

ACID REFLUX & GERD RELIEF PRESSURE COOKER COOKBOOK

28-DAY LOW-ACID MEAL PLAN TO SOOTHE HEARTBURN,
GASTRITIS & ULCER DISCOMFORT AND SUPPORT GUT HEALTH —
QUICK & EASY 30-MINUTE RECIPES FOR BUSY PEOPLE



Leonora Key

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Use pressure cookers only as directed by the manufacturer. Button names and features vary by model. Times in this book are tested for standard electric pressure cookers (~10–12 psi); stovetop models (~15 psi) may require ~10–15% less cooking time. Always follow the safety instructions provided with your appliance.

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Introduction

Welcome to Healing with Pressure Cooking

If you're dealing with acid reflux, GERD, or other stomach issues, mealtimes can feel like a chore. This book is here to change that. We believe comfort food should be soothing and delicious—not stressful.

Why pressure cooking?

It's a game-changer for sensitive stomachs, offering:

- **Speed & ease:** Most recipes are ready in under 30 minutes.
- **Gentle cooking:** This method preserves nutrients and makes food tender and easy to digest.
- **Less stress:** With one-pot meals and quick cleanup, you get more time for yourself.

This is a cookbook, not a diet book. It's a collection of approachable, low-acid, low-fat recipes that are designed to help you feel better. We're talking creamy porridges, soothing soups, and desserts that are kind to your stomach. The goal is simple: to make food your friend again so you can enjoy meals without fear.

What You'll Find in This Book

- Plain-English explanations of reflux, GERD, gastritis, and ulcers.
- **A 28-day meal** plan to guide you step by step.
- Practical shopping tips and gentle food swaps.
- Pressure cooker basics: safety, timing, and easy settings.
- Over 50 quick, low-acid recipes—from breakfasts to desserts.
- Encouragement to enjoy meals without fear or stress.

So, grab your pressure cooker, take a deep breath, and let's start cooking for healing and comfort.

Important Health & Safety Note

Before we start cooking, here are a few key points to keep in mind.

This is not medical advice.

The information, meal plans, and recipes are for general guidance and are not a substitute for professional medical advice. Always talk to your doctor or healthcare provider before making dietary changes, especially if you have a condition like acid reflux, GERD, or gastritis.

Let symptoms guide your choices.

Everyone is unique. While this book focuses on low-acid, low-fat cooking, you know what works best for you. Pay attention to your body's signals and adjust as needed.

Allergies and sensitivities matter.

Always read ingredient labels and adjust recipes to fit your specific needs.

Appliance safety is key.

Pressure cookers are fantastic, but they must be used with care. Always read and follow your specific model's manual. Remember that button names and settings can vary. The recipes in this book are designed for standard electric pressure cookers, so you may need to adjust times if you're using a stovetop model. Also, pay close attention to whether a recipe calls for a quick or natural pressure release.

With these simple safety tips, your pressure cooker will be an invaluable tool in your kitchen.

How to Use This Book: Icons & Labels

This book is designed to be simple, welcoming, and reliable. Every single recipe is marked with three easy-to-spot icons so you know exactly what to expect.

- **30 Minutes or Less:** Fast recipes for your busiest nights.
- **One-Pot Comfort:** Everything is cooked in your pressure cooker for minimal cleanup.
- **Gentle Choice:** Low-acid, low-fat recipes designed to be soothing for sensitive stomachs.

It's that simple—if it's in this book, it's quick, easy, and gentle on your system.

A Few Tips to Get Started:

- **Start anywhere.** Follow the 28-day plan or just pick a recipe that looks good to you.
- **Adjust to your comfort.** Start with light seasonings, then add more as you learn what your body can handle.
- **Swap smart.** If a food bothers you, swap it for a similar gentle option, like rice for pasta or oat milk for dairy.

- **Keep it simple.** Short ingredient lists and tender textures are your friends, especially on sensitive days.

Cooking for comfort should be calm and uncomplicated. Let these icons guide you, and let your pressure cooker do the heavy lifting.

Acid Reflux, GERD, Gastritis & Ulcers—Plain-English Basics

You don't need a medical degree to understand these conditions, just a simple guide.

- **Acid Reflux:** This is when stomach acid backs up into your throat, causing a burning feeling (heartburn) in your chest or a sour taste in your mouth.
- **GERD (Gastroesophageal Reflux Disease):** GERD is frequent reflux. This means that burning or discomfort can happen multiple times a week, making it hard to get a good night's sleep.
- **Gastritis:** This is an irritation of the stomach lining. It can feel like a heavy, bloated, or nauseous feeling after you eat, and it's often made worse by greasy, spicy, or acidic foods.
- **Ulcers:** These are small sores in the stomach or upper intestine that can cause a gnawing or burning pain in your upper belly. Eating a gentle food like soup or porridge can often bring temporary relief.

What all of these conditions have in common is that the digestive system is extra sensitive. This cookbook focuses on gentle, low-acid, low-fat recipes that calm your system instead of irritating it, helping to bring comfort back to your mealtimes.

Why Low-Acid + Low-Fat Cooking Helps

When your digestive system is sensitive, food can either provide comfort or cause discomfort. That's why this book focuses on two key principles: **low-acid** and **low-fat** cooking.

Low-acid foods, like those without tomatoes, citrus, or vinegar, reduce the burning sensation of reflux and prevent irritation.

Low-fat foods are easier to digest, moving more quickly through your system. This helps prevent acid from backing up and keeps your stomach from feeling stressed.

Together, these principles create meals that are soothing and satisfying. You can

still enjoy plenty of flavor with fresh herbs and mild seasonings like basil and oregano, while your pressure cooker enhances the natural tenderness of ingredients.

This cooking style gives your body a break while still being delicious.

Common Trigger Foods & Gentle Swaps

Finding what foods work for you is a key part of living with digestive issues. The good news is that for most common triggers, there's a gentle alternative that's just as satisfying.

Here's a quick guide to some common **trigger foods** and their **gentle swaps**:

- **Tomatoes & Sauces** → Try sauces made with roasted red peppers, pumpkin, or carrots.
- **Citrus** → Use melons, pears, apples, or bananas for sweetness.
- **Onions & Garlic** → Swap in leeks, chives, or a touch of garlic-infused oil.
- **Spicy Peppers** → Flavor your food with mild herbs like basil, oregano, and thyme.
- **Fried Foods** → Choose pressure-cooked, baked, or steamed dishes with light oils.
- **High-Fat Dairy** → Use low-fat milk, oat milk, or small amounts of ricotta.
- **Caffeinated Coffee & Tea** → Switch to decaf, herbal teas, or warm water.
- **Chocolate** → Try carob powder or a lightly sweetened oat-based dessert.
- **Alcohol** → Enjoy sparkling water with fruit or herbal teas.

To get the most out of these swaps, **start small** by trying one at a time to see how your body responds. Stay flexible, and remember that with a little creativity, gentle alternatives can be just as delicious as the originals.

Ingredients to Use with Caution

When dealing with a sensitive stomach, some ingredients can be a double-edged sword. This guide explains which ones to use with caution and how to prepare them more gently.

Use with Caution ⚠️

- **Ginger, Garlic, & Onions:** Raw forms are more irritating. Gently cook them or use garlic-infused oil to get the flavor without the harshness.

- **Hot Peppers & Chili:** These often increase heartburn and are best avoided. Try a pinch of warming spices like cinnamon or turmeric if you tolerate them.
- **Peppermint & Spearmint:** They can sometimes trigger reflux, so it's best to avoid them during flare-ups.
- **Coffee, Chocolate, Alcohol:** These can relax the esophageal sphincter, often worsening symptoms. Try decaf or other alternatives if you're sensitive.
- **High-Fat & Fried Foods:** Since they stay in your stomach longer, they can trigger reflux. Opt for pressure-cooked, braised, or steamed versions.

Helpful in Small Amounts

- **Turmeric & Ginger:** A small pinch can add flavor and may help with nausea, but avoid high-dose supplements.
- **Fermented Foods & Whole Grains:** Mild fermented foods like plain yogurt and whole grains like quinoa and oatmeal can be beneficial, but introduce them slowly to avoid bloating.

A great way to figure out what works for you is to **start small**. When you try a new ingredient, use only a tiny amount and watch for any reactions over the next 24 hours. A simple log of "ingredient → reaction" can help you quickly identify your personal triggers.

Your Pressure Cooker: Modes, Safety, Timing & Pressure Release

Your pressure cooker is about to become your favorite kitchen tool. It's fast, forgiving, and perfect for the gentle recipes in this book. Here is a friendly overview of the key functions, safety tips, and timing methods you'll need.

Common Modes & Safety Basics

Most recipes use **Pressure Cook** (also called Manual or High Pressure) for stews, grains, and meats. You might use Sauté beforehand to brown ingredients and build flavor.

For your safety, always **read your manual**—it's the ultimate authority for your model. Never overfill the pot (stay below the 2/3 line, or halfway for foamy foods like beans), and always use caution when releasing steam. When the cooking is done, don't force the lid open; wait until the pressure indicator shows it's safe.

Timing & Pressure Release

The times in this book are based on standard electric pressure cookers. If you're

using a stovetop model, reduce the cooking time by about 10–15%.

Choosing the right **pressure release method** is key for great results:

- **Quick Release (QR):** Instantly stops the cooking. Best for vegetables and delicate foods.
- **Natural Release (NR):** Lets the pressure drop slowly on its own. Ideal for large cuts of meat or dense grains, giving you tender, juicy results.
- **Timed/Partial Release:** A mix of both. Let it drop naturally for a few minutes, then finish with a quick release. Great for stews and layered dishes.

How to Follow the 28-Day Plan

This 28-day plan is a simple, soothing roadmap for busy lives. It's built on three core ideas: meals that take 30 minutes or less, use one pot, and are gentle on your system. Think of this as a helpful guide, not a strict rulebook. The goal is to find consistency and learn what works for your body.

How the Plan Works

The plan is structured over four 7-day weeks. Each week includes a mix of breakfasts, soups, mains, and sides. Aim for three meals a day with light snacks as needed, and try to eat evening meals 2–3 hours before bed. Most recipes serve 2–4, so adjust portions to your needs—smaller portions are helpful if you often feel uncomfortable after eating.

Starting with Week 1 (Reset & Soothe)

Begin with simple, gentle meals like porridge and broth-based soups. Avoid any known trigger foods, using the "Ingredients to Use with Caution" list as a reference. If you have active symptoms, keep meals small and frequent.

Following Through (Weeks 2–4)

Gradually add more variety as you feel comfortable.

Week 2 introduces new vegetables and small amounts of legumes.

Week 3 focuses on energy and balance with a wider mix of proteins and whole grains.

Week 4 is for maintenance, where you'll figure out which meals you want to keep long-term.

Practical Workflow

Dedicate 30–60 minutes on Sunday for meal prep. Batch-cook a grain, chop vegetables, make a basic broth, and portion out snacks. Use a quick 15–20 minute touch-up session midweek to reheat meals or refresh soups. Don't forget to use the "Make-Ahead" notes in the book to save time.

Flexibility & Personalization

Feel free to swap recipes between days or weeks to fit your schedule. If a recipe contains a "caution ingredient," follow the specific notes provided, like reducing the amount or omitting it entirely. Many recipes are also plant-based or include easy swaps for vegetarian and vegan diets.

When You're Flaring

If symptoms return, scale back to the simplest recipes: plain porridge, broths, and tender steamed veggies. Avoid alcohol, coffee, and spicy foods until you feel better. Remember, this is a food guide, not medical advice—if symptoms are severe or persist, contact your healthcare provider.

Essential Tips for Success

- **Stock your pantry** with staples like oats, rice, lentils, low-fat dairy, broth, and mild herbs.
- **Keep a simple log** to track how you feel after each meal. This helps you spot patterns over time.
- **Eat slowly and chew well.**
- **Stay hydrated** between meals.
- **Celebrate small wins.** A single comfortable meal is a victory.

Your 28-Day Plan: A Journey to Comfort

Now that you have a solid understanding of how gentle cooking can help your body, it's time to put that knowledge into action. This 28-day plan is your step-by-step roadmap to making food your friend again.

Think of each week as a new chapter in your healing journey. We'll start with the most soothing, gentle meals and gradually add more variety and flavor as you discover what works for you. There's no pressure to be perfect—just follow along, go by how you feel today, and celebrate every comfortable meal.

Let's begin.

Week 1: Reset & Soothe

This week is all about giving your digestive system a gentle restart. The focus is on simple, mild-flavored foods to help calm irritation and reduce symptoms. Pay attention to how you feel after each meal, and don't hesitate to swap out any food that doesn't feel right for you.

Day	Breakfast	Lunch	Snack	Dinner
Day 1	Creamy Oatmeal with Pears	Soothing Chicken & Rice Soup	Steamed Apple Slices with Cinnamon	Gentle Rice Pilaf with Herbs & Steamed Carrots
Day 2	Apple-Cinnamon Rice Porridge	Leftover Soothing Chicken & Rice Soup	Mild Rice Cakes with Cottage Cheese	Soft Tofu & Rice Bowl
Day 3	Gentle Breakfast Quinoa	Silky White-Bean Purée (as a soup)	Banana Rice Pudding	Herb-Infused Salmon with Rice
Day 4	Creamy Oatmeal with Pears	Leftover Silky White-Bean Purée	Savory Rice Cups	Chicken with Oats & Vegetables
Day 5	Savory Polenta with Zucchini	Carrot-Ginger Broth & Rice Noodles with Gentle Dressing	Steamed Apple Slices with Cinnamon	Turkey & Rice Meatballs in Broth
Day 6	Blueberry Millet Porridge	Leftover Turkey & Rice Meatballs in Broth	Mild Rice Cakes with Cottage Cheese	Pressure Cooker Turkey Chili (No Tomato, No Spice)
Day 7	Fluffy Egg White Scramble with Spinach	Leftover Pressure Cooker Turkey Chili	Savory Rice Cups	Mashed Cauliflower with a simple cooked fish filet

This week is designed for healing and calm. If you feel hungry between breakfast and lunch, feel free to add another small, gentle snack, such as a ripe banana, a handful of rice crackers, or a few steamed apple slices.

Week 2: Introducing Variety & Legumes

This week, we'll continue to build on the foundation from Week 1 by introducing new flavors and textures. The recipes will feature more variety in vegetables, gentle legumes, and lean proteins to help you explore what works for you. Let your comfort level set the pace—go slower, softer, or smaller whenever needed.

Day	Breakfast	Lunch	Snack	Dinner
Day 8	Fluffy Egg White Scramble with Spinach	Low-Acid Butternut Squash Soup	Mild Rice Cakes with Cottage Cheese	Turkey & Quinoa Stuffed Peppers (No Tomato Sauce)
Day 9	Low-Acid Banana Pancakes	Leftover Turkey & Quinoa Stuffed Peppers	Pressure Cooker Fruit Compote	Mild Coconut Fish Stew
Day 10	Pressure Cooker Tofu Scramble	Pea & Basil Soup	Steamed Apple Slices with Cinnamon	Lentil & Carrot Medley
Day 11	Apple-Cinnamon Rice Porridge	Leftover Pea & Basil Soup	Banana Rice Pudding	Creamy Polenta with Roasted Vegetables
Day 12	Soft Tofu & Rice Bowl	Mild Sweet Potato & Lentil Soup	Savory Rice Cups	Pressure Cooker Vegetable Shepherd's Pie
Day 13	Gentle Breakfast Quinoa	Leftover Pressure Cooker Vegetable Shepherd's Pie	Mild Rice Cakes with Cottage Cheese	Cod with Potato & Leek
Day 14	Blueberry Millet Porridge	Leftover Cod with Potato & Leek	Pressure Cooker Fruit Compote	Creamy Chicken & Potato Stew

It's more important to eat small, frequent meals than to feel uncomfortably full. Remember to stay hydrated between meals by drinking water.

Week 3: Energy & Balance

This week, we'll focus on boosting your energy and finding a balance of satisfying meals. The recipes will feature a wider mix of lean proteins and whole grains to provide the nourishment you need to feel your best. Continue to pay attention to your body's signals and celebrate your progress.

Day	Breakfast	Lunch	Snack	Dinner
Day 15	Creamy Oatmeal with Pears	Pressure Cooker Miso-Style Broth	Steamed Apple Slices with Cinnamon	Creamy Barley "Risotto" with Mushrooms
Day 16	Low-Acid Banana Pancakes	Leftover Creamy Barley "Risotto"	Banana Rice Pudding	Meal-Prep Shredded Chicken Bowls
Day 17	Pressure Cooker Tofu Scramble	Pea & Basil Soup	Savory Rice Cups	Low-Acid Pesto Pasta with Chicken
Day 18	Savory Polenta with Zucchini	Leftover Pea & Basil Soup	Mild Rice Cakes with Cottage Cheese	Turkey Zucchini Meatloaf
Day 19	Gentle Breakfast Quinoa	Tender Lentils (Soak + Short Cook)	Pressure Cooker Fruit Compote	Pasta with Zucchini "Cream" Sauce
Day 20	Blueberry Millet Porridge	Leftover Tender Lentils	Steamed Apple Slices with Cinnamon	White Bean & Rice Stew
Day 21	Fluffy Egg White Scramble with Spinach	Leftover White Bean & Rice Stew	Mild Rice Cakes with Cottage Cheese	Mild Coconut Curry with Vegetables

Remember, this plan is a guide—not a rulebook. Don't hesitate to swap recipes around or add what you like to make your journey a pleasant one.

