruit, orange, apricot, raisins, or prunes
- 1 Tbsp. dried unsweetened coco- nut flakes (antioxidants!)

DIRECTIONS

1. Whisk together all the base ingredients & optional added ingredients if you desire.
2. Place into a sealed container & refrigerate for at least 1 hour and up to 5 days.
3. Add optional toppings (limit to one from each bullet point) and enjoy!



HEALTHY GREEN SMOOTHIE



INGREDIENTS

- 3 cups water or coconut water
- 2 big handfuls of spinach (or kale, collards)
- 1/2 medium frozen banana
- 1 cup frozen blueberries

ADD-INS

- 2 Tbsp. ground flax meal
- 1 scoop protein powder (I prefer plant based)
- 1 dropper of stevia to cut bitterness of the greens

Directions: Combine all ingredients in a blender and blend until smooth.

STRONG BONE SMOOTHIE

INGREDIENTS

- 1.5 cup of water
- 1/2 cup collard greens
- 1/2 medium banana
- 1/2 medium orange
- 3 medium strawberries
- 1 tbsp sesame seeds (great source of calcium, magnesium, phosphorus, and zinc!)

Optional topping: Cocoa nibs



Directions: Combine all ingredients in a blender and blend until smooth.

Gluten-Free Apple Oat Bread

This is a simple yummy bread to make. I make mine in the toaster oven and I freeze some if I don't want to eat it all in a few days. This is adapted from a recipe in a Detox program I did with the Green Smoothie Girl.

Ingredients:

- 1 ¼ cup water
- 2 medium carrots
- 1 apple
- 2 cups gluten-free oats (not instant)
- 1 dropper of stevia
- 2 teaspoons cinnamon
- ½ cup chopped walnuts (optional)

Directions:

1. Puree ingredients up to walnuts in a food processor
2. Add walnuts
3. Spread the batter on parchment paper on the pan
4. Bake at 350 degrees for 45 minutes
5. Serve with vegan butter
6. Enjoy



LIFE-CHANGING BREAD

ADAPTED FROM SARAH BRITTON'S RECIPE

INGREDIENTS

- 1 cup / 135g sunflower seeds
- ½ cup / 90g flax seeds
- ½ cup / 65g hazelnuts, walnuts, pumpkin seeds or almonds
- 1 ½ cups / 145g gluten free rolled oats
- 2 Tbsp. chia seeds
- 4 Tbsp. psyllium seed husks (3 Tbsp. if using psyllium husk powder)
- 1 tsp. fine grain sea salt (add ½ tsp. if using coarse salt)
- 1 Tbsp. maple syrup (for sugar-free diets, use a pinch of stevia)
- 3 Tbsp. melted coconut oil or ghee
- 1 ½ cups / 350ml filtered water



DIRECTIONS

1. In a large bowl combine all dry ingredients, stirring well.
2. Whisk maple syrup, oil and water together in a measuring cup. Add this to the dry ingredients and mix very well until everything is completely soaked, and the dough becomes very thick (if the dough is too thick to stir, add one or two teaspoons of water until the dough is manageable). Let sit out on the counter for at least 2 hours, or all day or overnight.
3. Add the dough to a metal or glass pan that you spray with oil. Smooth out the top with the back of a spoon or your fingers.
4. Preheat oven to 350°F / 175°C.
5. Place loaf pan in the oven on the middle rack and bake for 20 minutes.
6. Remove bread from loaf pan, place it upside down directly on the rack and bake for another 40 minutes. Bread is done when it sounds hollow when tapped. Let cool completely before slicing (difficult, but important). Store bread in a tightly sealed container for up to five days. Freezes well too – slice before freezing for quick and easy toast!

I like to experiment with different items to add in the mix. I like mashing 1 whole very ripe banana with 1/2 cup walnuts or 1/2 cup chopped figs and walnuts. So delicious!

This bread has totally changed my life. I make it all the time and I keep trying new add-ins to boost up the flavor and nutritional value.

Sardine Cakes Recipe

While regular and sweet potatoes are comparable in their calorie, protein, and carb content, white potatoes provide more potassium, whereas sweet potatoes are incredibly high in vitamin A and both of these nutrients are good for your bone health!

