

Mixed Berry Quinoa Porridge

5 ingredients · 30 minutes · 2 servings



Directions

1. In a small pot, add the quinoa and water. Bring to a boil, then reduce to a simmer and cover. Cook for 20 minutes.
2. Remove the pot from the burner and add the coconut yogurt. Stir to combine. Add the fruit on top, cover, and let it rest for five minutes.
3. Divide the quinoa porridge between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/4 cups of porridge.

More Flavor

Add maple syrup or honey, chopped nuts, and/or seeds.

Ingredients

1/4 cup Quinoa (dry, rinsed)

1 1/2 cups Water

2 tbsps Unsweetened Coconut Yogurt

1 cup Frozen Raspberries

1/2 cup Frozen Strawberries

Strawberry & Flax Seed Chia Pudding

7 ingredients · 2 hours 10 minutes · 1 serving



Directions

1. In a bowl, stir together the chia seeds, flax seeds, milk, vanilla, and sunflower seed butter. Refrigerate for at least two hours or until chilled and the chia seeds have set.
2. Serve the chia pudding topped with strawberries and almonds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/4 cups.

More Flavor

Add maple syrup and/or cinnamon.

No Almond Milk

Use any other milk of choice.

Ingredients

- 2 **tbps** Chia Seeds
- 2 **tsps** Ground Flax Seed
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Vanilla Extract
- 2 **tbps** Sunflower Seed Butter
- 1/3 **cup** Strawberries (chopped)
- 1 **tbsp** Almonds (chopped)

Raspberry Pecan Warm Chia Pudding

5 ingredients · 10 minutes · 1 serving



Directions

1. Whisk together the chia seeds and almond milk in a small pot over medium-low heat. Stir until heated through and the mixture has thickened up, about five minutes.
2. Remove from heat and add to a bowl. Top with raspberries, pecans, and almond butter. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

No Heat

Mix the chia seeds and almond milk together and let it sit in the fridge for at least 15 to 20 minutes to thicken before adding toppings.

More Flavor

Add a dash of cinnamon.

Ingredients

- 3 **tbps** Chia Seeds
- 3/4 **cup** Unsweetened Almond Milk
- 1/2 **cup** Raspberries
- 1 **tbps** Pecans
- 1 **tbps** Almond Butter

Raspberry Chia Coconut Pudding

5 ingredients · 35 minutes · 1 serving



Directions

1. Add the coconut milk, raspberries, and vanilla to a small blender or food processor and blend well until combined.
2. Pour the raspberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or in to-go containers. Top with extra raspberries (if using) and shredded coconut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweet

Add maple syrup or honey.

Ingredients

- 1/2 cup Plain Coconut Milk
- 1/2 cup Raspberries (plus extra for garnish)
- 1/2 tsp Vanilla Extract
- 2 tbsps Chia Seeds
- 1 tbsp Unsweetened Shredded Coconut

Egg & Mushroom Buckwheat Bowl

9 ingredients · 35 minutes · 2 servings



Directions

1. Cook the buckwheat according to the package directions.
2. Add half the oil to a large pan over medium heat. Add the garlic, mushrooms, asparagus, and half of the green onion. Sauté for five to seven minutes or until the mushrooms start to brown.
3. Add the kale and tamari to the pan and sauté for two minutes or until the kale wilts. Set aside.
4. Add the remaining oil to a separate pan over medium heat. Once hot, add the eggs and cook until the egg whites have set and the yolk is cooked to your preference.
5. Divide the buckwheat, vegetables, and eggs between plates. Garnish with the remaining green onions. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container. Cook the eggs when ready to serve. To meal prep, hard boil the eggs.

Serving Size

One serving is 1/3 cup cooked buckwheat, 1 1/2 cups of vegetables, and one egg.

Make it Vegan

Omit the egg.

Additional Toppings

Sesame seeds and/or chilli flakes.