Week 4: Practice & Maintenance

This final week is about putting everything you've learned into practice. The goal is to solidify your understanding of which meals and ingredients make you feel your best. We will repeat some favorites from earlier weeks to help you build a go-to list of meals you can rely on long-term.

Day	Breakfast	Lunch	Snack	Dinner
Day 22	Creamy Oatmeal with Pears	Low-Acid Butternut Squash Soup	Mild Rice Cakes with Cottage Cheese	Pressure Cooker Vegetable Shepherd's Pie
Day 23	Fluffy Egg White Scramble with Spinach	Leftover Pressure Cooker Vegetable Shepherd's Pie	Pressure Cooker Fruit Compote	Turkey & Quinoa Stuffed Peppers (No Tomato Sauce)
Day 24	Pressure Cooker Tofu Scramble	Pea & Basil Soup	Steamed Apple Slices with Cinnamon	Creamy Polenta with Roasted Vegetables
Day 25	Apple-Cinnamon Rice Porridge	Leftover Pea & Basil Soup	Banana Rice Pudding	Creamy Chicken & Potato Stew
Day 26	Soft Tofu & Rice Bowl	Mild Sweet Potato & Lentil Soup	Savory Rice Cups	White Bean & Rice Stew
Day 27	Gentle Breakfast Quinoa	Leftover White Bean & Rice Stew	Mild Rice Cakes with Cottage Cheese	Mild Coconut Fish Stew
Day 28	Savory Polenta with Zucchini	Leftover Mild Coconut Fish Stew	Pressure Cooker Fruit Compote	Herb-Infused Salmon with Rice

Your Digital Bonus Library

We believe that cooking for comfort should be simple and stress-free, and that includes your grocery trips! We know that lugging a book to the store isn't always convenient.

To make your life easier, we've created a special bonus library for you, with three free printable tools to help you on your journey to gut health:

- **Your 28-Day Low-Acid Plan & Grocery Lists:** A complete, printable meal plan with ready-to-use weekly lists you can bring to the store or view on your phone.
- **Printable Energy & Clarity Journal:** A simple, nonjudgmental weekly check-in for low-acid, reflux-friendly living
- **Low-Acid Kitchen Cheat Sheets:** Printable food lists & smart swaps for acid reflux, GERD, gastritis & ulcer discomfort.

You can download your entire bonus collection as a single, convenient PDF.

Find your free bonus library here:

<http://bit.ly/4gJZZMD>



Just a few clicks, and you'll have everything you need right at your fingertips. Happy cooking, and happy shopping!

Tips for Long-Term Gut Health

Congratulations! By picking up this book, you've taken a huge step toward feeling your best. This 28-day plan is a fantastic way to begin your journey to comfort, but it's just the beginning. This section is your guide to building on the progress you're about to make, so you can continue to find lasting comfort.

The Big Picture: Beyond the Plan

The goal of this book isn't just to give you recipes for 28 days. It's to help you rebuild your relationship with food, so you can enjoy meals without fear. The plan is a "reset" for your system, but the real goal is to find a sustainable rhythm that works for you for the long term.

Key Strategies for Lasting Comfort

Listen to Your Body.

This is the most important tip. Start paying close attention to how you feel with each meal. Your body will tell you what works, and that knowledge is your most powerful tool.

Mindful Eating.

Slow down and truly taste your food. Chew thoroughly. Eating calmly and without rush can significantly improve digestion and reduce reflux symptoms.

Manage Your Meal Schedule.

Try to eat your last meal of the day at least 2-3 hours before lying down. This allows

your stomach to digest properly and reduces the risk of nighttime heartburn. Eating smaller, more frequent meals can also help prevent overfilling your stomach.

Stay Hydrated.

Drink plenty of water throughout the day, but try not to drink large amounts right before or during a meal, as this can add volume to your stomach and increase pressure.

Move Your Body.

Regular, gentle exercise like walking or yoga can promote healthy digestion and relieve stress, which is often a major trigger for gut issues.

Consider Your Triggers.

You've learned about common triggers like coffee, spicy foods, and high-fat items. Approach these with caution and introduce them one at a time, in small amounts, to see how your system reacts.

When to Call Your Doctor

While this book is a powerful guide to dietary change, it is not a substitute for professional medical advice. If your symptoms are severe, persistent, or if you're experiencing pain, please contact your doctor or healthcare provider. They can provide a professional diagnosis and help you find the best path forward.

Let's Cook for Comfort

Well done! You've got the plan and your shopping list, and now you're ready to get started. I'm so proud of you for taking this first big step.

I know that cooking with a sensitive system can feel daunting, but trust me—it doesn't have to be. Your pressure cooker is about to become your new best friend, making healthy, delicious meals incredibly simple. Every recipe in the pages ahead is a tool to support your comfort, one meal at a time.

Remember what we talked about: listen to your body, celebrate small wins, and most of all, have fun! It's time to take control of your plate and start enjoying food without the fear.

In the next section, you'll find breakfasts, soups, mains, sides, and gentle desserts—every recipe pressure cooker-friendly, low-acid, and designed to be ready in about 30 minutes.

It's time to find your comfort food.

A close-up photograph of a bowl filled with a vegetable soup. The soup contains large chunks of orange sweet potatoes, green beans, and slices of zucchini. A fresh green leaf of cilantro is placed on top of the vegetables. The bowl is dark-colored and sits on a wooden surface. The background is blurred, showing more green herbs.

BREAKFASTS & GENTLE STARTS



TIME
25 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Comforting

Creamy Oatmeal with Pears

Instructions

- Add oats, pears, oat milk, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 3 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Stir in maple syrup, cinnamon, and vanilla, if using. The oatmeal will thicken as it cools slightly.
- Serve warm with extra pear slices or a light sprinkle of cinnamon on top, if desired.

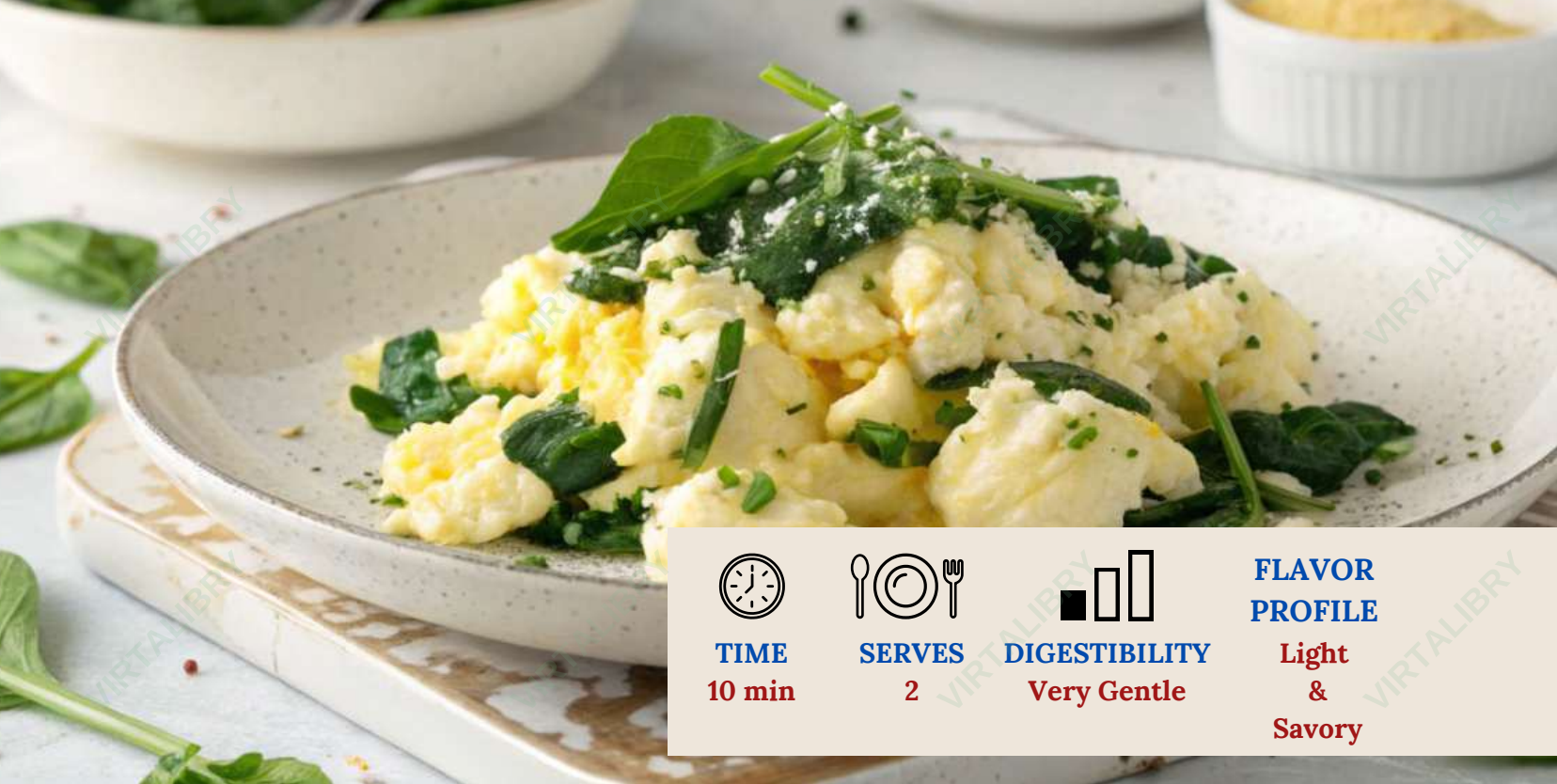
Smart Swaps

- Swap pears for apples or ripe bananas for variety.
- Use quinoa flakes or millet flakes instead of oats for a gentle grain alternative.
- For extra creaminess, stir in 1–2 tbsp lactose-free Greek yogurt just before serving.

Nutritional Information: Calories: 185; Protein: 4 g; Carbohydrates: 37 g; Fiber: 5 g; Fat: 3 g; Sodium: 45 mg; Potassium: 310 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (90 g) rolled oats
- 2 medium ripe pears (about 12 oz / 360 g), peeled if preferred, cored, and chopped into ½-inch pieces
- 3 cups (720 ml) unsweetened oat milk (or 2 cups water + 1 cup oat milk for a lighter version)
- 2 tbsp pure maple syrup (optional, to taste)
- ½ tsp ground cinnamon (optional)
- Pinch of sea salt
- 1 tsp vanilla extract (optional)



TIME
10 min



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Light
&
Savory

Fluffy Egg White Scramble with Spinach

Instructions

- Lightly grease a heatproof bowl or stainless insert that fits inside your pressure cooker with olive oil.
- In a small bowl, whisk together egg whites and milk until slightly frothy. Stir in spinach, salt, and optional pepper.
- Pour mixture into the greased insert and cover loosely with foil.
- Add 1 cup water to the pressure cooker and place a trivet inside. Set the bowl on the trivet.
- Lock the lid and cook on High Pressure for 2 minutes. Quick Release immediately.
- Carefully remove the bowl, fluff the cooked egg whites gently with a fork (they will be soft and custard-like), and serve warm.

◆ Pair with mashed sweet potatoes or soft rice for a fuller meal.

Nutritional Information: Calories: 95; Protein: 11 g; Carbohydrates: 2 g; Fiber: 1 g; Fat: 4 g; Sodium: 130 mg; Potassium: 280 mg; Cholesterol: 0 mg

Ingredients

- 6 large egg whites
- 1 cup (30 g) fresh baby spinach, chopped
- 1 tbsp lactose-free milk or unsweetened oat milk
- 1 tsp olive oil (for greasing)
- Pinch of sea salt
- Black pepper to taste

Smart Swaps

- Swap spinach for zucchini, kale, or chard.
- Stir in 1 tbsp lactose-free cottage cheese or ricotta before steaming for extra creaminess.
- Add fresh herbs (parsley, dill, or chives) before serving.



TIME
25 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Comforting

Apple-Cinnamon Rice Porridge

Instructions

- Add rice, apples, liquid, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 10 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Stir in maple syrup, cinnamon, and vanilla, if using. The porridge will thicken as it sits.
- Serve warm, topped with extra apple slices or a sprinkle of cinnamon, if desired.

Smart Swaps

- Swap apples for pears for another gentle fruit option.
- Omit cinnamon if sensitive; use cardamom or nutmeg instead.

Nutritional Information: Calories: 165; Protein: 3 g; Carbohydrates: 37 g; Fiber: 3 g; Fat: 1 g; Sodium: 45 mg; Potassium: 170 mg; Cholesterol: 0 mg

Ingredients

- ½ cup (100 g) white rice (short-grain or medium-grain works best)
- 2 medium sweet apples (about 12 oz / 360 g), peeled if preferred, cored, and diced
- 3 cups (720 ml) water or unsweetened oat milk (or a mix)
- 2 tbsp pure maple syrup (optional, to taste)
- ½ tsp ground cinnamon (optional, skip if sensitive)
- Pinch of sea salt
- 1 tsp vanilla extract (optional)



TIME
20 min



SERVES
4
(8 pancakes)



DIGESTIBILITY
Gentle

FLAVOR PROFILE

Mildly
Sweet &
Comforting

Low-Acid Banana Pancakes

Instructions

- In a bowl, mash bananas until smooth. Whisk in egg whites, milk, oil, and vanilla.
- In a separate bowl, combine flour, baking powder, and salt. Fold dry ingredients into the banana mixture until just combined (do not overmix).
- Set the Sauté function on the pressure cooker to medium heat. Lightly coat the cooking surface with oil.
- Pour about $\frac{1}{4}$ cup batter per pancake. Cook 2–3 minutes, until bubbles form on top and edges look set. Flip carefully and cook another 1–2 minutes until golden.
- Repeat with remaining batter.
- Serve warm, plain or with a drizzle of maple syrup.
- ♦ Serve with a spoonful of lactose-free yogurt or soft baked fruit on top.

Nutritional Information: Calories: 140; Protein: 4 g; Carbohydrates: 26 g; Fiber: 3 g; Fat: 3 g; Sodium: 95 mg; Potassium: 220 mg; Cholesterol: 0 mg

Ingredients

- 2 medium ripe bananas, mashed (about 1 cup / 225 g)
- 2 large egg whites
- 1 cup (120 g) whole wheat pastry flour (or all-purpose flour)
- 1 tsp baking powder
- $\frac{1}{2}$ cup (120 ml) unsweetened oat milk (or lactose-free milk)
- 1 tbsp olive oil or avocado oil (plus more for greasing)
- 1 tsp vanilla extract
- Pinch of sea salt
- ♦ Stir in a pinch of cinnamon or nutmeg if tolerated.



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
&
Comforting

Savory Polenta with Zucchini

Instructions

- Add water (or broth), polenta, zucchini, and salt to the pressure cooker. Stir well.
- Lock the lid and cook on High Pressure for 7 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Stir in olive oil, parsley, and Parmesan, if using. Adjust consistency by adding a splash of warm water if too thick.
- Serve warm as a main dish or side.

Smart Swaps

- Replace zucchini with yellow squash or finely diced carrots for variety.
- Stir in a spoonful of lactose-free cream cheese instead of Parmesan for creaminess.
- Add chopped fresh basil for an herbal note.

Nutritional Information: Calories: 160; Protein: 4 g; Carbohydrates: 31 g; Fiber: 3 g; Fat: 3 g; Sodium: 95 mg; Potassium: 190 mg; Cholesterol: 2 mg

Ingredients

- 1 cup (160 g) medium-grind cornmeal (polenta)
- 3 ½ cups (830 ml) water or unsalted low-sodium vegetable broth
- 1 medium zucchini (about 6 oz / 170 g), diced
- 1 tbsp olive oil
- 1 tbsp fresh parsley, finely chopped (optional)
- 2 tbsp grated Parmesan cheese (optional, if tolerated)
- Pinch of sea salt
- Black pepper to taste (optional)
- ◆ Use oat milk instead of broth for a creamier base.



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Comforting

Blueberry Millet Porridge

Instructions

- Add millet, water (or oat milk), blueberries, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 10 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Stir in maple syrup and vanilla, if using. The porridge will thicken as it sits.
- Serve warm, topped with a few extra blueberries if desired.

