Better Fast Food

AKA (AshleyKoffApproved) Nutrition Pit Stops (ie Eating Occasions)

For servings & nutrient groups visit www.AshleyKoffApproved.com/NutritionPlan
For AKA product brand names visit http://www.ashleykoffapproved.com/ak-list/healthy-grocery-list-planner/
Many recipes can be found in Recipes for IBS by Ashley Koff RD (available where books are sold online)

1. Fruit, Nut, and Seed Salad: Combine ¼ cup pomegranate seeds, 1 tangerine, 1 tablespoon Manitoba Harvest hemp hearts, and 2 tablespoons shelled pistachios. Eat alone or serve with 1 teaspoon Natural Vitality Natural Calm mixed with 1 cup of warm water.


3. Mix together 1 cup Earthbound Farm frozen peaches or fruit blend (1 cup) with 1 teaspoon organic lime juice, and a pinch of red pepper flakes. Top with 3 tablespoons Manitoba Harvest Hemp hearts.

4. Have 1 Natures Path Qi’a creamy coconut oatmeal topped with a serving of walnuts; alongside 6 ounces of Foxy Produce organic BroccoLeaf juice (4 leaves with stems blended with 6 ounces of purified water and ½ teaspoon ginger).


6. Try a smoothie made with ¼ cup Earthbound Farm organic frozen cherries, 1 serving AKA protein powder (make sure the total carbs are less than 15 grams for that serving), ½ cup Earthbound Farm organic spinach, 1 cup organic unsweetened non-dairy milk, and a pinch of cinnamon and cardamom. Add 1 scoop of Symbiotics powder to help repair and maintain a healthy digestive lining.

7. “Bulletproof” Mocha: 1 cup organic coffee mixed together with 1 tablespoon organic coconut oil, 1 tablespoon organic raw grass-fed butter, and 1 tablespoon of organic cacao powder. This is great pre-workout so it’s ok for it not to be nutrient-balanced.

8. 1 CoffeeBlock latte with purified water (or see “Bulletproof coffee” above) served alongside ½ cup organic cottage cheese mixed with ¼ cup sliced organic strawberries.

9. 1 AKA tortilla spread with ¼ cup organic tomato sauce, fresh basil leaves, and 1 ounce of goat cheese. Have cold or warm in the oven, until cheese browns.

10.1 AKA mini burrito (veggie option) with a side salad dressed with a dressing made from 1 tablespoon olive oil, 1 tablespoon balsamic vinegar, and fresh squeezed lemon or lime juice.

11. Acai Smoothie: Blend together 1 frozen packet of unsweetened organic acai with 1 cup of unsweetened vanilla flavor almond milk, ½ scoop of an AKA protein powder, 1
tablespoon chia bran or chia seeds, 1 tablespoon of organic almond butter, and an optional AKA sweetener to taste.

12. Symbiotic Smoothie: Blend together 1 organic frozen acai smoothie pack, 1 cup of unsweetened vanilla non-dairy milk, 1 scoop of an AKA protein powder, 1 tablespoon of chia seeds, 1 tablespoon of organic cashew butter, 1 teaspoon of organic dried ginger and 1 scoop of Symbiotics. Add organic liquid stevia to taste (optional).

13. 2 tablespoons of hemp pesto spread (see Recipes for IBS by Koff for recipe) on 1 slice of AKA bread (optional: top with tomato and/or cucumber slices).

14. Serve ¼ cup hummus with cut organic veggies or 2 leaves of Foxy Produce organic Broccoleaf (use it as a wrap). Have 5 Brazil nuts on the side.


16. Spread 1 ounce of organic dark chocolate (>70% cacao, no milkfat) with 2 tablespoons of organic cashew or mixed nut butter.

17. Blueberry Coconut Smoothie: Blend together ½ an avocado, ½ cup of coconut water, ½ cup of frozen organic blueberries, juice of half a lime, 1-2 drops of an AKA sweetener, ice, and 1 scoop AKA protein powder.

18. Nut Butter Sandies: 1 organic apple or pear with 2 tablespoons organic nut butter. Make slices from the fruit to use in place of crackers.

19. ¼ cup organic hummus stuffed into mini tomatoes and celery. Have 2 tablespoons of walnut halves on the side.

20. Gorilla Sandwich: Hollow out one cucumber. Spread with ¼ cup of organic hummus and sprinkle with ¼ cup of sunflower seeds.