Ingredients:

- 4 medium Yukon gold potatoes or yams
- 1 carrot grated
- 1/2 white onion, finely diced
- 2 Tbsp oil- avocado or coconut
- 2 cans of sardines, wild and sustainable in water (approx 7 oz)
- Zest and juice of a lemon
- 1 tsp Dijon mustard
- 1 tsp sea salt
- pinch of pepper
- 1 egg
- 2 Tbsp gluten-free flour (coconut, cassava or tapioca)
- oil for cooking- (avocado, olive, coconut or ghee)

Ingredients for Aioli:

- 3 Tbsp mayonnaise
- 1 clove garlic pressed
- 1 Tbsp lemon juice squeezed



Directions:

1. Place potato in a pot and cover and steam until soft. Transfer the cooked potato to a mixing bowl, mash it roughly and allow it to cool down.
2. In the meantime, saute the onion and carrots in 2 Tbsp of oil for 2 minutes, until softened. Transfer to the potatoes and cool all vegetables for 15-20 minutes.
3. Add the rest of the fishcake ingredients, except for the flour, and mash together really well. Finally, add the flour and mix through.
4. Shape the mixture into small patties and arrange on a plate or a tray. You can store these in the fridge overnight or you can cook them right away.
5. Heat a few tablespoons of coconut oil or macadamia oil (or ghee) in a frying pan over medium-high heat. Add the fishcakes and cook for 4-5 minutes on each side, until golden brown crust forms.
6. While the fishcakes are cooking, combine the aioli ingredients in a bowl and mix well.
7. Serve the fishcakes with a dollop of aioli and you may also add a salad on the side. Enjoy!

ROASTED SALMON WITH TUSCAN HERBS

INGREDIENTS

- Salmon fillet (preferably wild, with or without skin)
- 2 Tbsp. of fennel seeds
- 2 Tbsp. fresh rosemary
- 2 Tbsp. salt
- Olive oil to drizzle
- Lemon and/or lemon zest

DIRECTIONS

1. Preheat oven to 400 degrees & wash the salmon fillet.
2. Toast chopped rosemary, fennel seeds & salt in a pan on the stove until fennel seeds begin to brown.
3. Drizzle olive oil on the fish fillets. Add the roasted topping, lemon zest & squeeze a lemon if desired.
4. Place fish in the oven & roast for 15-20 minutes depending on the thickness of the fillet. Serve & enjoy!



Salmon provides important amounts of the antioxidant amino acid taurine. Salmon is an excellent source of vitamin B12, vitamin D, and selenium. It is a good source of niacin, omega-3 fatty acids, protein, phosphorus, and vitamin B6.

BONE BROTH

INGREDIENTS

- 4 pounds of bones (may use beef, chicken, or fish bones (add chicken feet or knuckles for a more gelatinous broth)
- Water to cover
- If you want a more flavorful broth add carrots, onions and a bay leaf when you add the bones



DIRECTIONS

1. Place the bones in a slow cooker and cover the bones with water.
2. Turn the slow cooker on low and cook for:
 - a. Beef - 48 hours
 - b. Chicken - 24 hours
 - c. Fish - 8 hours(May go longer to draw out more nutrients)

OPTION: Add vegetables, beans or legumes, chicken, salt & pepper to make a yummy soup!

BONE BROTH FOR BONE HEALTH?

Bone broth is rich in minerals that help build and strengthen your bones. It also contains many other healthy nutrients, including vitamins, amino acids, and essential fatty acids. Broth is very high in the glycine and proline, amino acids which are vital for healthy connective tissue (ligaments, joints, around organs, etc). Glycine is required for synthesis of DNA, RNA and many proteins in the body playing an extensive role in digestive health, detoxification, regulating blood sugar levels, proper functioning of the nervous system, and in wound healing. Glycine is also converted into the neurotransmitter serine, which promotes mental alertness, improves memory, boosts mood, and reduces stress. Bone broth also provides bio-available (easy to consume, digest and absorb) forms of calcium, magnesium, phosphorous and other trace minerals that are important for you to build strong good quality bones. It's also been shown to protect and heal the mucosal lining of the digestive tract which will ensure good digestion and a healthy mucosal barrier and this is important so you absorb bone building nutrients.

POTASSIUM BROTH

Drink 1-4 cups daily, spread out over the day. Each cup contains approximately 750 mg. potassium, and the average person needs 4700 mg of potassium throughout the day.

INGREDIENTS

6 medium Russet potatoes
6 celery stalks
1 bu. parsley
1 med. parsnip
2 med. carrots
1 oz. kelp/kombu
12 C. water
5 1-in. slices ginger root
Italian seasonings blend (opt.)