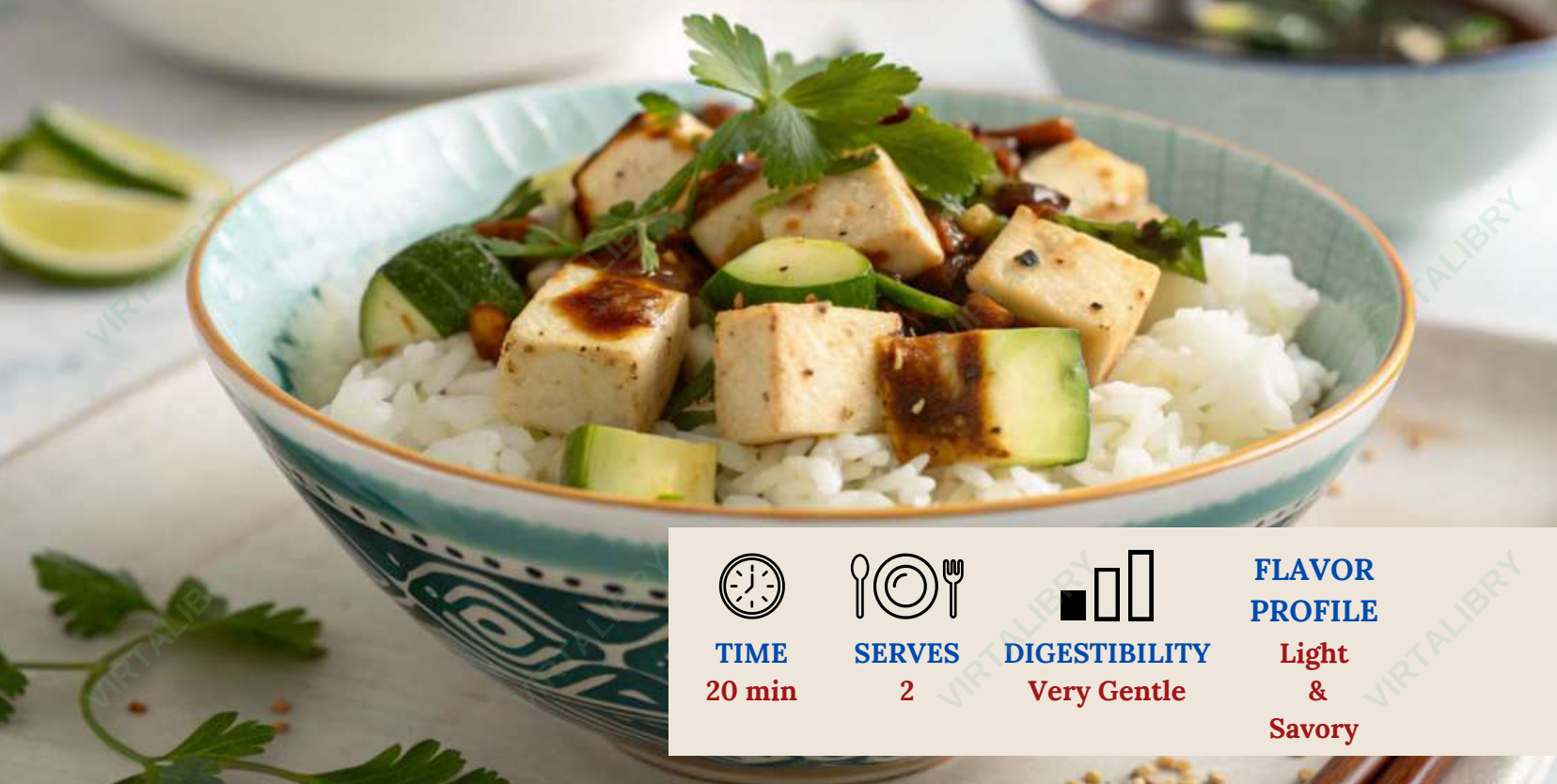
Smart Swaps

- Add 1–2 tbsp lactose-free Greek yogurt for creaminess before serving.
- Stir in a sprinkle of ground flaxseed for extra fiber.
- Omit sweetener and top with mashed banana for natural sweetness.

Nutritional Information: Calories: 180; Protein: 5 g; Carbohydrates: 38 g; Fiber: 5 g; Fat: 2 g; Sodium: 40 mg; Potassium: 190 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) millet, rinsed well
- 3 ½ cups (830 ml) water or unsweetened oat milk (or a mix)
- 1 cup (150 g) fresh or frozen blueberries
- 2 tbsp pure maple syrup (optional, to taste)
- 1 tsp vanilla extract (optional)
- Pinch of sea salt
 - ♦ Swap millet for quinoa or amaranth for variety.
 - ♦ Use pears or chopped apples instead of blueberries if more soothing fruits are preferred.



TIME
20 min



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Light
&
Savory

Soft Tofu & Rice Bowl

Instructions

- Add rice, water (or broth), and zucchini to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 6 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Gently fold in tofu and olive oil. Warm through for 1–2 minutes on the “Keep Warm” setting.
- Drizzle with soy sauce or tamari, if using. Garnish with herbs and serve warm in bowls.

Smart Swaps

- Use quinoa instead of rice for added protein and fiber.
- Replace olive oil with avocado oil for variety.
- Add a sprinkle of sesame seeds (if tolerated) for a nutty finish.

Nutritional Information: Calories: 210; Protein: 10 g; Carbohydrates: 32 g; Fiber: 2 g; Fat: 6 g; Sodium: 120 mg; Potassium: 220 mg; Cholesterol: 0 mg

Ingredients

- ½ cup (100 g) white rice, rinsed
- 1 cup (240 ml) water or unsalted low-sodium vegetable broth
- 6 oz (170 g) soft or silken tofu, cubed
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 tsp olive oil
- 1 tbsp low-sodium soy sauce or tamari (optional, to taste)
- 1 tbsp chopped fresh parsley or cilantro (optional)
- ♦ Swap zucchini for finely diced carrots or yellow squash.



TIME
20 min



SERVES
2



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Nutty

Gentle Breakfast Quinoa

Instructions

- Add rinsed quinoa, oat milk, banana, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 1 minute.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Stir in maple syrup and vanilla, if using. Adjust thickness with a splash of milk if desired.
- Serve warm, topped with blueberries or pear.

Smart Swaps

- Replace banana with applesauce or mashed pear for a different gentle sweetener.
- Add a sprinkle of ground flaxseed or chia seeds for fiber.
- For extra protein, stir in 1–2 tbsp lactose-free Greek yogurt before serving.

Nutritional Information: Calories: 190; Protein: 6 g; Carbohydrates: 35 g; Fiber: 4 g; Fat: 4 g; Sodium: 50 mg; Potassium: 300 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (170 g) quinoa, rinsed well
- 2 ½ cups (600 ml) unsweetened oat milk (or lactose-free milk, or a mix of milk + water)
- 1 medium ripe banana, mashed
- 1 tbsp pure maple syrup (optional, to taste)
- 1 tsp vanilla extract (optional)
- Pinch of sea salt
- ½ cup (75 g) blueberries or diced pear for topping (optional)

♦ Use almond milk or rice milk if tolerated, instead of oat milk.



Pressure Cooker Tofu Scramble

Instructions

- Crumble tofu into bite-sized pieces with a fork.
- Add tofu, zucchini, carrots, broth, olive oil, turmeric (if using), salt, and optional pepper into the pressure cooker. Stir to combine.
- Lock the lid and cook on High Pressure for 3 minutes.
- Allow Quick Release, carefully venting steam.
- Stir gently to absorb any remaining liquid. Adjust seasoning if needed.
- Garnish with parsley or chives and serve warm.
 - ♦ Swap zucchini for yellow squash or spinach for variety.
 - ♦ Replace carrots with bell pepper (if tolerated) for a sweeter flavor.
 - ♦ Use avocado oil instead of olive oil for a different healthy fat.

Nutritional Information: Calories: 140; Protein: 12 g; Carbohydrates: 7 g; Fiber: 2 g; Fat: 7 g; Sodium: 120 mg; Potassium: 280 mg; Cholesterol: 0 mg

Ingredients

- 12 oz (340 g) firm tofu, drained and lightly pressed
- 1 small zucchini (about 4 oz / 115 g), diced
- ½ cup (75 g) diced carrots
- ½ cup (120 ml) unsalted low-sodium vegetable broth
- 1 tsp olive oil
- ½ tsp ground turmeric (optional, for color)
- Pinch of sea salt
- Black pepper to taste (optional)
- 1 tbsp chopped fresh parsley or chives (optional garnish)

A close-up photograph of a bowl of soup. The soup is filled with chickpeas, diced carrots, zucchini, and tomatoes. It is garnished with fresh green parsley leaves. The bowl is white and the background is a soft, out-of-focus light color.

SOUPS & BROTHS



TIME
30 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild
&
Comforting

Soothing Chicken & Rice Soup

Instructions

- Add chicken, rice, broth, carrot, zucchini, olive oil, bay leaf, and salt into the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 10 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Remove bay leaf. Shred chicken with two forks directly in the pot.
- Adjust seasoning with optional pepper. Garnish with parsley before serving.
- ◆ Use chicken thighs instead of breast for a richer flavor.
- ◆ Swap zucchini for celery if tolerated.
- ◆ Stir in a splash of oat milk for creaminess without dairy.

Nutritional Information: Calories: 230; Protein: 26 g; Carbohydrates: 20 g; Fiber: 2 g; Fat: 6 g; Sodium: 120 mg; Potassium: 420 mg; Cholesterol: 65 mg

Ingredients

- 1 lb (450 g) skinless, boneless chicken breast
- ½ cup (100 g) white rice, rinsed
- 6 cups (1.4 L) unsalted low-sodium chicken broth
- 1 medium carrot (about 3 oz / 85 g), diced
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste (optional)
- 2 tbsp fresh parsley, chopped (optional garnish)



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Light
&
Comforting

Carrot-Ginger Broth

Instructions

- Add carrots, zucchini, ginger, broth (or water), olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 10 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Remove ginger slices for a milder flavor, or leave in for stronger warmth.
- Serve warm as a sipping broth or use as a base for soups and rice dishes.

Smart Swaps

- Add a stalk of celery for more depth if tolerated.
- Stir in a splash of oat milk for creaminess.
- Blend the broth for a smooth, velvety soup.
- Add fresh herbs like dill or thyme for extra aroma.
- Refrigerate up to 4 days or freeze up to 2 months.

Nutritional Information: Calories: 55; Protein: 2 g; Carbohydrates: 12 g; Fiber: 3 g; Fat: 1 g; Sodium: 95 mg; Potassium: 400 mg; Cholesterol: 0 mg

Ingredients

- 1 lb (450 g) carrots, peeled and chopped
- 1 small zucchini (about 4 oz / 115 g), chopped
- 1-inch (2.5 cm) piece fresh ginger, peeled and sliced thinly
- 6 cups (1.4 L) unsalted low-sodium vegetable broth or water
- 1 tsp olive oil
- Pinch of sea salt
- Fresh parsley or cilantro, chopped, for garnish (optional)
- ◆ Use sweet potato instead of zucchini for a sweeter, thicker broth.



TIME
25 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild
&
Comforting

Creamy (Dairy-Free) Zucchini Soup

Instructions

- Add zucchini, potato, carrot, shallot (if using), broth, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 7 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Blend the soup with an immersion blender until smooth and creamy.
- Stir in oat cream or oat milk, if desired. Adjust seasoning with optional pepper. Serve warm.

Smart Swaps

- Swap potato for sweet potato for a sweeter, thicker soup.
- Add a handful of baby spinach after blending for extra nutrients.

Nutritional Information: Calories: 110; Protein: 3 g; Carbohydrates: 18 g; Fiber: 3 g; Fat: 4 g; Sodium: 120 mg; Potassium: 540 mg; Cholesterol: 0 mg

Ingredients

- 1 lb (450 g) zucchini, chopped
- 1 small potato (about 5 oz / 140 g), peeled and diced
- 1 small carrot (about 3 oz / 85 g), diced
- 1 medium shallot (about 1 oz / 30 g), chopped
- 3 ½ cups (830 ml) unsalted low-sodium vegetable broth
- 1 tbsp olive oil
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp oat cream or unsweetened oat milk (optional, for extra creaminess)



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Sweet
& Earthy

Mild Sweet Potato & Lentil Soup

Instructions

- Add lentils, sweet potato, carrot, zucchini, broth, olive oil, bay leaf, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 10 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Remove bay leaf. Blend part of the soup with an immersion blender for a creamier texture, or leave chunky if preferred.
- Adjust seasoning with optional pepper. Garnish with parsley or cilantro and serve warm.
 - ◆ Use butternut squash instead of sweet potato for a slightly different sweetness.
 - ◆ Swap red lentils for yellow split peas; increase cook time to 15 minutes.

Nutritional Information: Calories: 220; Protein: 12 g; Carbohydrates: 38 g; Fiber: 9 g; Fat: 4 g; Sodium: 130 mg; Potassium: 650 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) red lentils, rinsed well
- 1 medium sweet potato (about 8 oz / 225 g), peeled and diced
- 1 small carrot (about 3 oz / 85 g), diced
- 1 small zucchini (about 4 oz / 115 g), diced
- 5 cups (1.2 L) unsalted low-sodium vegetable broth
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley or cilantro, chopped (optional garnish)



TIME
20 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Light
&
Savory

Pressure Cooker Miso-Style Broth

Instructions

- Add broth (or water), zucchini, mushrooms (if using), and olive oil to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 3 minutes.
- Allow Quick Release, carefully venting steam.
- Stir in tofu cubes. In a small bowl, whisk miso paste with $\frac{1}{2}$ cup hot broth from the pot until smooth, then stir back into the soup.
- Garnish with green onion if desired and serve warm.
 - ◆ Use spinach or bok choy instead of zucchini for variety.
 - ◆ Replace tofu with cooked chicken breast cubes.
 - ◆ Skip mushrooms if sensitive; add diced carrots instead.

Nutritional Information: Calories: 80; Protein: 6 g; Carbohydrates: 8 g; Fiber: 1 g; Fat: 3 g; Sodium: 260 mg; Potassium: 220 mg; Cholesterol: 0 mg

Ingredients

- 6 cups (1.4 L) unsalted low-sodium vegetable broth or water
- 4 oz (115 g) soft tofu, cut into small cubes
- 1 small zucchini (about 4 oz / 115 g), diced
- $\frac{1}{2}$ cup (40 g) thinly sliced mushrooms (shiitake or button; optional if tolerated)
- 2 tbsp white miso paste (use reduced-sodium, if available)
- 1 tsp olive oil or sesame oil (light, untoasted)
- 1 green onion, thinly sliced (optional, garnish)



TIME
20 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Fresh

Pea & Basil Soup

Instructions

- Add peas, zucchini, potato, broth, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 5 minutes.
- Allow Quick Release, carefully venting steam.
- Blend soup with an immersion blender until smooth.
- Stir in fresh basil and adjust seasoning with optional pepper. Serve warm.
 - ◆ Use fresh peas instead of frozen when in season.
 - ◆ Add a splash of oat milk for extra creaminess.
 - ◆ Stir in a spoonful of lactose-free Greek yogurt before serving for added protein.
 - ◆ Garnish with extra basil or parsley for brightness.
 - ◆ Refrigerate leftovers up to 3 days or freeze up to 2 months.

Nutritional Information: Calories: 160; Protein: 7 g; Carbohydrates: 28 g; Fiber: 8 g; Fat: 4 g; Sodium: 120 mg; Potassium: 520 mg; Cholesterol: 0 mg

Ingredients

- 3 cups (450 g) frozen peas
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 small potato (about 5 oz / 140 g), peeled and diced
- 4 cups (950 ml) unsalted low-sodium vegetable broth
- 1 tbsp olive oil
- Pinch of sea salt
- Black pepper to taste (optional)
- ¼ cup (10 g) fresh basil leaves, chopped
 - ◆ Replace potato with sweet potato for a sweeter, thicker soup.



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Comforting

Low-Acid Butternut Squash Soup

Instructions

- Add butternut squash, carrot, potato, broth, olive oil, salt, and cinnamon (if using) to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 8 minutes.
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Blend the soup with an immersion blender until smooth.
- Stir in oat milk or oat cream if desired. Adjust seasoning with optional pepper. Serve warm.
 - ◆ Use sweet potato instead of butternut squash for a similar gentle sweetness.
 - ◆ Replace oat milk with rice milk or lactose-free milk if tolerated.
 - ◆ Garnish with fresh parsley or chives for color.

