

Pro 21 Diet Lentil & Vegetable Bowl (Gentle on the Gut)

Serves: 1 Texture goal: Soft, stewy, well-cooked (this matters). This works best as lunch or early dinner, followed by a short walk.

Base

½ cup dry lentils, well rinsed (*red or brown lentils work best for constipation*)
1½ cups water

Vegetables (*choose 2–3, chopped small*)

Zucchini
Carrots
Mushrooms

Onion or leek
Winter squash (optional, very gentle)

Healthy fats & flavor

2 Tbsp extra-virgin olive oil (divided)
1 clove garlic, minced (*optional if sensitive*)
½ tsp ground cumin
¼ tsp turmeric

Pinch black pepper
Sea salt to taste
Fresh herbs (parsley or cilantro), optional
Lemon juice (optional)

Add lentils and water to a pot.

Bring to a boil, then reduce to a gentle simmer.

Cover and cook 20–25 minutes until very soft.

Add water if needed—this should be slightly stewy, not dry.

Stir in chopped vegetables during the last 10–15 minutes.

Softer vegetables = easier digestion.

Cook until everything is tender and mashable with a fork.

Stir in 1 Tbsp olive oil, garlic, cumin, turmeric, salt, and pepper.

Simmer 5 more minutes.

Remove from heat.

Drizzle remaining 1 Tbsp olive oil.

Add herbs or lemon if desired.