



RECIPES

LOW GLYCEMIC,
ANTI-INFLAMMATORY,
NUTRIENT DENSE
SOUPS & HIGH FIBER
SEED CRACKERS



DEEP HEALING 5 D INTENSIVE

Creamy Coconut Asparagus Soup

Ingredients:

- 10 cups chopped asparagus (woody ends removed)
- 2 cups chopped onion or leeks
- 2 cans (800 ml) coconut milk
- 5 cups vegetable broth
- 2 cloves garlic, minced
- Juice and zest of 1 lemon
- 2 tbsp olive oil
- Salt & pepper to taste
- Optional: fresh basil or parsley for garnish

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onions/leeks and sauté until soft (5 minutes).
2. Add garlic and asparagus; sauté for an additional 3 minutes.
3. Pour in broth, bring to a boil, cover and simmer for 10 minutes or until asparagus is soft.
4. Stir in coconut milk and lemon zest.
5. Blend until smooth using immersion blender (or regular blender).
6. Add lemon juice, salt, and pepper. Garnish with herbs if desired.

Spiced Cauliflower Turmeric Soup

Ingredients:

- 10 cups cauliflower florets
- 2 cans (800 ml) coconut cream or milk
- 6 cups bone broth
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tbsp turmeric powder
- 1/2 tsp black pepper (boosts turmeric absorption)
- 2 tbsp olive oil
- Salt to taste

Instructions:

1. Heat oil in a large pot. Sauté onion and garlic for 5 minutes.
2. Add cauliflower, cumin, turmeric, pepper; stir well.
3. Add broth and simmer for 15 minutes until cauliflower is soft.
4. Add coconut milk/cream and blend until smooth.
5. Adjust seasoning and serve warm.



DEEP HEALING 5 D INTENSIVE

Detox Ginger Zucchini Soup

Ingredients:

- 12 cups chopped zucchini
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 tbsp fresh ginger, minced
- 6 cups vegetable broth
- 1 can (400 ml) coconut milk
- 2 tbsp olive oil
- 1/4 cup fresh parsley or basil
- Salt & pepper to taste

Instructions:

1. Heat olive oil and sauté onion, garlic, and ginger until soft.
2. Add zucchini and sauté 5 minutes.
3. Add broth and bring to a boil, simmer until zucchini is soft (10 minutes).
4. Stir in coconut milk and herbs.
5. Blend until smooth. Add salt and pepper to taste.

Cabbage & Greens Soup

Ingredients:

- 1 medium head green cabbage, shredded
- 4 cups kale or spinach, chopped
- 2 leeks or 1 large onion, sliced
- 3 stalks celery, chopped
- 6 cups vegetable broth
- 2 tbsp coconut aminos
- 2 tbsp olive oil
- 1 tsp freshly ground black pepper
- Salt to taste

Instructions:

1. Sauté leeks/onion and celery in olive oil until soft.
2. Add cabbage and stir for 5 minutes until slightly wilted.
3. Pour in broth, add coconut aminos, pepper, and simmer for 15 minutes.
4. Stir in greens and cook until wilted (3 minutes).
5. Adjust seasoning and serve chunky or blend lightly if desired.



Coconut Curry Broccoli Soup

Ingredients:

- 8 cups broccoli florets
- 2 cans (800 ml) full-fat coconut milk
- 6 cups bone or vegetable broth
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tbsp curry powder
- 1 tsp turmeric
- 2 tbsp olive oil
- Salt & pepper to taste
- Optional: red chili flakes

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, and ginger; sauté until fragrant (3–4 minutes).
2. Stir in curry powder and turmeric; toast for 30 seconds.
3. Add broccoli, coconut milk, and broth. Bring to a boil, then simmer for 10–12 minutes until broccoli is tender.
4. Use an immersion blender (or transfer to a blender in batches) to puree until smooth.
5. Season with salt, pepper, and chili flakes if desired.
6. Add more broth if needed to reach desired consistency.



HIGH FIBER SEED CRACKERS

Easy Seed Crackers with Psyllium Husk

Ingredients

- 1 cup mixed seeds (e.g., chia, flax, pumpkin, sesame, sunflower — any combo works)
- 2 tbsp whole psyllium husk
- 1 cup warm water
- ½ tsp sea salt
- Optional seasonings: garlic powder, onion powder, rosemary, chili flakes, turmeric, or black pepper.