Nutritional Information: Calories: 130; Protein: 3 g; Carbohydrates: 25 g; Fiber: 5 g; Fat: 4 g; Sodium: 115 mg; Potassium: 620 mg; Cholesterol: 0 mg

Ingredients

- 1 lb (450 g) butternut squash, peeled and cubed
- 1 small carrot (about 3 oz / 85 g), peeled and chopped
- 1 small potato (about 5 oz / 140 g), peeled and diced
- 4 cups (950 ml) unsalted low-sodium vegetable broth
- 1 tbsp olive oil
- ½ tsp ground cinnamon (skip if sensitive)
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp unsweetened oat milk or oat cream



TIME
25 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild
&
Creamy

Silky White-Bean Purée (Soup / Spread)

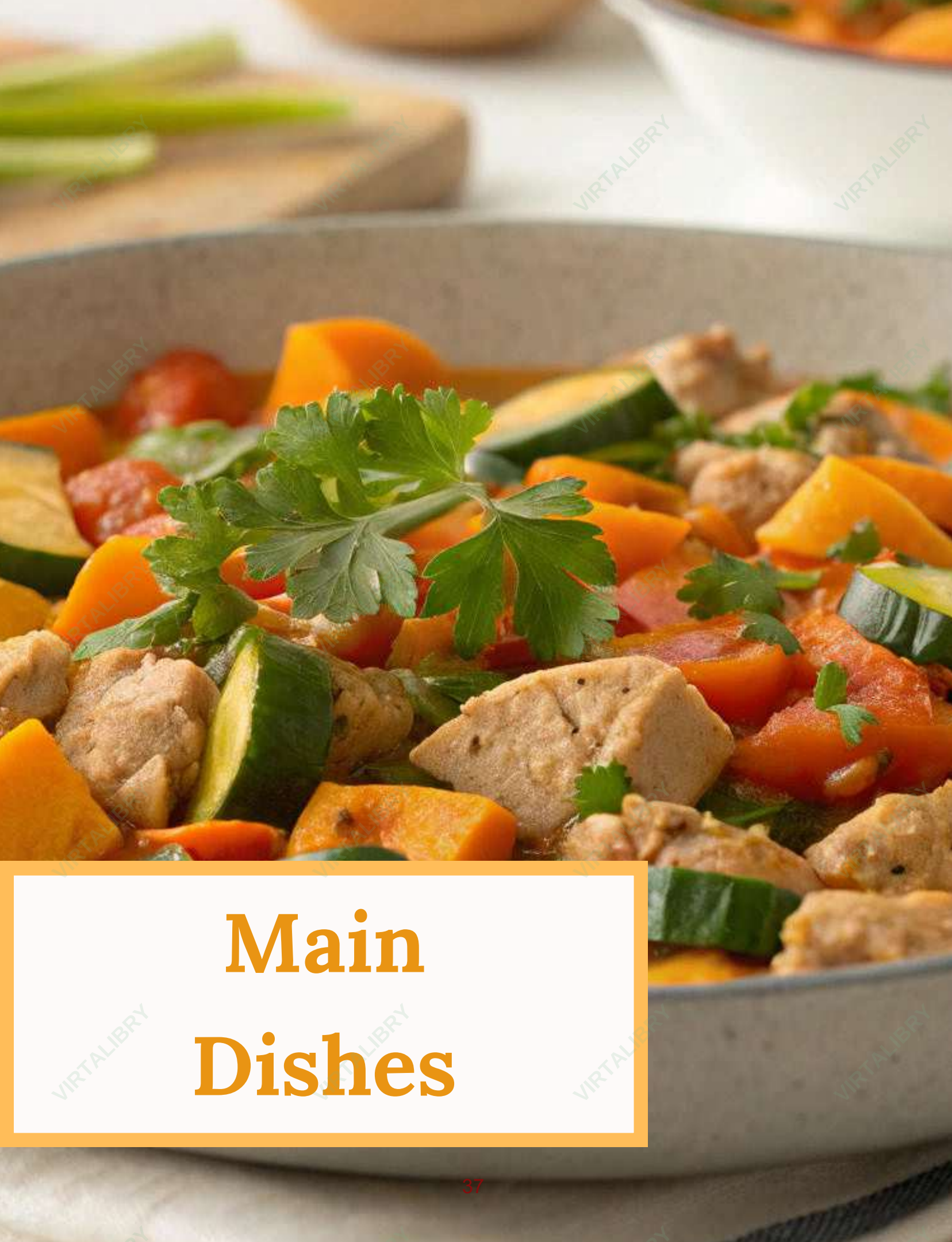
Instructions

- Add beans, broth (or water), zucchini, carrot, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 20 minutes (8 minutes if using canned beans).
- Allow Natural Release for 10 minutes, then carefully release any remaining pressure.
- Blend until silky smooth with an immersion blender. For a soup, thin with extra broth; for a spread, keep thick.
- Adjust seasoning with optional pepper. Garnish with parsley before serving.
 - ◆ Use chickpeas instead of white beans for a nutty flavor.
 - ◆ Add a splash of oat milk for extra creaminess.
 - ◆ Blend in a spoonful of tahini for richness.
 - ◆ Stir in soft tofu before blending for added protein.

Nutritional Information: Calories: 190; Protein: 11 g; Carbohydrates: 32 g; Fiber: 9 g; Fat: 4 g; Sodium: 120 mg; Potassium: 620 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) dried cannellini beans or navy beans, soaked overnight and drained (or use 2 cans, 15 oz / 425 g each, drained and rinsed — skip soaking and reduce cook time)
- 4 cups (950 ml) unsalted low-sodium vegetable broth or water
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 small carrot, diced
- 1 tbsp olive oil
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped



Main Dishes



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Light
&
Savory

Lemon-Free Chicken Piccata

Instructions

- Lightly dredge chicken breasts in flour, shaking off excess.
- Set the pressure cooker to Sauté mode. Add 1 tbsp olive oil and sear chicken 2–3 minutes per side until lightly golden (do not cook through). Remove and set aside.
- Add remaining olive oil and a splash of broth to deglaze the pot. Stir in the rest of the broth and vinegar (if using).
- Return chicken to the pot. Lock lid and cook on High Pressure for 6 minutes.
- Allow Natural Release for 5 minutes, then carefully Quick Release any remaining pressure.
- Stir in parsley and capers (if using). Adjust seasoning. Serve chicken topped with the light pan sauce.

Nutritional Information: Calories: 260; Protein: 33 g; Carbohydrates: 9 g; Fiber: 1 g; Fat: 10 g; Sodium: 180 mg; Potassium: 530 mg; Cholesterol: 75 mg

Ingredients

- 1 ½ lbs (680 g) skinless, boneless chicken breasts, cut into 4 fillets
- 2 tbsp olive oil, divided
- ½ cup (60 g) all-purpose flour, for dredging
- 2 cups (480 ml) unsalted low-sodium chicken broth
- 1 tbsp white wine vinegar or apple cider vinegar substitute (omit entirely if very sensitive)
- 2 tbsp chopped fresh parsley
- 2 tbsp capers, rinsed (optional, skip if too salty for your diet)
- Pinch of sea salt
- Black pepper to taste



Turkey & Rice Meatballs in Broth

Instructions

- In a mixing bowl, combine ground turkey, cooked rice, grated zucchini, egg white, parsley, salt, and optional pepper. Mix gently until combined.
- Shape into 1-inch meatballs (about 18–20).
- Add broth, carrot, and olive oil to the pressure cooker. Bring to a simmer on Sauté mode.
- Gently add meatballs to the broth. Lock the lid and cook on High Pressure for 8 minutes.
- Allow Natural Release for 5 minutes, then carefully Quick Release.
- Serve warm — broth with meatballs in bowls, garnished with extra parsley if desired.

Smart Swaps

- Use ground chicken instead of turkey.
- Swap zucchini for finely grated carrot.
- Add a splash of oat milk for a creamier broth.

Nutritional Information: Calories: 240; Protein: 26 g; Carbohydrates: 14 g; Fiber: 2 g; Fat: 9 g; Sodium: 160 mg; Potassium: 480 mg; Cholesterol: 65 mg

Ingredients

- 1 lb (450 g) lean ground turkey
- ½ cup (100 g) cooked white rice (or use uncooked rice and increase pressure cook time — see swap note)
- 1 small zucchini (about 4 oz / 115 g), finely grated
- 1 egg white
- 1 tbsp fresh parsley, chopped
- Pinch of sea salt
- Black pepper to taste
- 6 cups (1.4 L) unsalted low-sodium chicken broth
- 1 small carrot (about 3 oz / 85 g), diced
- 1 tsp olive oil



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Lightly
Creamy &
Savory

Mild Coconut Fish Stew

Instructions

- Add zucchini, carrot, potato, broth, coconut milk, olive oil, bay leaf, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 6 minutes.
- Allow Natural Release for 5 minutes, then carefully Quick Release any remaining pressure.
- Add fish pieces, gently submerging them in the hot stew. Cover with the lid (no pressure) and let sit on Keep Warm mode for 5–6 minutes, until fish flakes easily.
- Remove bay leaf. Adjust seasoning with optional pepper. Garnish with parsley or cilantro before serving.

◆ Use salmon or trout instead of white fish for a richer version.

Nutritional Information: Calories: 260; Protein: 27 g; Carbohydrates: 15 g; Fiber: 3 g; Fat: 11 g; Sodium: 170 mg; Potassium: 680 mg; Cholesterol: 65 mg

Ingredients

- 1 lb (450 g) white fish fillets (cod, haddock, or halibut), cut into 2-inch pieces
- 1 small zucchini, diced
- 1 small carrot, diced
- 1 small potato (about 5 oz / 140 g), peeled and cubed
- 1 cup (240 ml) light unsweetened coconut milk
- 2 cups (480 ml) unsalted low-sodium fish or vegetable broth
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley or cilantro, chopped



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Nutty &
Comforting

Quinoa & Zucchini Risotto

Instructions

- 1 cup (170 g) quinoa, rinsed well
- 1 medium zucchini (about 6 oz / 170 g), diced
- 1 small carrot (about 3 oz / 85 g), diced
- 3 cups (720 ml) unsalted low-sodium vegetable broth
- ½ cup (120 ml) unsweetened oat milk
- 1 tbsp olive oil
- 2 tbsp grated Parmesan cheese (optional, if tolerated)
- Pinch of sea salt
- Black pepper to taste (optional)
- 2 tbsp fresh parsley, chopped (optional garnish)
- ♦ Swap zucchini for yellow squash or spinach for variety.
- ♦ Stir in a spoonful of soft tofu for added protein and creaminess.

Nutritional Information: Calories: 210; Protein: 7 g; Carbohydrates: 32 g; Fiber: 4 g; Fat: 6 g; Sodium: 120 mg; Potassium: 420 mg; Cholesterol: 2 mg

Ingredients

- 1 cup (170 g) quinoa, rinsed well
- 1 medium zucchini (about 6 oz / 170 g), diced
- 1 small carrot (about 3 oz / 85 g), diced
- 3 cups (720 ml) unsalted low-sodium vegetable broth
- ½ cup (120 ml) unsweetened oat milk
- 1 tbsp olive oil
- 2 tbsp grated Parmesan cheese (if tolerated)
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
&
Hearty

Pressure Cooker Turkey Chili (No Tomato)

Instructions

- 1 lb (450 g) lean ground turkey
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 medium carrot (about 3 oz / 85 g), diced
- 1 small sweet potato (about 6 oz / 170 g), peeled and cubed
- 1 can (15 oz / 425 g) white beans, drained and rinsed
- 3 cups (720 ml) unsalted low-sodium chicken broth
- 1 tbsp olive oil
- 1 tsp ground cumin (optional, skip if sensitive)
- Pinch of sea salt
- Black pepper to taste (optional)
- 2 tbsp fresh parsley or cilantro, chopped (optional garnish)
- ◆ Use ground chicken instead of turkey.
- ◆ Swap white beans for chickpeas or lentils.

Nutritional Information: Calories: 280; Protein: 27 g; Carbohydrates: 28 g; Fiber: 7 g; Fat: 8 g; Sodium: 160 mg; Potassium: 720 mg; Cholesterol: 70 mg

Ingredients

- 1 lb (450 g) lean ground turkey
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 medium carrot, diced
- 1 small sweet potato (about 6 oz / 170 g), peeled and cubed
- 1 can (15 oz / 425 g) white beans, drained and rinsed
- 3 cups (720 ml) unsalted low-sodium chicken broth
- 1 tbsp olive oil
- 1 tsp ground cumin (optional, skip if sensitive)
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley or cilantro, chopped



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild,
Creamy &
Comforting

Creamy Chicken & Potato Stew

Instructions

- Add chicken, potatoes, carrot, zucchini, broth, olive oil, bay leaf, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 10 minutes.
- Allow Natural Release for 10 minutes, then carefully Quick Release any remaining pressure.
- Remove bay leaf. Stir in oat milk to make the stew creamy.
- Adjust seasoning with optional pepper. Garnish with parsley and serve warm.
 - ◆ Use turkey breast instead of chicken.
 - ◆ Replace zucchini with celery or spinach for variety.
 - ◆ Add ½ cup cooked rice or quinoa for a heartier stew.

Nutritional Information: Calories: 270; Protein: 28 g; Carbohydrates: 24 g; Fiber: 4 g; Fat: 7 g; Sodium: 170 mg; Potassium: 780 mg; Cholesterol: 70 mg

Ingredients

- 1 lb (450 g) skinless, boneless chicken breast, cut into bite-sized cubes
- 2 medium potatoes (about 12 oz / 340 g), peeled and diced
- 1 medium carrot, diced
- 1 small zucchini, diced
- 3 cups (720 ml) unsalted low-sodium chicken broth
- ½ cup (120 ml) unsweetened oat milk (or lactose-free milk)
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped (optional garnish)



TIME
25 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild
Fresh
& Savory

Herb-Infused Salmon with Rice

Instructions

- Add rice, broth, zucchini, olive oil, and salt to the pressure cooker. Stir gently.
- Place salmon fillets on top of the rice mixture.
- Lock the lid and cook on High Pressure for 6 minutes.
- Allow Natural Release for 10 minutes, then carefully Quick Release any remaining pressure.
- Sprinkle with parsley and dill. Adjust seasoning with optional pepper and serve warm.
 - ◆ Use trout, cod, or haddock instead of salmon.
 - ◆ Replace white rice with quinoa or brown rice (increase cook time to 15 minutes for brown rice).
 - ◆ Add diced carrots instead of zucchini for a slightly sweeter flavor.
 - ◆ Garnish with fresh chives or basil instead of dill for a different herbal note.

Nutritional Information: Calories: 340; Protein: 31 g; Carbohydrates: 26 g; Fiber: 2 g; Fat: 13g; Sodium: 170 mg; Potassium: 780 mg; Cholesterol: 75 mg

Ingredients

- 4 salmon fillets (about 5 oz / 140 g each), skin removed if preferred
- 1 cup (200 g) white rice, rinsed
- 2 ½ cups (600 ml) unsalted low-sodium vegetable or fish broth
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 tbsp olive oil
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- Pinch of sea salt
- Black pepper to taste
- ◆ Stir in 1–2 tbsp oat cream for extra creaminess.



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Sweet
& Earthy

Lentil & Carrot Medley

Instructions

- Add lentils, carrots, zucchini, broth, olive oil, bay leaf, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 8 minutes.
- Allow Natural Release for 10 minutes, then carefully Quick Release any remaining pressure.
- Remove bay leaf, stir gently, and adjust seasoning with optional pepper.
- Garnish with parsley before serving warm.
 - ◆ Swap zucchini for celery or spinach for variety.
 - ◆ Add a splash of oat milk for creamier texture.
 - ◆ Stir in ½ cup cooked quinoa for added protein.
 - ◆ Serve over soft white rice or mashed sweet potato for a heartier meal.
- ◆ Store in the fridge up to 3 days or freeze up to 2 months.

Nutritional Information: Calories: 210; Protein: 12 g; Carbohydrates: 34 g; Fiber: 10g; Fat: 5g; Sodium: 140mg; Potassium: 640 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) red lentils, rinsed well
- 2 medium carrots (about 6 oz / 170 g), diced
- 1 small zucchini (about 4 oz / 115 g), diced
- 4 cups (950 ml) unsalted low-sodium vegetable broth
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste (optional)
- 2 tbsp fresh parsley, chopped (optional garnish)
- ◆ Use green or brown lentils instead of red (increase cook time to 12 minutes).



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Savory &
Comforting

Ginger Chicken Congee

Instructions

- Add rice, broth, chicken breast, ginger slices, carrot, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 20 minutes.
- Allow Natural Release for 10 minutes, then carefully Quick Release any remaining pressure.
- Remove chicken breast, shred with two forks, and return to the pot. Stir well — the rice should have broken down into a porridge-like consistency.
- Remove ginger slices for a milder flavor (or leave in for stronger warmth). Garnish with parsley or cilantro and serve warm.
 - ◆ Use turkey breast instead of chicken.
 - ◆ Add soft tofu cubes for additional protein.
 - ◆ Stir in a splash of oat milk for extra creaminess.