Ingredients

- 1/3 cup Buckwheat Groats
- 1 1/3 tbsps Extra Virgin Olive Oil (divided)
- 1 Garlic (clove, small, minced)
- 6 Cremini Mushrooms (sliced)
- 1 cup Asparagus (trimmed and chopped)
- 2 stalks Green Onion (chopped, divided)
- 2 cups Kale Leaves (chopped)
- 2 tbsps Tamari
- 2 Egg

Turkey Breakfast Patties & Omelette

8 ingredients · 30 minutes · 4 servings



Directions

1. Heat a cast-iron pan over medium heat.
2. Add the turkey, salt, oregano, black pepper, and chili flakes to a large bowl and mix until just combined.
3. Portion the turkey out into patties using a 1/4 cup measuring cup. Add a touch of oil to the pan, just enough to cover the bottom, and place the patties in the pan. Cook the patties for about three to four minutes on each side or until cooked through. Cook in batches if needed to avoid crowding the pan.
4. Meanwhile, heat another pan over medium heat. Use this pan to make one omelette per serving. Add just enough oil to coat the bottom of the pan. Add one serving of the whisked eggs to the pan and allow them to set before gently rolling them into an omelette with a spatula. Continue making one omelette per serving with the remaining eggs, adding oil to the pan before each omelette.
5. Divide the omelettes and patties evenly between plates. Garnish with the chives and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one omelette and two patties.

Save on Time

Meal prep the turkey patties in advance and scramble the eggs just before serving. Or, choose to hard boil the eggs instead for easy meal prep.

No Turkey

Use ground meat of choice or remove the casing from sausages and form it into patties instead.

Ingredients

- 454 grams** Extra Lean Ground Turkey
- 1/2 tsp** Sea Salt
- 1/2 tsp** Oregano
- 1/4 tsp** Black Pepper
- 1 tsp** Chili Flakes
- 8** Egg (whisked)
- 1 2/3 tbsps** Extra Virgin Olive Oil (divided)
- 2 tsps** Chives (chopped)

Bell Pepper & Baby Spinach Egg White Omelette

7 ingredients · 20 minutes · 1 serving



Directions

1. In a bowl, whisk together the egg whites, garlic powder, salt, and pepper until frothy. Set aside.
2. Heat the oil in a pan over medium heat. Add the diced shallot and bell pepper. Sauté for three to four minutes or until the veggies begin to soften. Add the spinach and sauté until slightly wilted.
3. Add the egg whites on top and move the pan around so that the egg whites fill the pan. Reduce the heat to medium-low.
4. As the omelette sets, use a spatula to lift the edges and tilt the pan to move any liquid around to cook through. Fold the omelette over. Remove from the heat and enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

Additional Toppings

Add cherry tomatoes.

Ingredients

- 1/2 cup** Egg Whites
- 1/2 tsp** Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 tsp** Extra Virgin Olive Oil
- 1/4 cup** Shallot (diced)
- 1/2** Orange Bell Pepper (diced)
- 1/2 cup** Baby Spinach

Golden Turmeric Latte - almond

7 ingredients · 10 minutes · 2 servings



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan

Use maple syrup to sweeten instead of honey.

Ingredients

- 1 **tbsp** Ginger (grated)
- 1 **cup** Unsweetened Almond Milk
- 1 **cup** Water
- 1 **tsp** Turmeric (powder)
- 1 **1/2 tsps** Raw Honey
- 1/2 **tsp** Cinnamon
- 1 **1/2 tsps** Coconut Oil

Golden Smoothie + Vegan Protein

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Zucchini

Omit or replace with frozen cauliflower or diced avocado.

No Fresh Ginger

Use powdered ginger instead, reduce to 1/2 tsp per serving.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1 cup** Frozen Pineapple
- 1/2 cup** Frozen Mango (frozen)
- 1 tbsp** Lemon Juice
- 1 serving** Bio Pro Pure Rice Protein
- 1 tsp** Turmeric

Avocado Breakfast Toast with Eggs

5 ingredients · 10 minutes · 1 serving



Directions

1. Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

Notes

How to Hard-Boil Eggs

Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

Gluten-Free

Use gluten-free bread.

No Hard-Boiled Eggs

Use fried, scrambled or poached eggs instead.

Likes it Spicy

Add a pinch of chili flakes or hot sauce to the mashed avocado.

Ingredients

1/2 Avocado (small, mashed)

1 Tomato (small, sliced)

2 slices Bodhi's Bakehouse Gluten Free Yeast Free Bread

Sea Salt & Black Pepper (to taste)

2 Egg

Avocado Toast with Poached Eggs

6 ingredients · 15 minutes · 1 serving



Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

- 1 slice Bread
- 1/2 Avocado
- Sea Salt & Black Pepper (to taste)
- 2 Egg
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Jammy Eggs with Spinach & Raspberries

7 ingredients · 15 minutes · 1 serving



Directions

1. Bring a small pot of water to a boil and use a spoon to carefully lower the eggs inside. Boil for seven to eight minutes then immediately remove them and place into a bowl of icy water for at least three minutes.
2. Meanwhile, heat the oil in a pan over medium heat. Add mushrooms, salt and pepper and cook until the mushrooms are soft. Add the spinach with a dash of water and lightly sauté for one to two minutes.
3. Add the sautéed mushrooms, spinach and raspberries to a plate. Peel the eggs, slice them in half and add to the plate. Sprinkle the everything bagel seasoning on top of the eggs. Enjoy!