Storage

- Keeps 1 week in an airtight container.
- Freeze for up to 3 months.

Why These Crackers Work in Metabolic Nutrition

- ✓ No flour
- ✓ High fiber
- ✓ Psyllium supports gut motility + microbiome
- ✓ Healthy fats from seeds
- ✓ Low carb / keto-friendly
- ✓ Supports metabolic flexibility

Instructions

1. Mix the dry ingredients
In a bowl, combine:
 - seeds
 - psyllium husk
 - salt
 - any optional seasoning
2. Add water
Pour 1 cup of warm water over the mixture. Stir well until the psyllium begins to gel (1–2 minutes).
3. Rest the dough
Let it sit for 10 minutes to allow the seeds + psyllium to absorb water and bind.
4. Spread on a baking sheet
Place the mixture on a parchment-lined baking tray. Flatten it using a spatula or your hands until it's thin and even.
5. Score the crackers (optional)
Use a knife to lightly mark squares so they break easily later.
6. Bake
Bake at 300°F (150°C) for 45–60 minutes, or until dry and crisp.
For extra crunch, flip halfway.
7. Cool & break
Let cool completely, then break into crackers.



DEEP HEALING 5 D INTENSIVE



LIQUID NUTRITION

Inside Health Clinic



DEEP HEALING 5 D INTENSIVE

Grocery List for 16 Cups of Anti-inflammatory Green Juice

Cucumber

- 6 large cucumbers
(Each large cucumber yields ~1.5–2 cups of juice)

Celery

- 5 full celery bunches
(Each bunch yields approximately ~3 cups of juice)

Lemon

- 6 large lemons
(Use for juice and to brighten flavor — approx. 1/4 cup juice per lemon)

Ginger

- 1/4 pound (about 4–5 inches) fresh ginger root
(Adjust to taste — this amount gives a strong ginger zing)

Immune Tea Recipe

Ingredients:

- 24-ounce French press with 1–2 cloves of garlic
- 1 small onion or two shallots
- A thumb of ginger
- One whole lemon, including peel if organic
- Stevia, raw honey, or licorice root (*which would add more anti-viral support*) to taste

Instructions:

Boil water and cover. Let steep for 15–20 minutes

Optional: Add cinnamon, thyme, oregano, and/or cayenne



DESSERTS



DEEP HEALING 5 D INTENSIVE

Coconut Chocolate Fat Bombs (Makes 16 pieces)

Serving: 2 pieces per person
(for 8 people)

Ingredients:

- 1 cup coconut oil, softened
- 1 cup almond butter
- 1/2 cup unsweetened cocoa powder
- 3–4 tbsp keto sweetener (e.g., allulose or monk fruit)
- 2 tsp vanilla extract
- Pinch of sea salt

Instructions:

1. Mix all ingredients in a bowl until smooth.
2. Pour into silicone molds or a parchment-lined dish.
3. Freeze for 1–2 hours.
4. Cut into 16 squares or pop out of molds. Store in freezer.

Strawberry Chia Coconut Pudding (8 servings in jars)

Serving: 1 jar/person

Ingredients:

- 2 cans (800 ml) full-fat coconut milk
- 1/2 cup chia seeds
- 2 cups sliced strawberries (fresh or frozen)
- 3–4 tbsp keto sweetener
- 1 tsp vanilla extract

Instructions:

1. Blend coconut milk, strawberries, sweetener, and vanilla.
2. Stir in chia seeds.
3. Pour into 8 small jars or cups.
4. Refrigerate 3+ hours or overnight.
5. Top with a few fresh strawberry slices before serving.



DEEP HEALING 5 D INTENSIVE

Almond Butter Cups (16 mini cups)

Serving: 2 cups per person

Ingredients:

- 2 cups sugar-free dark chocolate chips
- 1 cup almond butter
- 4 tbsp coconut oil, divided
- 2–3 tbsp keto sweetener (optional)

Instructions:

1. Melt chocolate chips with 2 tbsp coconut oil.
2. Spoon 1 tbsp into each of 16 mini muffin liners, freeze 5 mins.
3. Mix almond butter with 2 tbsp coconut oil and sweetener.
4. Add 1 tbsp almond butter mix to each liner.
5. Top with remaining melted chocolate.
6. Freeze until firm.