Nutritional Information: Calories: 260; Protein: 24 g; Carbohydrates: 32 g; Fiber: 2 g; Fat: 5 g; Sodium: 160 mg; Potassium: 470 mg; Cholesterol: 55 mg

Ingredients

- 1 cup (200 g) white rice, rinsed
- 8 cups (1.9 L) unsalted low-sodium chicken broth or water
- 1 lb (450 g) skinless, boneless chicken breast
- 1-inch (2.5 cm) piece fresh ginger, peeled and sliced into thin rounds
- 1 small carrot (about 3 oz / 85 g), diced
- 1 tsp olive oil
- Pinch of sea salt
- 2 tbsp fresh parsley or cilantro, chopped (optional garnish)
 - ◆ Replace carrot with zucchini or spinach for variety.



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Savory &
Comforting

Pressure Cooker Vegetable Shepherd's Pie

Instructions

- Place potatoes for the topping in a steamer basket inside the pressure cooker with 1 cup water. Lock the lid and cook on High Pressure for 5 minutes. Quick Release, remove potatoes, and mash with oat milk, olive oil, and salt. Set aside.
 - Wipe out the pot. Add lentils, carrot, zucchini, peas, broth, olive oil, bay leaf, and salt. Lock the lid and cook on High Pressure for 8 minutes. Natural Release for 10 minutes, then Quick Release. Remove bay leaf.
 - Preheat oven broiler (optional for browning).
 - Transfer lentil-vegetable filling to a casserole dish. Spread mashed potatoes evenly on top.
 - Broil for 2–3 minutes until lightly golden, or serve as is for a softer finish.
- ♦ Use sweet potatoes instead of white potatoes for a sweeter topping.

Nutritional Information: Calories: 290; Protein: 12 g; Carbohydrates: 49 g; Fiber: 11 g; Fat: 7 g; Sodium: 150 mg; Potassium: 860 mg; Cholesterol: 0 mg

Ingredients

For the filling:

- 1 cup (200 g) red lentils, rinsed
- 1 medium carrot, diced
- 1 small zucchini, diced
- 1 cup (150 g) frozen peas
- 3 cups (720 ml) low-sodium vegetable broth
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste

For the topping:

- 1 lb (450 g) potatoes, peeled and diced
- ½ cup (120 ml) unsweetened oat milk (or lactose-free milk)
- 1 tbsp olive oil
- Pinch of sea salt



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Savory
& Herbal

Low-Acid Pesto Pasta with Chicken

Instructions

- Add pasta, chicken, zucchini, broth, 1 tbsp olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 5 minutes.
- Allow Quick Release, stirring to combine. Drain excess liquid if needed.
- While pasta cooks, blend basil, spinach, Parmesan (if using), olive oil, water/oat milk, and a pinch of salt until smooth.
- Stir pesto into the hot pasta and chicken until well coated. Adjust seasoning with optional pepper. Serve warm.
 - ◆ Use turkey breast instead of chicken.
 - ◆ Substitute zucchini with peas or asparagus for variety.
 - ◆ Stir in 1 tbsp soft tofu into the pesto for extra creaminess.

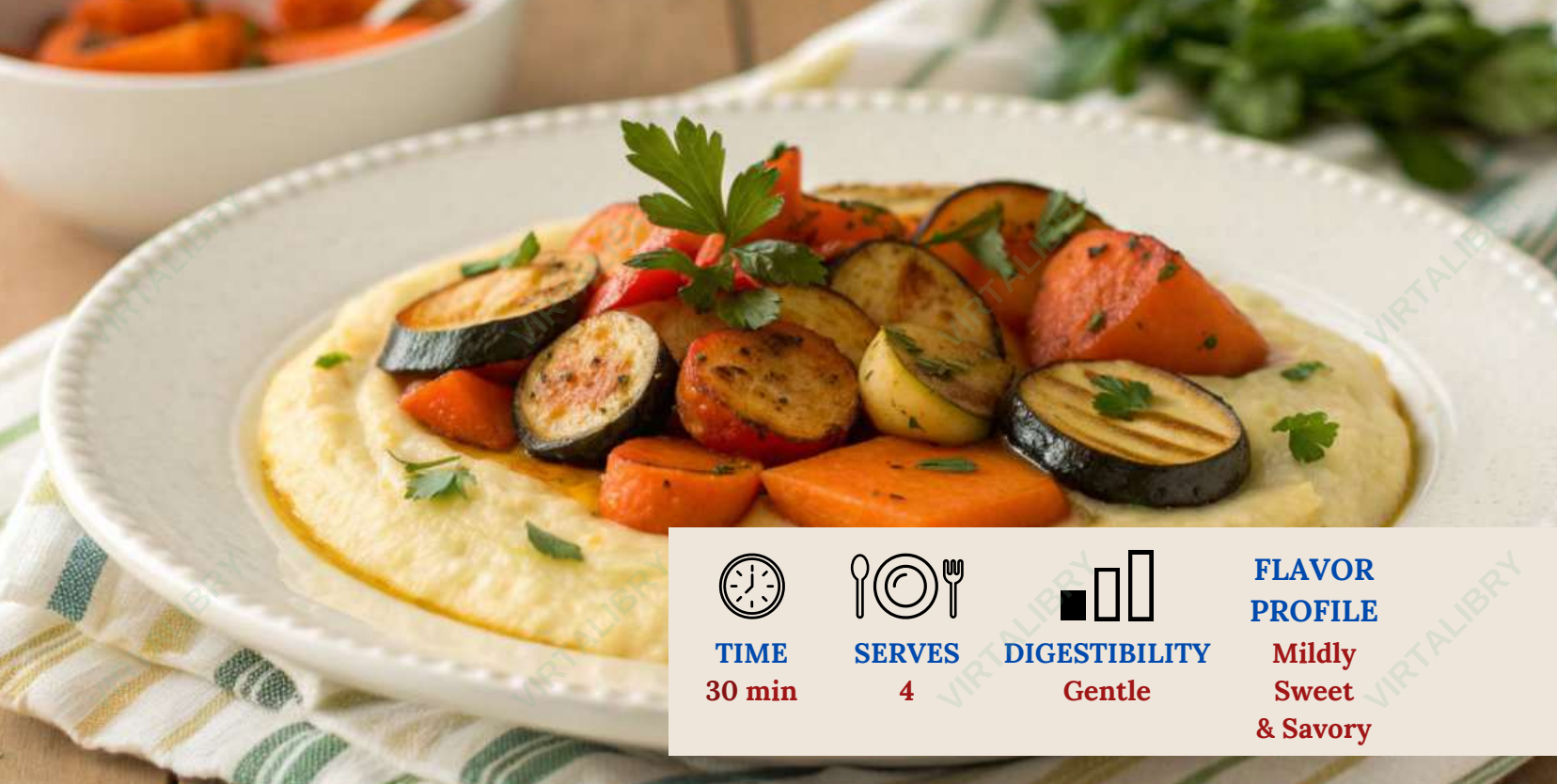
Nutritional Information: Calories: 360; Protein: 27 g; Carbohydrates: 42 g; Fiber: 6 g; Fat: 11 g; Sodium: 190 mg; Potassium: 560 mg; Cholesterol: 55 mg

Ingredients

- 12 oz (340 g) boneless, skinless chicken breast, cut into bite-sized cubes
- 8 oz (225 g) whole wheat or brown rice pasta
- 3 cups (720 ml) unsalted low-sodium chicken broth
- 1 medium zucchini, diced
- 2 tbsp olive oil, divided
- Pinch of sea salt
- Black pepper to taste

For the pesto (low-acid version):

- 1 cup fresh basil leaves
- ½ cup fresh spinach leaves
- 2 tbsp grated Parmesan cheese (if tolerated)
- 2 tbsp olive oil
- 2 tbsp water or oat milk
- Pinch of sea salt



Creamy Polenta with Roasted Vegetables

Instructions

- Preheat oven to 400°F (200°C). Toss zucchini, carrot, and sweet potato with olive oil and salt. Spread on a lined baking sheet and roast for 20–25 minutes, until tender.
- Meanwhile, add broth (or water), cornmeal, olive oil, and salt to the pressure cooker. Stir well.
- Lock the lid and cook on High Pressure for 7 minutes. Allow Natural Release for 10 minutes, then Quick Release.
- Stir in oat milk or oat cream until smooth and creamy. Adjust consistency with a splash of warm water if too thick.
- Serve polenta in bowls topped with roasted vegetables. Garnish with parsley if desired.

♦ Replace sweet potato with butternut squash for a seasonal twist.

Nutritional Information: Calories: 270; Protein: 6 g; Carbohydrates: 47 g; Fiber: 6 g; Fat: 8 g; Sodium: 160 mg; Potassium: 540 mg; Cholesterol: 0 mg

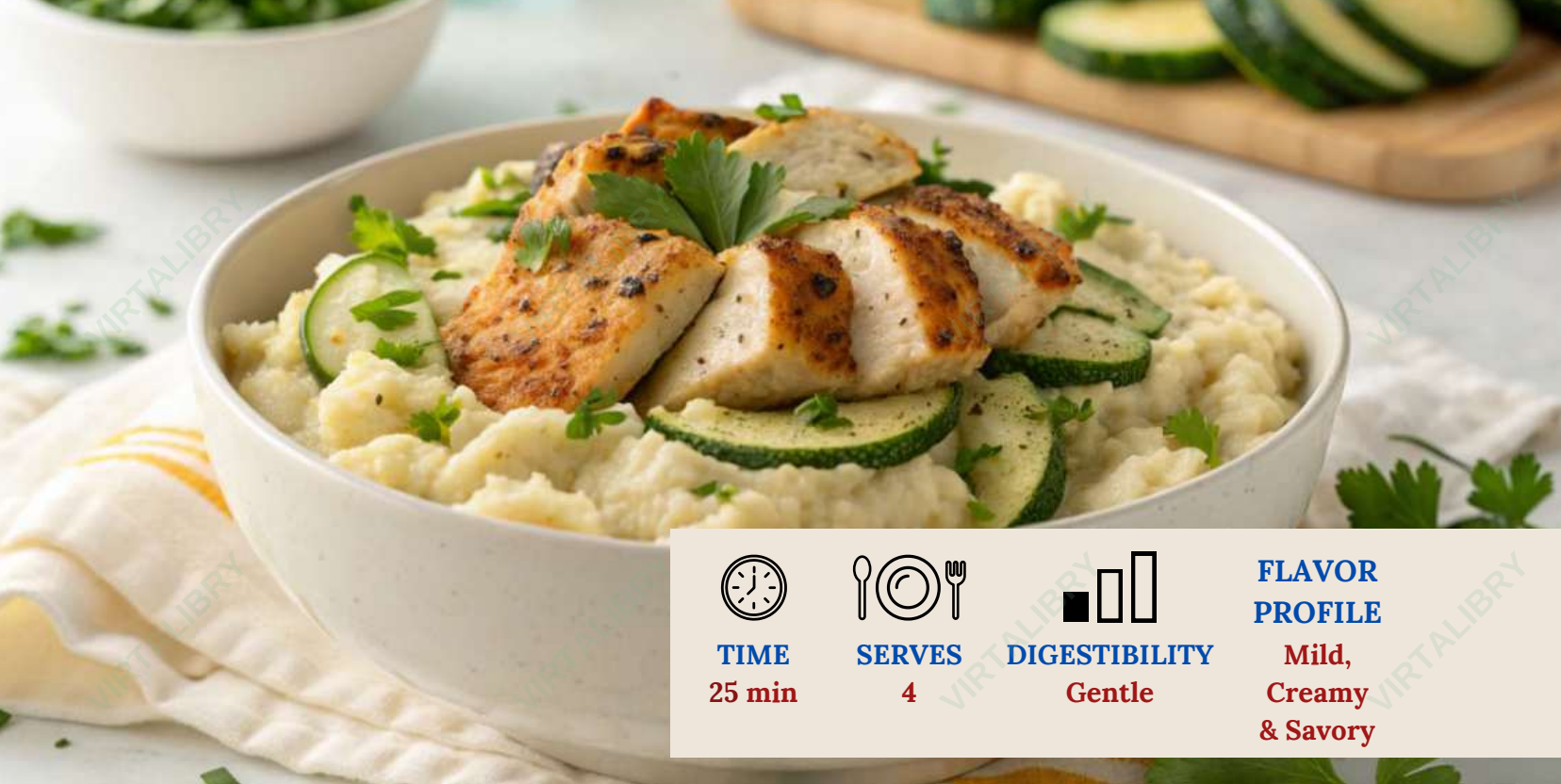
Ingredients

For the polenta:

- 1 cup (160 g) medium-grind cornmeal (polenta)
- 4 cups (950 ml) unsalted low-sodium vegetable broth or water
- 1 tbsp olive oil
- 2 tbsp unsweetened oat milk or oat cream
- Pinch of sea salt

For the vegetables:

- 1 medium zucchini, diced
- 1 small carrot, diced
- 1 small sweet potato, peeled and cubed
- 1 tbsp olive oil
- Pinch of sea salt
- 2 tbsp fresh parsley, chopped (optional garnish)



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild,
Creamy
& Savory

Chicken & Cauliflower Mash Bowl

Instructions

- Place cauliflower florets in a steamer basket inside the pressure cooker with 1 cup water. Lock lid and cook on High Pressure for 3 minutes. Quick Release. Remove cauliflower and set aside.
- Drain the pot, then set to Sauté mode. Add 1 tbsp olive oil and chicken. Cook for 3–4 minutes until lightly browned.
- Add zucchini, a splash of water, and salt. Lock lid and cook on High Pressure for 5 minutes. Natural Release for 5 minutes, then Quick Release.
- Meanwhile, mash steamed cauliflower with oat milk, 1 tbsp olive oil, and optional pepper until smooth and creamy.
- Divide cauliflower mash into bowls. Top with chicken and zucchini mixture. Garnish with parsley or chives. Serve warm.

Nutritional Information: Calories: 260; Protein: 30 g; Carbohydrates: 12 g; Fiber: 4 g; Fat: 11 g; Sodium: 150 mg; Potassium: 780 mg; Cholesterol: 75 mg

Ingredients

- 1 lb (450 g) boneless, skinless chicken breast, cut into bite-sized cubes
- 1 medium head cauliflower (about 1 lb / 450 g), cut into florets
- 1 small zucchini (about 4 oz / 115 g), diced
- ½ cup (120 ml) unsweetened oat milk (or lactose-free milk)
- 2 tbsp olive oil, divided
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley or chives, chopped (optional garnish)
- ♦ Use turkey breast instead of chicken.



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Lightly
Creamy &
Mildly Sweet

Mild Coconut Curry with Vegetables

Instructions

- Add sweet potato, zucchini, carrot, green beans, coconut milk, broth, olive oil, turmeric (if using), and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 4 minutes.
- Allow Quick Release, carefully venting steam.
- Stir well and adjust consistency by adding more broth if needed.
- Garnish with cilantro or parsley and serve warm, ideally over soft rice or quinoa.
- ♦ Replace green beans with peas or spinach for variety.
- ♦ Use butternut squash instead of sweet potato for a seasonal version.
- ♦ Skip turmeric entirely if very sensitive to spices.
- ♦ Add 1 tbsp oat cream for extra creaminess.