Notes

Leftovers

Best enjoyed immediately, or hard boil the eggs to last as leftovers.

More Carbs

Serve with a piece of toast.

No Raspberries

Use other berries like blueberries, blackberries or strawberries.

Ingredients

- 2 Egg
- 1 tsp Extra Virgin Olive Oil
- 2 cups Baby Spinach
- 1/2 cup Mushrooms (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Raspberries
- 1 tsp Everything Bagel Seasoning

Lentil Shakshuka

11 ingredients · 40 minutes · 2 servings



Directions

1. Heat a medium-sized pan over medium heat. Once hot, add the oil and chopped onion. Cook for about two minutes or until soft. Add the garlic and cook for one minute, until fragrant.
2. Add the tomato sauce, water, lentils, cumin, salt, and pepper. Stir to combine. Bring to a simmer and then reduce the heat to low. Cover and cook for 18 to 20 minutes or until the lentils are tender and cooked through.
3. Make small wells for eggs in the middle of the pan and crack the eggs into them. Cover and cook for five to seven minutes, or until the whites are set. Season with salt and pepper.
4. Add parsley on top and divide evenly between plates or bowls. Serve with avocado and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately one cup with one egg.

More Flavor

Add smoked paprika.

Additional Toppings

Serve with toasted bread for dipping.

Ingredients

2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (small, chopped)
2 Garlic (clove, minced)
1/2 cup Tomato Sauce
1/4 cup Dry Yellow Lentils (rinsed)
1/4 tsp Cumin
Sea Salt & Black Pepper (to taste)
2 Egg
1 tbsp Parsley (chopped)
1/2 Avocado (medium, sliced)
1 cup Water

Arugula & Mushroom Frittata

5 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Whisk the eggs in a bowl and add in the mushrooms and arugula. Season with salt and pepper.
3. Spray a cast-iron pan or an oven-safe dish with oil. Pour the egg mixture into the pan.
4. Cook in the oven for 15 to 17 minutes or until the eggs have set. Top with extra arugula, slice the frittata, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A six-inch (15 cm) cast-iron pan was used to make two servings. One serving is roughly half of the pan.

More Flavor

Add feta or ricotta to the egg mixture.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

3 Egg

6 Cremini Mushrooms (medium, quartered)

1 cup Arugula (plus extra for garnish)

Sea Salt & Black Pepper (to taste)

2 grams Avocado Oil Spray

Veggie Turmeric Omelette with Raspberries

7 ingredients · 20 minutes · 1 serving



Directions

1. In a bowl, whisk together the eggs, turmeric, salt, and pepper until frothy. Set aside.
2. Heat the oil in a pan over medium heat. Add the tomatoes and sauté for four to five minutes or until they blister. Add the spinach and sauté until slightly wilted.
3. Pour the egg mixture on top of the veggies and move the pan around so that the eggs fill the pan. Reduce the heat to medium-low.
4. As the omelette sets, use a spatula to lift the edges and tilt the pan to move any liquid around to cook through. Fold the omelette over.
5. Place the omelette onto a plate and add the raspberries on the side. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

No Raspberries

Use other berries like strawberries, blackberries or blueberries.

Ingredients

- 4 Egg
- 1/4 **tsp** Turmeric (ground)
- Sea Salt & Black Pepper (to taste)
- 1 **tsp** Extra Virgin Olive Oil
- 1/2 **cup** Cherry Tomatoes
- 1 **cup** Baby Spinach
- 1/2 **cup** Raspberries

Pesto Eggs & Raspberries

4 ingredients · 10 minutes · 1 serving



Directions

1. Heat the oil in a non-stick pan over medium-low heat. Add the eggs and move them around with a spatula continuously until fluffy and barely set, about two minutes. Gently fold in the pesto.
2. Transfer the eggs onto a plate. Serve with raspberries and enjoy!

Notes

Leftovers

Best enjoyed fresh. To meal prep, hard boil the eggs and dip in pesto to serve.

Serving Size

One serving is three eggs and 1/2 cup of raspberries.

No Raspberries

Use any berry of choice.

Additional Toppings

Salt and black pepper, chili flakes and/or fresh herbs like parsley and dill.