21. Latte with Nuts: 8-ounce latte made with organic milk. Have 20-25 almonds on the side. (As a non-dairy variation: have a latte made with organic unsweetened non-dairy milk and sprinkle 1 teaspoon coconut palm sugar blended with a sprinkle of organic cinnamon & cacao powder on top. Again, serve with almonds.)

22. 11 ounces organic coconut water paired with unsalted nuts or seeds (choose from 1 serving of nut/seed options in the “protein and fat” category on the AKA Nutrition Plan)

23. Enjoy 1 organic dark chocolate nut butter cup with 1 mug of organic hot tea.

24. 1 AKA bar + organic tea. (AKA bar note: should meet AKA nutrition criteria ~15g carb, >6g protein, <15g fat)

25. 1 AKA bar + organic flavored water.

26. 1 AKA bar + organic herbal water.

27. Banana Split: Slice one half of a large banana in half. Spread each half with 2 tablespoons of raw organic nut butter and top with 1 tablespoon organic cacao nibs.

28. Tea & Cookies: Have your organic tea of choice (hot or cold) alongside 1 serving (2 cookies) of AKA cookies, spread with 2 tablespoons of almond butter.
29. Homemade trail mix: ½ cup of Nature’s Path Optimum Slim, 1 tablespoon organic sunflower seeds, 1 tablespoon organic pumpkin seeds, 1 tablespoon Manitoba Harvest hemp hearts and 2 tablespoons organic cacao nibs.

30. Chia Pudding: Stir together 2 tablespoons of organic chia seeds, 1-3 drops of AKA chocolate stevia, 4-6 oz. of organic unsweetened non-dairy milk, and 2 tablespoons of organic cacao nibs. Let sit until the chia seeds allow the mixture to develop a pudding consistency.

31. Morning Joe-CO: Combine 2 tablespoons organic raw cacao powder and 1 teaspoon organic palm sugar (try cinnamon flavor or add in teaspoon cinnamon) and add to 6-8 ounces of hot water. For a little kick, add in 1 teaspoon of cayenne as a variation. Enjoy with 10-12 almonds.

32. Gazpacho: 2 cups of gazpacho topped with 1 ounce of organic feta and drizzled with 1 teaspoon of organic olive oil.

33. Green Tea Latte and Nuts: 1 teaspoon organic green matcha tea mixed with 8 ounces unsweetened coconut, cashew, or almond milk and ½ cup of water. Add in an optional AKA sweetener and serve alongside 20-25 almonds or 1/3 cup pistachios.

34. Unlimited jicama and cucumber sticks with ¼ cup organic hummus or your own bean dip mixed together with 2 tablespoons chia seeds.

35. Unlimited radishes, unlimited cucumber slices, and 12 baby carrots topped with ¼ cup hemp pesto.

36. Rustic Root Salad: On a bed of organic spring mix and romaine hearts, place 2/3 cup of Earthbound Farms Rustic Cut Organic Root Medley, ¼ cup shelled pumpkin seeds or 3 tablespoons Manitoba Harvest hemp hearts, and dress with a drizzle of hazelnut oil and white wine vinegar.

37. Zen Salad: On a bed of Earthbound Farm organic Zen greens add ¼ cup of shredded carrots, 2 tablespoons of dried cranberries, and 12 chopped almonds. Drizzle over a dressing made with 1 tablespoon soy sauce or tamari, 1 tablespoon orange juice, 1 tablespoon balsamic vinegar, grated ginger (to taste), and 1 tablespoon sesame oil.

38. Dark Chocolate Kale: In a high-speed blender, combine 1 kale leaf, ¼ cup coconut water, ½ a banana, 3 mint leaves, 2 frozen unsweetened acai smoothie packs, 1 tablespoon nut butter, and 2 tablespoons cacao powder.

39. Simple Salad: Combine 2 cups of organic salad greens with 2 radishes (sliced or chopped), 1 tablespoon of sesame seeds, and 3 ounces of wild salmon. Drizzle over a dressing made by combining 1 tablespoon olive, sesame, or hempseed oil and ½ lemon or lime, squeezed.

40. No-Nut Butternut Smoothie: Blend together ½ package frozen butternut squash puree (or ¼ cup roasted butternut squash), ¼ cup raw organic tigernuts, 1 scoop AKA protein powder, 3 tablespoons shredded unsweetened coconut, a dash of cinnamon, vanilla, and ice.

41. Enjoy one organic tigernut horchata drink with 1/3 cup of pistachios.