Nutritional Information: Calories: 220; Protein: 5 g; Carbohydrates: 28 g; Fiber: 6 g; Fat: 11 g; Sodium: 150 mg; Potassium: 670 mg; Cholesterol: 0 mg

Ingredients

- 1 medium sweet potato, peeled and cubed
- 1 medium zucchini, diced
- 1 small carrot, diced
- 1 cup (150 g) green beans, trimmed and cut into 1-inch pieces
- 1 can (13.5 oz / 400 ml) light unsweetened coconut milk
- 1 cup (240 ml) unsalted low-sodium vegetable broth
- 1 tbsp olive oil
- 1 tsp ground turmeric (optional)
- Pinch of sea salt
- Fresh cilantro or parsley, chopped, for garnish



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
&
Savory

Turkey & Quinoa Stuffed Peppers

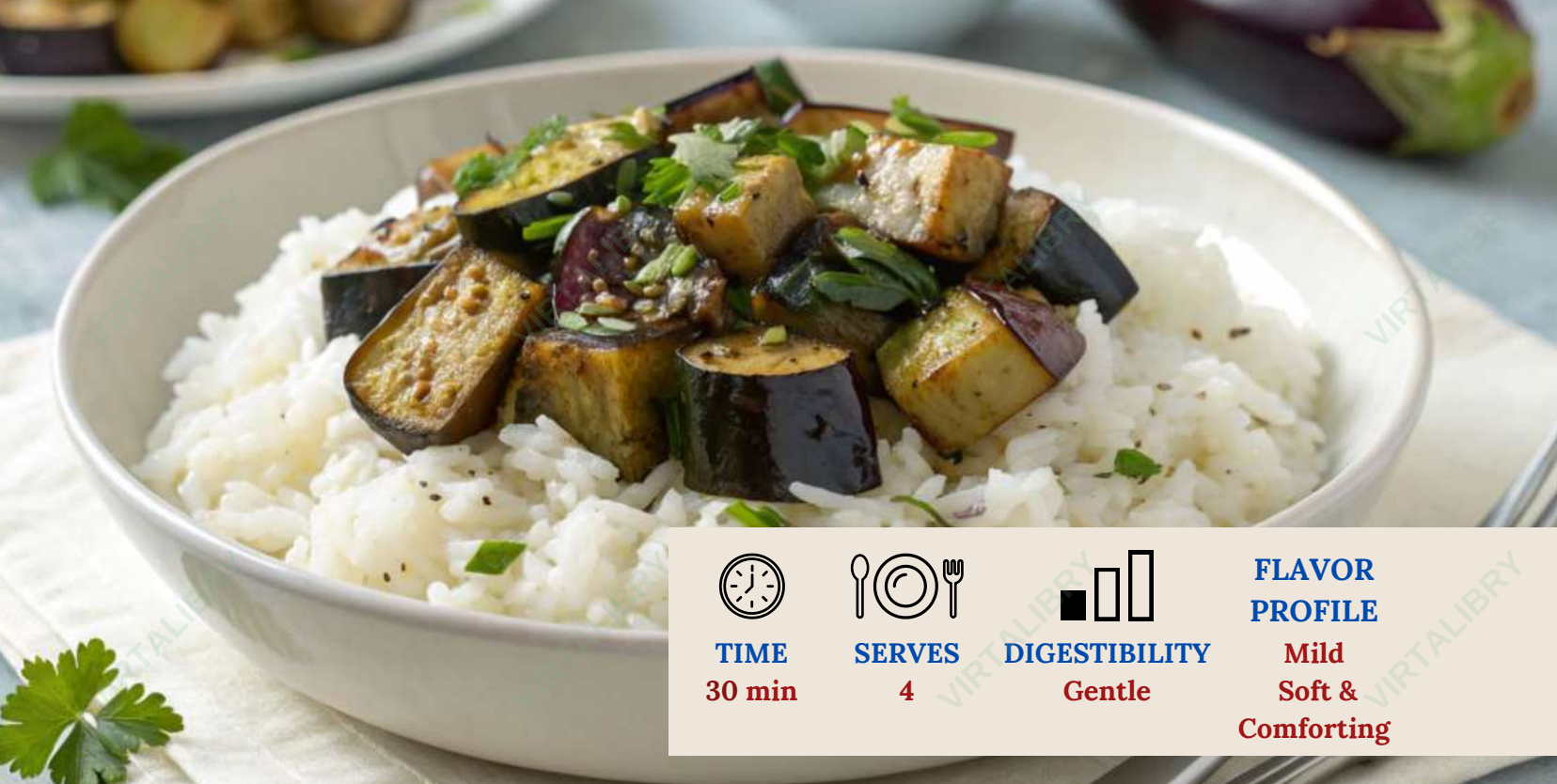
Instructions

- Set the pressure cooker to Sauté mode. Add olive oil and turkey, cooking 3–4 minutes until lightly browned.
- Stir in quinoa, zucchini, carrot, 1 cup broth, parsley, and salt. Cook for 2–3 minutes.
- Stuff each pepper with the turkey-quinoa mixture.
- Place peppers upright in the pressure cooker. Pour remaining ½ cup broth into the bottom of the pot.
- Lock the lid and cook on High Pressure for 8 minutes.
- Allow Natural Release for 5 minutes, then Quick Release.
- Serve warm, spooning a little cooking broth over the peppers.
- ◆ Add finely chopped spinach instead of zucchini for extra greens.

Nutritional Information: Calories: 290; Protein: 26 g; Carbohydrates: 22 g; Fiber: 5 g; Fat: 11 g; Sodium: 160 mg; Potassium: 680 mg; Cholesterol: 65 mg

Ingredients

- 4 medium bell peppers, tops cut off and seeds removed
- 1 lb (450 g) lean ground turkey
- ½ cup (90 g) quinoa, rinsed
- 1 small zucchini (about 4 oz / 115 g), finely diced
- 1 small carrot (about 3 oz / 85 g), finely diced
- 1 ½ cups (360 ml) unsalted low-sodium chicken broth, divided
- 1 tbsp olive oil
- 2 tbsp fresh parsley, chopped
- Pinch of sea salt
- Black pepper to taste



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
Soft &
Comforting

Baked-Style Eggplant with Rice

Instructions

- Add eggplant, rice, broth, zucchini, olive oil, oregano (if using), and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 6 minutes.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Stir gently — the eggplant will be very soft, blending into the rice for a baked-style texture.
- Adjust seasoning with optional pepper. Garnish with parsley before serving.
 - ◆ Replace white rice with quinoa for a protein boost (keep same cook time).
 - ◆ Use yellow squash instead of zucchini for variety.
 - ◆ Add ½ cup diced carrots for a slightly sweeter flavor.

Nutritional Information: Calories: 240; Protein: 6 g; Carbohydrates: 42 g; Fiber: 6 g; Fat: 6 g; Sodium: 150 mg; Potassium: 620 mg; Cholesterol: 0 mg

Ingredients

- 2 small eggplants (about 1 lb / 450 g total), peeled if preferred, cut into 1-inch cubes
- 1 cup (200 g) white rice, rinsed
- 3 cups (720 ml) unsalted low-sodium vegetable broth
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 tbsp olive oil
- 1 tsp dried oregano (optional, mild herb flavor)
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
Creamy &
Comforting

White Bean & Rice Stew

Instructions

- Add beans, rice, zucchini, carrot, broth, olive oil, bay leaf, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 8 minutes.
- Allow Natural Release for 10 minutes, then carefully Quick Release any remaining pressure.
- Remove bay leaf. Stir well — the rice should be tender and the stew creamy.
- Adjust seasoning with optional pepper. Garnish with parsley and serve warm.
 - ◆ Use cannellini, navy, or great northern beans.
 - ◆ Replace rice with quinoa or millet for variety.
 - ◆ Swap zucchini for spinach or celery.
 - ◆ Add a splash of oat milk for creamier texture.
 - ◆ Stir in 1 tbsp nutritional yeast for a dairy-free cheesy flavor.

Nutritional Information: Calories: 230; Protein: 9 g; Carbohydrates: 39 g; Fiber: 7 g; Fat: 5 g; Sodium: 140 mg; Potassium: 620 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) cooked white beans (or 1 can, 15 oz / 425 g, drained and rinsed)
- ½ cup (100 g) white rice, rinsed
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 small carrot (about 3 oz / 85 g), diced
- 4 cups (950 ml) unsalted low-sodium vegetable broth
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
Light &
Comforting

Cod with Potato & Leek

Instructions

- Add potatoes, leek, broth, olive oil, bay leaf, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 6 minutes.
- Allow Natural Release for 5 minutes, then carefully Quick Release.
- Add cod chunks to the hot broth. Cover with the lid (no pressure) and let sit on Keep Warm mode for 5–6 minutes, until the fish flakes easily.
- Remove bay leaf. Adjust seasoning with optional pepper. Garnish with parsley and serve warm.
 - ◆ Substitute cod with haddock, pollock, or halibut.
 - ◆ Replace potatoes with sweet potatoes or parsnips for variety.
 - ◆ Add diced zucchini or carrots for extra vegetables.
 - ◆ Stir in 2 tbsp oat cream for added creaminess.

Nutritional Information: Calories: 240; Protein: 28 g; Carbohydrates: 20 g; Fiber: 3 g; Fat: 6 g; Sodium: 150 mg; Potassium: 730 mg; Cholesterol: 65 mg

Ingredients

- 1 lb (450 g) cod fillets, cut into large chunks
- 2 medium potatoes (about 12 oz / 340 g), peeled and diced
- 1 medium leek (about 5 oz / 140 g), white and light green parts only, thinly sliced
- 3 cups (720 ml) unsalted low-sodium fish or vegetable broth
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped (optional garnish)



TIME
25 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild
Creamy &
Comforting

Chicken with Oats & Vegetables

Instructions

- Add chicken, oats, carrot, zucchini, potato, broth, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 8 minutes.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Stir well – the oats should have softened into the broth, creating a creamy stew-like texture.
- Adjust seasoning with optional pepper. Garnish with parsley before serving warm.
 - ◆ Use turkey breast instead of chicken.
 - ◆ Replace oats with quinoa or brown rice (increase cook time to 12 minutes).
 - ◆ Add diced sweet potato instead of white potato for a sweeter flavor.

Nutritional Information: Calories: 280; Protein: 28 g; Carbohydrates: 24 g; Fiber: 4 g; Fat: 8 g; Sodium: 160 mg; Potassium: 690 mg; Cholesterol: 70 mg

Ingredients

- 1 lb (450 g) boneless, skinless chicken breast, cut into bite-sized cubes
- ½ cup (45 g) rolled oats
- 1 medium carrot (about 3 oz / 85 g), diced
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 small potato (about 5 oz / 140 g), peeled and cubed
- 4 cups (950 ml) unsalted low-sodium chicken broth
- 1 tbsp olive oil
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped



TIME
30 min



SERVES
4-6



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
&
Savory

Turkey Zucchini Meatloaf

Instructions

- In a mixing bowl, combine ground turkey, zucchini, oats, carrot, egg white, olive oil, parsley, salt, and optional pepper. Mix gently until just combined.
- Shape into a loaf and place on a piece of parchment paper or in a silicone loaf pan that fits inside your pressure cooker.
- Pour 1 cup water into the pressure cooker. Place a trivet inside and set the loaf on top.
- Lock the lid and cook on High Pressure for 25 minutes.
- Allow Natural Release for 10 minutes, then Quick Release.
- Let the meatloaf rest 5 minutes before slicing. Serve warm with a side of mashed sweet potatoes or steamed vegetables.

◆ Use ground chicken instead of turkey.

Nutritional Information: Calories: 230; Protein: 28 g; Carbohydrates: 8 g; Fiber: 2 g; Fat: 10 g; Sodium: 150 mg; Potassium: 520 mg; Cholesterol: 70 mg

Ingredients

- 1 ½ lbs (680 g) lean ground turkey
- 1 medium zucchini (about 6 oz / 170 g), finely grated and squeezed of excess moisture
- ½ cup (50 g) rolled oats
- 1 small carrot (about 3 oz / 85 g), finely grated
- 1 large egg white
- 1 tbsp olive oil
- 2 tbsp fresh parsley, chopped
- Pinch of sea salt
- Black pepper to taste

◆ Add finely chopped spinach or kale for extra greens.



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
Fresh
& Savory

Meal-Prep Shredded Chicken Bowls

Instructions

- Add chicken, rice, broth, zucchini, carrot, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 10 minutes.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Remove chicken breasts, shred with two forks, and return to the pot. Stir everything together.
- Divide into 4 bowls or containers. Garnish with parsley or cilantro if desired.

Smart Swaps

- Use turkey breast instead of chicken.
- Replace white rice with quinoa or brown rice (increase cook time to 15 minutes for brown rice).
- Add chopped spinach or kale for extra greens.
- Stir in 2 tbsp oat milk for creamier rice.

Nutritional Information: Calories: 340; Protein: 34 g; Carbohydrates: 36 g; Fiber: 3 g; Fat: 7 g; Sodium: 160 mg; Potassium: 640 mg; Cholesterol: 85 mg

Ingredients

- 1 ½ lbs (680 g) boneless, skinless chicken breasts
- 1 cup (200 g) white rice, rinsed
- 3 cups (720 ml) unsalted low-sodium chicken broth
- 1 medium zucchini (about 6 oz / 170 g), diced
- 1 medium carrot (about 3 oz / 85 g), diced
- 1 tbsp olive oil
- Pinch of sea salt
- Black pepper to taste (optional)
- 2 tbsp fresh parsley or cilantro, chopped (optional garnish)



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
Earthy &
Comforting

Creamy Barley “Risotto” with Mushrooms

Instructions

- Add barley, broth, mushrooms, zucchini, carrot, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 18 minutes.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Stir in oat milk and Parmesan (if using) for a creamy, risotto-like texture.
- Adjust seasoning with optional pepper. Garnish with parsley before serving warm.
 - ♦ Replace mushrooms with extra zucchini or spinach for a lighter version.
 - ♦ Use turkey or chicken broth instead of vegetable broth for more protein depth.
 - ♦ Stir in 1 tbsp nutritional yeast instead of Parmesan for a dairy-free cheesy flavor.

Nutritional Information: Calories: 260; Protein: 8 g; Carbohydrates: 46 g; Fiber: 8 g; Fat: 6 g; Sodium: 150 mg; Potassium: 480 mg; Cholesterol: 2 mg

Ingredients

- 1 cup (200 g) pearl barley, rinsed
- 4 cups (950 ml) unsalted low-sodium vegetable broth
- 1 cup (70 g) mild mushrooms (button or cremini), thinly sliced (skip if mushrooms aren't well tolerated)
- 1 small zucchini, diced
- 1 small carrot, diced
- 1 tbsp olive oil
- ½ cup (120 ml) unsweetened oat milk
- 2 tbsp grated Parmesan cheese (if tolerated)
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley



TIME
20 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
&
Earthy

Tender Lentils (Soak + Short Cook)

Instructions

- Add soaked lentils, carrot, zucchini, broth (or water), olive oil, bay leaf, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 6 minutes.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Remove bay leaf, stir gently, and adjust seasoning with optional pepper.
- Garnish with parsley and serve warm as a side or light main.
- ◆ Use red lentils (no soaking needed) — cook only 4 minutes under pressure.
- ◆ Add diced sweet potato instead of zucchini for a sweeter version.
- ◆ Stir in ½ cup oat milk after cooking for a creamier texture.

Nutritional Information: Calories: 210; Protein: 12 g; Carbohydrates: 34 g; Fiber: 12 g; Fat: 4 g; Sodium: 140 mg; Potassium: 640 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) green or brown lentils, soaked for 4–6 hours, drained, and rinsed
- 1 small carrot (about 3 oz / 85 g), diced
- 1 small zucchini (about 4 oz / 115 g), diced
- 4 cups (950 ml) unsalted low-sodium vegetable broth or water
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste (optional)
- 2 tbsp fresh parsley, chopped (optional garnish)



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild,
Creamy &
Comforting

Pasta with Zucchini “Cream” Sauce

Instructions

- Add pasta, zucchini, potato, broth, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 5 minutes.
- Allow Quick Release, carefully venting steam.
- Remove half of the zucchini and potato, blend with oat milk until smooth, then stir the puree back into the pasta for a creamy sauce.
- Stir in Parmesan if using, adjust seasoning with optional pepper, and garnish with parsley. Serve warm.

Smart Swaps

- Use gluten-free pasta for a GF version.
- Replace potato with sweet potato for a slightly sweeter sauce.
- Add spinach or peas for extra vegetables.

Nutritional Information: Calories: 290; Protein: 9 g; Carbohydrates: 53 g; Fiber: 7 g; Fat: 7 g; Sodium: 150 mg; Potassium: 560 mg; Cholesterol: 2 mg

Ingredients

- 8 oz (225 g) whole wheat or brown rice pasta (penne or fusilli)
- 2 medium zucchini, diced
- 1 small potato, peeled and cubed
- 3 cups (720 ml) unsalted low-sodium vegetable broth
- 1 tbsp olive oil
- 2 tbsp unsweetened oat milk or oat cream
- 2 tbsp grated Parmesan cheese (if tolerated)
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped



Sides & Grains



TIME
20 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Comforting

Soft Mashed Sweet Potatoes

Instructions

- Place sweet potato chunks in a steamer basket inside the pressure cooker with 1 cup water.
- Lock the lid and cook on High Pressure for 8 minutes.
- Allow Quick Release, carefully venting steam.
- Transfer sweet potatoes to a bowl. Mash with oat milk, olive oil, and salt until smooth.
- Add optional cinnamon or nutmeg if desired. Serve warm.

Smart Swaps

- Replace oat milk with rice milk or almond milk if tolerated.
- For a savory version, skip cinnamon and add chopped fresh parsley.
- Make-ahead friendly: refrigerate up to 3 days or freeze up to 2 months.

Nutritional Information: Calories: 180; Protein: 3 g; Carbohydrates: 37 g; Fiber: 6 g; Fat: 4 g; Sodium: 120 mg; Potassium: 730 mg; Cholesterol: 0 mg

Ingredients

- 2 lbs (900 g) sweet potatoes, peeled and cut into 2-inch chunks
- ½ cup (120 ml) unsweetened oat milk (or lactose-free milk)
- 1 tbsp olive oil or avocado oil
- Pinch of sea salt
- Ground cinnamon or nutmeg to taste (optional, skip if sensitive)
 - ◆ Use butternut squash or pumpkin instead of sweet potatoes for variety.
 - ◆ Stir in 1–2 tbsp lactose-free Greek yogurt for extra creaminess.