Ingredients

1/2 tsp Extra Virgin Olive Oil

3 Egg (whisked)

2 tsps Pesto

1/2 cup Raspberries

Detox Green Smoothie

8 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
2. Divide between glasses and enjoy!

Notes

No Kale

Use spinach.

No Pear

Use apples.

Metabolism Boost

Add 1/4 tsp cayenne pepper.

Make it Sweeter

Add 1/2 cup frozen pineapple or mango.

More Protein

Add a scoop of protein powder or hemp seeds.

Ingredients

- 4 cups** Kale Leaves
- 1** Cucumber (chopped)
- 1** Lemon (juiced)
- 2** Pear (peeled and chopped)
- 1 tbsp** Ginger (grated)
- 1 tbsp** Ground Flax Seed
- 1 1/2 cups** Water
- 5** Ice Cubes

Raspberry Zinger Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

Ingredients

- 1 cup** Frozen Cauliflower
- 1 cup** Frozen Raspberries
- 1** Lemon (juiced)
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk

Kiwi Lime Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free

Use coconut or oat milk instead of almond milk.

Additional Toppings

Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

1 cup Unsweetened Almond Milk

2 Kiwi (peeled, halved)

1 Lime (juiced)

1/4 cup Vanilla Protein Powder

Apple Turmeric Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for two days.

More Flavor

Add ground ginger, cinnamon, or nutmeg.

No Cauliflower Rice

Use pumpkin puree or steamed sweet potato instead.

No Oat Milk

Use almond, soy, pea, rice, coconut, or dairy milk instead.

Ingredients

1 1/4 cups Oat Milk

1 Apple (small, cored, chopped)

1/2 cup Cauliflower Rice (or chopped florets)

1/4 cup Vanilla Protein Powder

1 tbsp Turmeric

1 tbsp Chia Seeds (plus more for garnish if desired)

Strawberry Blueberry Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Almond Milk

Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries

Use frozen instead.

Protein Powder

This recipe was tested using plant-based vanilla protein powder.

Ingredients

1/2 cup Frozen Blueberries (wild)

1/2 cup Strawberries (stems removed)

1 1/4 cups Unsweetened Almond Milk

1 tbsp Chia Seeds

1/4 cup Vanilla Protein Powder

Vanilla Berry Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size

One serving is equal to approximately two cups.

Soy-Free

Use coconut milk or oat milk instead.

More Fiber

Add in some chopped leafy greens like spinach or kale.

Consistency

If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

Ingredients

1 1/2 cups Soy Milk

1/4 cup Vanilla Protein Powder

2 tbsps Hemp Seeds

1/2 cup Blueberries (fresh or frozen)

1/2 cup Raspberries (fresh or frozen)

1 tbsp Almond Butter

Raspberry & Apple Flax Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

Ingredients

1 1/4 cups Unsweetened Almond Milk

1 Apple (small, sweet, chopped)

3/4 cup Raspberries

1/4 cup Vanilla Protein Powder

2 tbsps Almonds

2 tbsps Hemp Seeds

2 tsps Ground Flax Seed

1/2 tsp Cinnamon

Strawberry & Orange Protein Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

No Ground Flax Seed

Use hemp seeds or chia seeds instead.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/2 cup** Frozen Strawberries
- 1** Navel Orange (peeled and sectioned)
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Ground Flax Seed

Beef Taco Lettuce Wraps

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the beef, breaking it up as it cooks.
2. Add the salt, pepper, and cumin and continue to break up the beef. Cook for five to six minutes.
3. Mix in the tomato paste. Then, add the chopped tomato and bell pepper. Cook for approximately 15 minutes or until most of the liquid has reduced. Taste and add more flavor if desired.
4. To serve, use a slotted spoon to put the beef mixture into the lettuce leaves. Enjoy!

Notes

Leftovers

Refrigerate the beef mixture in an airtight container for up to three days.

Serving Size

One serving is equal to two lettuce wraps.

Serve It With

Rice or quinoa.

No Beef

Use ground turkey or chicken.

Ingredients

- 1 **tsp** Avocado Oil
- 283 **grams** Lean Ground Beef
- 1/4 Sea Salt & Black Pepper (to taste)
- 1/2 **tsp** Cumin
- 2 **tbsps** Tomato Paste
- 1 Tomato (chopped)
- 1 Red Bell Pepper (chopped)
- 1 **head** Boston Lettuce (leaves separated)

Tuna Arugula Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. In a small bowl combine the oil, lemon juice, dill, salt, and pepper. Set aside.
2. Divide the arugula, white beans, and red onion onto serving plates. Top with tuna chunks and drizzle the dressing on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three cups of salad.