DIRECTIONS

1. Measure water into pot and bring to a boil
2. While water heats up, gentle wash potatoes
3. Peel potatoes to a depth of 1/8 in. Set potato bodies aside for other use
4. Cut other veggies enough to fit in pot
5. Once water has boiled add all veggies to the pot
6. Bring broth to a boil and then simmer for 1.5 hours
7. After 1.5 hours, add the ginger slices and continue to simmer for about 0.5 hours
8. Strain out veggies
9. Ladle into canning jars (fill to neck)

POTASSIUM BROTH FOR BONE HEALTH

Nutrition Information- Serving Size: 1 cup

Calories: 10

Protein: 0 g

Carbohydrates: 1g

Fiber: 0g

Fat: 1.0 g

Sodium: 197.3 mg.

Potassium: 771.6 mg.

Calcium 98.9 mg.

Magnesium: 59.0 mg.

★ Using organic ingredients will increase the potassium content to around 1100 mg/cup.

WHITE BEAN & KALE SOUP

SERVING SIZE: ABOUT 8

INGREDIENTS

- 2 Tbsp. avocado oil, extra-virgin olive oil or coconut oil
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 cup yellow onion, chopped
- 2 cloves garlic, minced or pressed
- 4-5 cups water for Vegan soup or 4-6 cups vegetable broth or chicken broth
- 1 large yam cubed
- 2 bay leaves
- 1 Tbsp. fennel seeds
- 1 15-ounce can cannellini beans (white kidney beans), or 2 cups fresh cooked beans-don't drain.
- 1 bunch kale, deveined, sliced into thin slices
- Salt & pepper, to taste



DIRECTIONS

1. Sauté the onions, carrots, garlic and celery in the oil for 5 minutes.
2. Add all other ingredients and simmer for 45 minutes to 1 hour.
3. Use a wooden spoon to mash the sweet potato chunks near the side of the pan. This will thicken your soup with a deep sweet flavor.
4. Add salt and pepper to taste and enjoy!

HEALTH BENEFITS OF KALE

Being a nutritional powerhouse of vitamins, minerals, and disease-fighting antioxidants, all varieties of kale offer an incredible amount of benefits. Kale is filled with powerful antioxidants such as carotenoids and flavonoids to help protect against various cancers.

Fun fact: A cup of kale has only 36 calories, offers 5 grams of fiber, and 0 grams of fat.

Due to high fiber, kale aids digestion and intestinal cleansing. Per calorie, kale offers more calcium than milk and more iron than beef. It is also high in Vitamin A (good for bones, vision and skin), Vitamin K (helps calcium get to your bones), Vitamin C (helps immune system and collagen production for strong bones), and helps metabolism and hydration.

HEALTHY YUMMY OATMEAL COOKIES

Yield 12-14 cookies

INGREDIENTS

- 1 cup gluten free oats (pulse 1/4 cup in a food processor)
- 1/4 cup gluten free flour
- 1 1/2 - 2 tsp. cinnamon
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/3-cup maple syrup, agave or honey
- 2 Tbsp. coconut oil melted
- 1/4 cup almond butter
- 1 1/2 tsp. vanilla
- 2 Tbsp. water
- 1 flax egg (1 Tbsp. ground flax meal to 3 Tbsp. water let set for 20 minutes)

OPTIONAL ADD-INS

- 1/4 cup raisins
- 1/4 walnuts
- 1/3 cup chocolate chips
- 1/4 cup shredded coconut

DIRECTIONS

1. Preheat oven to 350 F. Mix dry ingredients & stir well.
2. In a separate bowl, combine wet ingredients well.
3. Add the wet to the dry ingredients & mix. Add optional items: raisins, coconut, chocolate chips, walnuts
4. Use a spoon & fork to drop a Tbsp. of dough onto a cookie sheet lined with parchment paper.
5. Bake in a preheated oven for 14 minutes. Then, remove from the oven and let cool down. Dig in!

These cookies are vegan and gluten free. They have very little sugar and are packed with nutrition that will become the building blocks of your bones.



YOU'RE ALWAYS ONE CHOICE AWAY FROM CHANGING YOUR LIFE

The power to have a beautiful life is in your reach. Each day you can move, eat and think in a way that will support your body to be strong, limber and mobile. It takes a desire to grab the bull by the horns and let go of the fear of your diagnosis of osteoporosis. That diagnosis is a wake up call to do all you can to strengthen your muscles and bones and keep the mobility in your joints so you stop bone loss and get back to a place where you are not afraid to go for it and do all the amazing things you want to do.

This is the only life you have so live big!

Debi Robinson