Gentle Rice Pilaf with Herbs

Instructions

- Add rice, broth, zucchini, carrot, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 4 minutes.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Fluff rice with a fork. Stir in parsley and optional dill or chives.
- Serve warm as a side to chicken, fish, or vegetables.

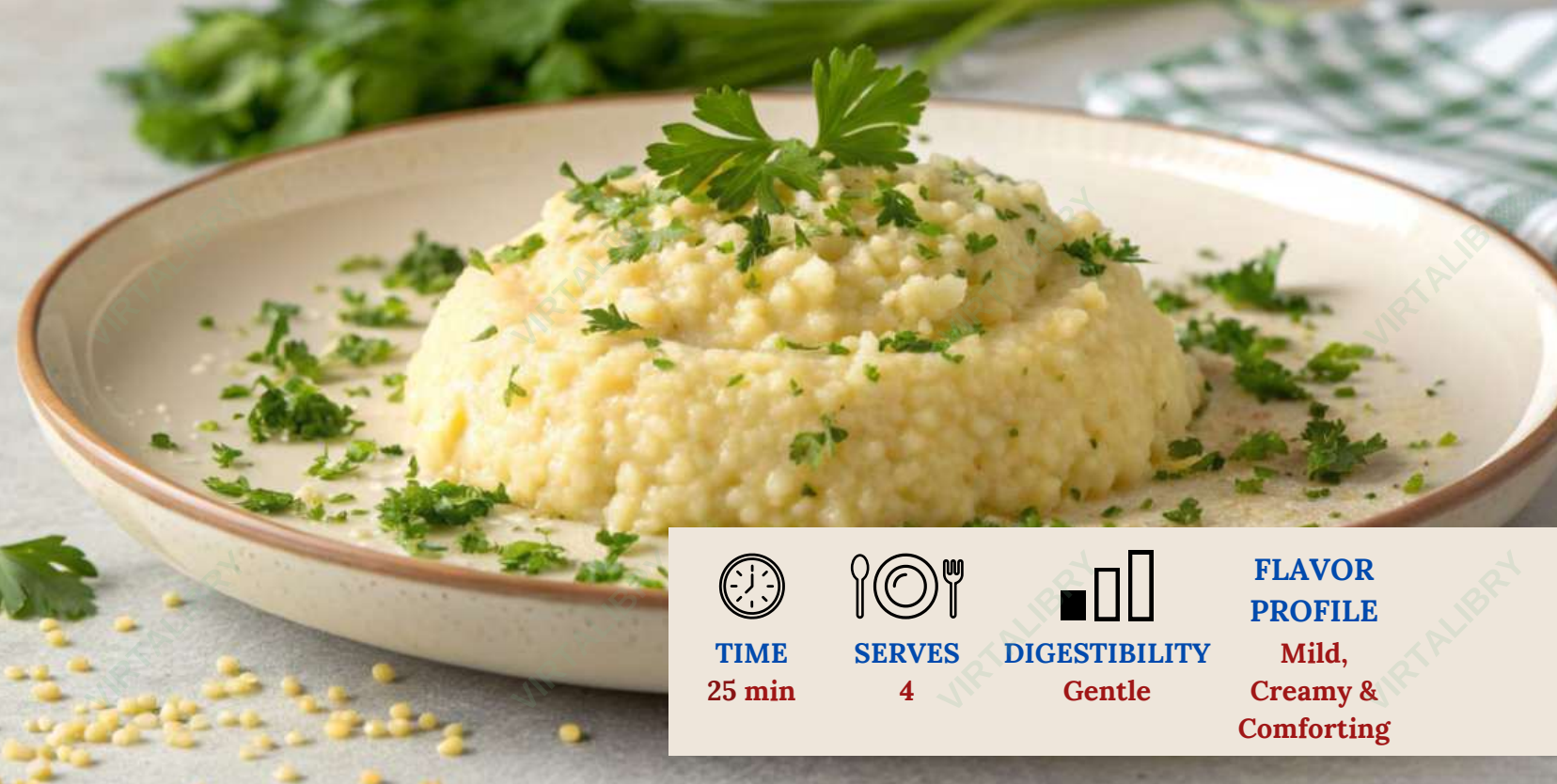
Smart Swaps

- Replace white rice with brown rice (increase cook time to 15 minutes).
- Use turkey broth instead of vegetable broth for a richer flavor.
- Stir in 1 tbsp oat milk for a creamier texture.
- Garnish with extra herbs for freshness.

Nutritional Information: Calories: 190; Protein: 4 g; Carbohydrates: 36 g; Fiber: 2 g; Fat: 4 g; Sodium: 130 mg; Potassium: 210 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) white rice, rinsed
- 2 ¼ cups (530 ml) unsalted low-sodium vegetable or chicken broth
- 1 small zucchini (about 4 oz / 115 g), finely diced
- 1 small carrot (about 3 oz / 85 g), finely diced
- 1 tbsp olive oil
- Pinch of sea salt
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill or chives, chopped (optional)
- ♦ Add peas or spinach instead of zucchini for variety.



Creamy Millet Mash

Instructions

- Add millet, broth, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 10 minutes.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Stir in oat milk until creamy. Adjust seasoning with optional pepper.
- Garnish with parsley and serve warm as a side dish.

Smart Swaps

- Stir in 1 tbsp nutritional yeast for a cheesy, dairy-free flavor.
- Replace parsley with dill or chives for a different herbal note.
- Add a small sweet potato (cubed) to cook with the millet for extra sweetness.

Nutritional Information: Calories: 210; Protein: 6 g; Carbohydrates: 38 g; Fiber: 4 g; Fat: 5 g; Sodium: 140 mg; Potassium: 220 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) millet, rinsed well
- 3 ½ cups (830 ml) unsalted low-sodium vegetable or chicken broth
- ½ cup (120 ml) unsweetened oat milk (or lactose-free milk)
- 1 tbsp olive oil
- Pinch of sea salt
- Black pepper to taste (optional)
- 2 tbsp fresh parsley, chopped (optional garnish)
- ♦ Use rice milk or almond milk instead of oat milk (if tolerated).



TIME
10 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly
Sweet
& Simple

Pressure Cooker Steamed Carrots

Instructions

- Place 1 cup water in the pressure cooker. Set a steamer basket inside.
- Add carrot pieces to the basket. Lock the lid.
- Cook on High Pressure for 2 minutes.
- Allow Quick Release, carefully venting steam.
- Transfer carrots to a serving bowl. Toss with olive oil or butter (if using) and a pinch of salt.
- Garnish with parsley or dill, if desired. Serve warm.

Smart Swaps

- Replace olive oil with avocado oil for a different gentle fat.
- Mash steamed carrots with a splash of oat milk for a creamy side dish.
- Serve with chicken, fish, or grains as part of a balanced meal.
- Refrigerate leftovers up to 3 days.

Nutritional Information: Calories: 70; Protein: 1 g; Carbohydrates: 16 g; Fiber: 5 g; Fat: 2 g; Sodium: 80 mg; Potassium: 390 mg; Cholesterol: 0 mg

Ingredients

- 1 lb (450 g) carrots, peeled and cut into 1-inch pieces
- 1 cup (240 ml) water (for steaming)
- 1 tsp olive oil or unsalted butter (optional)
- Pinch of sea salt
- Fresh parsley or dill, chopped, for garnish (optional)
- ♦ Use baby carrots for convenience — same cook time.
- ♦ Add ½ tsp ground cinnamon for a naturally sweet flavor.



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
Earthy &
Comforting

Barley with Mushrooms

Instructions

- Add barley, mushrooms, zucchini, broth, olive oil, bay leaf, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 18 minutes.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Remove bay leaf. Stir gently, adjust seasoning with optional pepper, and garnish with parsley.
- Serve warm as a side dish or light main.

Smart Swaps

- Replace barley with farro or brown rice (increase cook time to 20–22 minutes).
- Use spinach instead of zucchini for added greens.
- Add 1 tbsp oat milk for a creamier finish.
- Skip mushrooms and double the zucchini if needed.

Nutritional Information: Calories: 220; Protein: 7 g; Carbohydrates: 42 g; Fiber: 8 g; Fat: 5 g; Sodium: 140 mg; Potassium: 430 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) pearl barley, rinsed
- 4 cups (950 ml) unsalted low-sodium vegetable broth
- 1 cup (70 g) mild mushrooms (button or cremini), thinly sliced (skip if mushrooms aren't well tolerated)
- 1 small zucchini (about 4 oz / 115 g), diced
- 1 tbsp olive oil
- 1 bay leaf
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped (optional garnish)



TIME
15 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild, Fresh
& Lightly
Savory

Rice Noodles with Gentle Dressing

Instructions

- Cook rice noodles according to package instructions. Drain and set aside.
- In a small bowl, whisk together olive oil, rice vinegar (if using), broth, honey, and salt to make a gentle dressing.
- Toss noodles with zucchini and carrot. Drizzle dressing over and mix gently.
- Garnish with parsley or cilantro if desired. Serve warm or at room temperature.

Smart Swaps

- Add diced cooked chicken or tofu for extra protein.
- Replace rice vinegar with a splash of oat milk for a creamy-style dressing.
- Use gluten-free tamari (if tolerated) instead of salt for a savory depth.
- Stir in soft spinach leaves for added greens.

Nutritional Information: Calories: 220; Protein: 4 g; Carbohydrates: 42 g; Fiber: 2 g; Fat: 5 g; Sodium: 110 mg; Potassium: 210 mg; Cholesterol: 0 mg

Ingredients

- 8 oz (225 g) rice noodles
- 1 small zucchini (about 4 oz / 115 g), julienned
- 1 small carrot (about 3 oz / 85 g), julienned
- 1 tbsp olive oil
- 1 tbsp rice vinegar (mild; skip if very sensitive)
- 2 tbsp unsalted low-sodium chicken or vegetable broth
- 1 tsp honey or maple syrup
- Pinch of sea salt
- 2 tbsp fresh parsley or cilantro, chopped

◆ Use cucumber instead of zucchini for a refreshing twist.



TIME
20 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild,
Creamy &
Comforting

Mashed Cauliflower

Instructions

- Place 1 cup water in the pressure cooker. Set a steamer basket inside and add cauliflower florets.
- Lock the lid and cook on High Pressure for 3 minutes.
- Allow Quick Release, carefully venting steam.
- Transfer cauliflower to a bowl. Mash with oat milk, olive oil or butter (if using), and salt until smooth and creamy.
- Adjust seasoning with optional pepper and garnish with parsley or chives before serving.

Smart Swaps

- Use rice milk or almond milk instead of oat milk, if tolerated.
- Add 1 tbsp nutritional yeast for a cheesy, dairy-free flavor.
- Serve as a side to chicken, fish, or lentil dishes.

Nutritional Information: Calories: 90; Protein: 4 g; Carbohydrates: 10 g; Fiber: 4 g; Fat: 4 g; Sodium: 110 mg; Potassium: 460 mg; Cholesterol: 0 mg

Ingredients

- 1 medium head cauliflower (about 2 lbs / 900 g), cut into florets
- ½ cup (120 ml) unsweetened oat milk (or lactose-free milk)
- 1 tbsp olive oil or unsalted butter (optional)
- Pinch of sea salt
- Black pepper to taste (optional)
- 2 tbsp fresh parsley or chives, chopped (optional garnish)
- ♦ Mix in 1 small potato (steamed with cauliflower) for a slightly thicker mash.



TIME
25 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Comforting

Roasted Squash Chunks

Instructions

- Place 1 cup water in the pressure cooker. Set a steamer basket inside and add squash chunks.
- Lock the lid and cook on High Pressure for 4 minutes. Quick Release.
- Drain squash and transfer to a bowl. Toss gently with olive oil and salt.
- (Optional “roasted-style” finish) Spread the squash on a lined baking sheet and broil for 3–4 minutes until lightly golden on the edges.
- Garnish with parsley or dill and serve warm.
 - ◆ Replace olive oil with avocado oil for a different gentle fat.
 - ◆ Pair with chicken, turkey, or lentil stew for a full meal.
 - ◆ Refrigerate leftovers up to 3 days; freeze up to 2 months.

Nutritional Information: Calories: 120; Protein: 2 g; Carbohydrates: 24 g; Fiber: 4 g; Fat: 4 g; Sodium: 90 mg; Potassium: 580 mg; Cholesterol: 0 mg

Ingredients

- 1 ½ lbs (680 g) butternut squash or other mild squash, peeled, seeded, and cut into 1-inch chunks
- 1 tbsp olive oil
- Pinch of sea salt
- Fresh parsley or dill, chopped, for garnish (optional)
 - ◆ Use kabocha, acorn, or delicata squash instead of butternut.
 - ◆ Add a sprinkle of ground cinnamon or nutmeg for natural sweetness.
 - ◆ Mash cooked squash with oat milk for a creamy side dish.



TIME
20 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
Nutty
& Fresh

Quinoa Pilaf with Zucchini

Instructions

- Add quinoa, broth, zucchini, carrot, olive oil, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 1 minute.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Fluff with a fork, adjust seasoning with optional pepper, and garnish with fresh herbs.
- Serve warm as a side dish or light main.
 - ◆ Replace zucchini with spinach or peas for variety.
 - ◆ Use rice milk or oat milk instead of broth for a creamier texture.
 - ◆ Add 1 tbsp nutritional yeast for a dairy-free cheesy note.
 - ◆ Stir in cooked chicken or turkey for extra protein.
 - ◆ Make it heartier by adding ½ cup cooked lentils.

Nutritional Information: Calories: 210; Protein: 7 g; Carbohydrates: 34 g; Fiber: 4 g; Fat: 6 g; Sodium: 120 mg; Potassium: 390 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (170 g) quinoa, rinsed well
- 2 ¼ cups (530 ml) unsalted low-sodium vegetable or chicken broth
- 1 medium zucchini (about 6 oz / 170 g), diced
- 1 small carrot (about 3 oz / 85 g), diced
- 1 tbsp olive oil
- Pinch of sea salt
- Black pepper to taste (optional)
- 2 tbsp fresh parsley or dill, chopped (optional garnish)



TIME
20 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly
Sweet &
Comforting

Creamy Oats & Pumpkin

Instructions

- Add oats, oat milk, pumpkin purée, olive oil (or butter), cinnamon (if using), and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 3 minutes.
- Allow Natural Release for 10 minutes, then Quick Release.
- Stir well, sweeten with maple syrup or honey if desired, and serve warm.
 - ◆ Add 1 tbsp ground flaxseed or chia seeds for extra fiber (if tolerated).
 - ◆ Use rice milk instead of oat milk for a lighter version.
 - ◆ Stir in 1–2 tbsp soft tofu for a protein boost.
 - ◆ Top with steamed apple slices or pear slices for natural sweetness.

Nutritional Information: Calories: 180; Protein: 5 g; Carbohydrates: 32 g; Fiber: 6 g; Fat: 4 g; Sodium: 120 mg; Potassium: 380 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (90 g) rolled oats
- 2 cups (480 ml) unsweetened oat milk (or 1 cup oat milk + 1 cup water)
- 1 cup (225 g) pumpkin purée (unsweetened, plain)
- 1 tbsp maple syrup or honey (optional)
- 1 tsp olive oil or unsalted butter (for richness)
- ½ tsp ground cinnamon (skip if sensitive)
- Pinch of sea salt
- ◆ Replace pumpkin purée with butternut squash purée for a similar flavor.



TIME
15 min



SERVES
About
2 cups



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild,
Creamy
& Neutral

Oat “Cream” Sauce

Instructions

- In a small saucepan (or using the Sauté function on the pressure cooker), combine oats and broth.
- Cook over medium heat, stirring, for 8–10 minutes until oats are very soft and mixture thickens.
- Transfer to a blender. Add olive oil and salt. Blend until completely smooth and creamy.
- Return to the pot, warm gently, and adjust seasoning with optional pepper.
- Use immediately as a sauce for vegetables, chicken, or grain bowls.

Smart Swaps

- Make it richer: blend in 1–2 tbsp soft tofu for more protein.
- Store refrigerated up to 3 days; reheat gently with a splash of broth or water.

Nutritional Information: Calories: 60 (per ¼ cup); Protein: 2 g; Carbohydrates: 9 g; Fiber: 1 g; Fat: 2 g; Sodium: 70 mg; Potassium: 80 mg; Cholesterol: 0 mg

Ingredients

- ½ cup (45 g) rolled oats
- 2 cups (480 ml) unsalted low-sodium vegetable broth or water
- 1 tbsp olive oil
- Pinch of sea salt
- Black pepper to taste (optional)
- ♦ Use rice milk instead of broth for a lighter flavor.
- ♦ Stir in 1 tbsp nutritional yeast for a dairy-free “cheesy” note.
- ♦ Add a pinch of mild dried herbs (like parsley or dill) for extra flavor.



Snacks, Light Bites & Gentle Desserts



TIME
30 min



SERVES
4



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mild
Savory &
Comforting

Savory Rice Cups

Instructions

- Add rice, broth, zucchini, carrot, olive oil, and salt to the pressure cooker. Stir gently.
- Lock lid and cook on High Pressure for 4 minutes. Allow Natural Release for 10 minutes, then Quick Release.
- Transfer rice mixture to a bowl. Let cool slightly, then stir in egg white.
- Preheat oven to 375°F (190°C). Lightly grease a muffin tin.
- Spoon rice mixture into muffin cups, pressing gently to shape.
- Bake for 10–12 minutes, until set and lightly golden on top.
- Garnish with parsley and serve warm.
 - ◆ Use quinoa instead of rice for extra protein.
 - ◆ Replace zucchini with spinach or peas.

Nutritional Information: Calories: 160; Protein: 4 g; Carbohydrates: 31 g; Fiber: 2 g; Fat: 4 g; Sodium: 120 mg; Potassium: 210 mg; Cholesterol: 0 mg

Ingredients

- 1 cup (200 g) white rice, rinsed
- 2 ¼ cups (530 ml) unsalted low-sodium vegetable or chicken broth
- 1 small zucchini (about 4 oz / 115 g), finely diced
- 1 small carrot (about 3 oz / 85 g), finely diced
- 1 egg white
- 1 tbsp olive oil
- Pinch of sea salt
- Black pepper to taste
- 2 tbsp fresh parsley, chopped
- ◆ For extra creaminess, stir in 2 tbsp oat milk before baking.



TIME
10 min



SERVES
4



DIGESTIBILITY
Very Gentle

FLAVOR PROFILE

Mildly
Sweet &
Comforting

Steamed Apple Slices with Cinnamon

Instructions

- Pour water into the pressure cooker and insert a steamer basket.
- Place apple slices in the basket. Lock the lid.
- Cook on High Pressure for 1 minute. Quick Release immediately to avoid overcooking.
- Transfer apples to a bowl. Toss gently with olive oil or butter (if using) and sprinkle with cinnamon (if using).
- Serve warm as a light dessert, snack, or topping for oatmeal.
 - ◆ Sprinkle with ground nutmeg instead of cinnamon for a different gentle spice.
 - ◆ Blend steamed apples into a smooth purée for an applesauce-style treat.
 - ◆ Serve with creamy oatmeal, rice pudding, or millet porridge for a full meal.

Nutritional Information: Calories: 95; Protein: 0 g; Carbohydrates: 25 g; Fiber: 4 g; Fat: 1 g; Sodium: 5 mg; Potassium: 200 mg; Cholesterol: 0 mg

Ingredients

- 4 medium sweet apples (such as Fuji or Gala), peeled, cored, and sliced into wedges
- 1 tsp olive oil or unsalted butter (optional, for richness)
- ½ tsp ground cinnamon (optional, skip if sensitive)
- 1 cup (240 ml) water (for steaming)
 - ◆ Use pears instead of apples for a softer, milder option.
 - ◆ Add a drizzle of honey or maple syrup for extra sweetness (optional).



TIME
25 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mild,
Creamy &
Comforting

Mild Rice Cakes with Cottage Cheese

Instructions

- Add rice, broth, and salt to the pressure cooker. Stir gently.
- Lock lid and cook on High Pressure for 4 minutes. Allow Natural Release for 10 minutes, then Quick Release.
- Transfer cooked rice to a bowl. Let cool slightly. Stir in cottage cheese and egg white until well combined.
- Shape mixture into small patties (about 2–3 inches wide).
- Heat olive oil in a nonstick skillet over medium-low heat. Cook rice cakes 2–3 minutes per side until lightly golden.
- Serve warm as a light main or side dish.
 - ◆ Stir in finely grated zucchini or carrot for extra vegetables.

Nutritional Information: Calories: 160; Protein: 10 g; Carbohydrates: 22 g; Fiber: 1 g; Fat: 4 g; Sodium: 140 mg; Potassium: 180 mg; Cholesterol: 10 mg

Ingredients

- 1 cup (200 g) white rice, rinsed
- 2 ¼ cups (530 ml) unsalted low-sodium chicken or vegetable broth
- 1 cup (225 g) low-fat cottage cheese
- 1 large egg white
- 1 tbsp olive oil (for cooking)
- Pinch of sea salt
- Black pepper to taste
 - ◆ Use quinoa instead of rice for a nuttier flavor.
 - ◆ Swap cottage cheese for ricotta or lactose-free cottage cheese.



TIME
20 min



SERVES
6



DIGESTIBILITY
Gentle

**FLAVOR
PROFILE**

Mildly
Sweet, Soft &
Comforting

Pressure Cooker Apple Crisp

Instructions

- Cook the apples: Place apple slices, water, optional maple syrup, and cinnamon in the pressure cooker. Lock the lid and cook on High Pressure for 2 minutes. Quick Release. Apples should be very soft.
- Make the topping (stovetop or sauté mode): In a skillet or using the Sauté function of the cooker, toast oats with olive oil (or butter), maple syrup, optional nuts, and salt for 3–4 minutes, stirring until lightly golden and fragrant.
- Assemble: Spoon warm apples into bowls and sprinkle with oat topping.
- Serve warm as a gentle dessert or snack.
 - ◆ Use pears instead of apples for an even milder version.
 - ◆ Replace nuts with sunflower seeds or skip entirely for an ultra-gentle topping.

Nutritional Information: Calories: 175; Protein: 3 g; Carbohydrates: 31 g; Fiber: 5 g; Fat: 6 g; Sodium: 50 mg; Potassium: 200 mg; Cholesterol: 0 mg

Ingredients

For the Apples

- 4 medium sweet apples (such as Gala or Fuji), peeled, cored, and sliced
- 1 tbsp maple syrup or honey (optional)
- ½ tsp ground cinnamon (skip if sensitive)
- ½ cup (120 ml) water

For the Oat Topping

- 1 cup (90 g) rolled oats
- 2 tbsp olive oil or unsalted butter
- 2 tbsp maple syrup or honey
- 2 tbsp finely chopped walnuts or almonds (skip if sensitive)
- Pinch of sea salt



TIME
12 min



SERVES
6



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly
Sweet, Soft &
Comforting

Pressure Cooker Fruit Compote

Instructions

- Add apples, blueberries, water, and optional maple syrup/cinnamon to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 2 minutes.
- Allow Quick Release, carefully venting steam.
- Stir gently — the fruit should be very soft, creating a compote-like texture.
- Serve warm, chilled, or as a topping for oatmeal, pancakes, or yogurt (if tolerated).

Smart Swaps

- Mix in a handful of raspberries for a gentle tartness (only if tolerated).
- Use as a filling for rice pudding or a topping for soft baked pears.
- Refrigerate up to 4 days; freeze up to 2 months.

Nutritional Information: Calories: 90; Protein: 1 g; Carbohydrates: 23 g; Fiber: 4 g; Fat: 0 g; Sodium: 5 mg; Potassium: 190 mg; Cholesterol: 0 mg

Ingredients

- 4 medium sweet apples (such as Gala or Fuji), peeled, cored, and diced
- 1 cup (150 g) fresh or frozen blueberries
- ½ cup (120 ml) water
- 1 tbsp maple syrup or honey (optional, for extra sweetness)
- ½ tsp ground cinnamon (optional, skip if sensitive)
- ♦ Replace blueberries with pears or peaches (peeled) for variety.
- ♦ For extra creaminess, stir in 1 tbsp oat milk before serving.



TIME
20 min



SERVES
6



DIGESTIBILITY
Gentle

FLAVOR PROFILE

Mildly
Sweet, Fruity
& Comforting

Pressure Cooker Peach & Oat Crumble

Instructions

- Cook the peaches: Add peaches, water, maple syrup (if using), and cinnamon to the pressure cooker. Lock the lid and cook on High Pressure for 2 minutes. Quick Release.
- Prepare the oat topping: While peaches cook, heat a skillet or use the Sauté mode of the cooker. Toast oats with olive oil or butter, maple syrup or honey, optional nuts, and salt for 3–4 minutes until lightly golden.
- Assemble: Spoon warm peaches into serving bowls and sprinkle with oat topping.
- Serve warm as a gentle dessert or snack.
 - ◆ Replace peaches with pears or apples for variety.
 - ◆ Skip nuts entirely for a lighter, gentler topping.
 - ◆ Add 1 tbsp ground flaxseed to the oat topping for extra fiber.

Nutritional Information: Calories: 170; Protein: 3 g; Carbohydrates: 32 g; Fiber: 4 g; Fat: 5 g; Sodium: 50 mg; Potassium: 210 mg; Cholesterol: 0 mg

Ingredients

For the Peaches

- 4 medium ripe peaches, peeled, pitted, and sliced
- ½ cup (120 ml) water
- 1 tbsp maple syrup or honey (optional, for extra sweetness)
- ½ tsp ground cinnamon (skip if sensitive)

For the Oat Topping

- 1 cup (90 g) rolled oats
- 2 tbsp olive oil or unsalted butter
- 2 tbsp maple syrup or honey
- 2 tbsp finely chopped walnuts or almonds (skip if sensitive)
- Pinch of sea salt



TIME
30 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly Sweet,
Creamy &
Comforting

Pressure Cooker Vanilla-Pear Custard

Instructions

- In a mixing bowl, whisk together oat milk, egg whites, whole egg, maple syrup or honey, vanilla, and salt until smooth.
- Stir in diced pears.
- Divide mixture evenly among 4 small ramekins. Cover each ramekin tightly with foil.
- Pour 1 cup water into the pressure cooker. Place a trivet inside and arrange ramekins on top.
- Lock the lid and cook on High Pressure for 7 minutes. Allow Natural Release for 10 minutes, then Quick Release.
- Carefully remove ramekins, uncover, and let cool slightly. Serve warm or chilled.
 - ◆ Use apples instead of pears for a gentle variation.
 - ◆ Replace oat milk with rice milk or almond milk (if tolerated).

Nutritional Information: Calories: 150; Protein: 6 g; Carbohydrates: 22 g; Fiber: 2 g; Fat: 4 g; Sodium: 70 mg; Potassium: 180 mg; Cholesterol: 55 mg

Ingredients

- 2 medium ripe pears (about 8 oz / 225 g), peeled, cored, and finely diced
- 1 ½ cups (360 ml) unsweetened oat milk (or lactose-free milk)
- 2 large egg whites
- 1 whole large egg
- 3 tbsp maple syrup or honey
- 1 tsp pure vanilla extract
- Pinch of sea salt
- ◆ Add 1 tbsp finely grated carrot to the custard mix for extra fiber and sweetness.
- ◆ Top with a spoonful of soft pear purée for garnish.



TIME
25 min



SERVES
4



DIGESTIBILITY
Very Gentle

**FLAVOR
PROFILE**

Mildly
Sweet, Creamy
& Fresh

Berries & Rice Pudding

Instructions

- Add rice, oat milk, water, olive oil or butter (if using), vanilla, and salt to the pressure cooker. Stir gently.
- Lock the lid and cook on High Pressure for 8 minutes.
- Allow Natural Release for 10 minutes, then Quick Release any remaining pressure.
- Stir in maple syrup or honey (if using). Fold in blueberries or raspberries gently so they warm through but keep shape.
- Serve warm or chilled.
- ◆ Replace berries with diced soft pears or peaches for a milder option.
- ◆ Use rice milk or almond milk instead of oat milk (if tolerated).
- ◆ Stir in 1 tbsp chia seeds after cooking for extra fiber.

Nutritional Information: Calories: 185; Protein: 4 g; Carbohydrates: 36 g; Fiber: 2 g; Fat: 4 g; Sodium: 85 mg; Potassium: 200 mg; Cholesterol: 0 mg

Ingredients

- ½ cup (100 g) white rice, rinsed
- 2 cups (480 ml) unsweetened oat milk (or lactose-free milk)
- 1 cup (240 ml) water
- 1 tbsp maple syrup or honey (optional, for extra sweetness)
- 1 tsp olive oil or unsalted butter (for richness)
- ½ tsp vanilla extract
- Pinch of sea salt
- ½ cup (75 g) blueberries or raspberries (fresh or frozen, thawed if frozen)
- ◆ Add 1 tbsp shredded coconut (unsweetened) for texture.

A Note of Thanks

Thank you for bringing this book into your kitchen—and for your willingness to explore new ways of finding comfort.

It means a great deal that you've spent time here, learning to care for yourself with intention and ease. Living with acid reflux, GERD, or gastritis can make mealtimes feel like a daily battle. But this book wasn't written to add to that stress.

It was written to be manageable—and meaningful.

If one dish here helped you feel more at peace in your kitchen, more clear-headed, or simply more comfortable after a meal—then this book has served its purpose.

The recipes you've tried are more than just low-acid, low-fat creations. They are quiet acts of self-respect. Simple, one-pot choices that gently care for your digestive system, your energy, and your daily rhythms—without demanding perfection.

My hope is that these pages meet you where you are—not asking you to start over, but giving you the tools to move forward with steadiness and softness.

Let these pages stay close:

- ◆ *On the counter.*
- ◆ *In the grocery bag.*
- ◆ *By your side, when you need a simple, calming meal.*

Most of all:

- Keep cooking in a way that feels kind.*
- Keep listening to your body.*
- And keep rediscovering the joy of food—slowly, gently, and with care.*

With sincere gratitude,

Leenora Key

About the Author

Hi, I'm Leonora Key — and I believe that nourishing yourself well isn't about strict rules or giving up your favorite foods.

It's about listening inward.

It's about finding comfort.

It's about choosing food that soothes more than it takes.

For me, food has always meant comfort and care—especially when life feels overwhelming. Whether it's a hectic schedule, sleepless nights, or the daily discomfort of digestive issues, I've seen how simple meals can restore a sense of peace.

I didn't learn this in a lab. I learned it in a quiet kitchen—one filled with the gentle hiss of a pressure cooker, the steam of a comforting soup, and the steady knowledge that healing often begins with something warm on the stove.

That's why I created this book—a collection of recipes designed to nourish not just the body, but also the spirit.

This particular book—**Acid Reflux & GERD Relief Pressure Cooker Cookbook**—brings together two of my favorite tools for everyday wellness:

- ◆ The soothing power of low-acid, low-fat nutrition, and
- ◆ The ease and consistency of pressure cooking.

If this book has brought you a moment of comfort, a gentle meal, or even one small shift in how you care for yourself—I'm deeply honored.

You are the reason I write.

Want to explore more gentle tools for wellness and care?

Visit my author page to discover other titles:

<https://www.amazon.com/author/key.leonora-book>



Thank you for letting me be a part of your kitchen—and your story. There's so much more to enjoy. In your own time. In your own way.

With all my gratitude,

Leonora Key

"For everything I know about love and nourishment — thank you, Mom."

Conclusion

You're Not Starting Over — You're Moving Forward with Care

If you've read this far, thank you. You've moved through dozens of recipes, one quiet meal at a time. You've honored your body's needs and your intention to find comfort—gently, and with purpose.

This book wasn't about starting from scratch or reinventing the wheel. It was about remembering:

You already carry wisdom. You already know what comfort feels like. You already deserve food that soothes, not stresses.

If even one recipe brought ease to your day or a sense of calm after a meal—then this book has done its quiet work. And if it reminded you that nourishment can be simple, healing, and quick—then I hope it stays by your side.

You don't need to change everything at once. You don't need perfect weeks or flawless meal plans. You only need a few trusted recipes. A few calm evenings. A few wins that feel like your own.

Tuck a few pressure-cooked favorites into your weekly flow. Use the same recipe twice—with joy, not guilt. And when a flare-up returns, or motivation dips—return to your pressure cooker. Let it hold the rhythm for you.

You're not alone on this journey. The community you've found here is for you—for every new season, every small shift, every time you choose kindness over pressure.

To support you beyond these pages, I've created the **Gut Health Bonus Library**—a gentle collection of printable extras designed to keep you nourished, focused, and inspired at your own pace.

Download here: <http://bit.ly/4gJZZMD>



Inside, you'll find:

- ◆ **Your 28-Day Low-Acid Plan & Grocery Lists:** A complete, printable meal plan with ready-to-use weekly lists you can bring to the store or view on your phone.
- ◆ **Printable Energy & Clarity Journal:** A simple, nonjudgmental weekly check-in for low-acid, reflux-friendly living
- ◆ **Low-Acid Kitchen Cheat Sheets:** Printable food lists & smart swaps for acid reflux, GERD, gastritis & ulcer discomfort.

You don't have to do it perfectly.

You just have to keep showing up—gently, intentionally, and with care.

I'm honored to be a part of your kitchen, and your story.

Thank you for trusting me with your time and your table.

With warmth and steady encouragement,

Leonora