More Flavor

Add tahini to the dressing. Serve with lemon wedges.

Additional Toppings

Add avocado, cucumber and/or feta cheese.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Ingredients

- 2 1/2 tbsps** Extra Virgin Olive Oil
- 1 1/2 tbsps** Lemon Juice
- 1 tbsp** Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 4 cups** Arugula
- 1 cup** White Navy Beans
- 1/4 cup** Red Onion (sliced)
- 1 can** Tuna (drained, broken into chunks)

Roasted Chicken & Sweet Potato With Spinach

6 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the sweet potatoes and chicken breast on the baking sheet. Season with thyme, garlic powder, salt, and pepper. Bake for 18 to 20 minutes or until the chicken is cooked through and the sweet potatoes are golden.
3. Divide the spinach between plates. Top with the sweet potatoes and chicken. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container in the fridge for up to three days.

More Flavor

Add za'atar and/or paprika to the chicken.

Additional Toppings

Add roasted bell pepper, zucchini, and/or your choice of dressing.

No Fresh Thyme

Use dried thyme or rosemary instead.

Ingredients

1 Sweet Potato (medium, cut into cubes)

283 grams Chicken Breast (skinless, boneless)

1 tsp Thyme (fresh)

1 tsp Garlic Powder

Sea Salt & Black Pepper (to taste)

3 cups Baby Spinach

Cajun Beef with Cilantro Lime Mayo

10 ingredients · 15 minutes · 4 servings



Directions

1. Combine the steak, cajun seasoning, and 1/2 the oil in a large bowl. Season with salt and pepper, and set aside.
2. In a small food processor or using an immersion blender, blend the mayonnaise, lime juice, cilantro, and green onion. Season to taste and set aside.
3. Heat the remaining oil in a large frying pan over medium-high heat. Add the steak and cook for three minutes, stirring, or until your desired doneness is reached.
4. To serve, divide the steak, avocado, and tomatoes onto plates. Top with the lime mayonnaise, extra green onion, and cilantro, if desired. Enjoy!

Notes

Leftovers

Refrigerate the beef separately from the fresh ingredients in an airtight container for up to three days.

Prepare in advance

The beef can be prepared and marinated with the seasoning, a few hours ahead of time of cooking or overnight, and kept stored in the refrigerator.

No Beef

Use chicken or pork instead.

Ingredients

- 397 grams** Top Sirloin Steak (thinly sliced)
- 1 tsp** Cajun Seasoning
- 1 tbsp** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup** Mayonnaise
- 1 tbsp** Lime Juice
- 1/3 cup** Cilantro (plus extra for garnish)
- 2 stalks** Green Onion (chopped, plus extra for garnish)
- 1** Avocado (large, sliced)
- 1 cup** Cherry Tomatoes (halved)

Creamy Dill Salad with Chicken

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Place the chicken breasts on a baking sheet and season with salt and pepper. Bake in the oven for 30 minutes.
2. While the chicken is cooking, make your salad dressing by combining the oil, apple cider vinegar, water, 1/4 of the dill, and 1/4 of the walnuts in a blender. Blend until smooth and creamy. Add more water if necessary until desired consistency is achieved. Season with salt if needed. Set aside.
3. In a large bowl, combine the romaine, remaining dill, remaining walnuts, and black olives. Add the dressing and mix well until everything is coated.
4. Divide the salad evenly between bowls and top with chicken breasts. Serve and enjoy!

Notes

Leftovers

Best if enjoyed immediately. Refrigerate the salad ingredients and dressing separately for up to five days. Refrigerate the chicken for up to three days.

Serving Size

One serving is equal to approximately two cups of salad with chicken.

Make it Vegan

Use tofu or tempeh in place of the chicken.

More Flavor

Add garlic and honey to the dressing.

Additional Toppings

Add more vegetables like red peppers, red onion, cucumbers, tomatoes, roasted cauliflower and/or broccoli, or parsley.

Ingredients

454 grams Chicken Breast

Sea Salt & Black Pepper (to taste)

2 tbsps Extra Virgin Olive Oil

1 tbsp Apple Cider Vinegar

2 tbsps Water

2/3 cup Fresh Dill (chopped, divided)

1 cup Walnuts (divided)

2 heads Romaine Hearts (chopped)

1 cup Black Olives

Coconut Turkey Curry

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat the oil in a large skillet over medium heat. Once hot, add the onion and cook until softened, about five minutes. Add the ginger and cook for one minute, stirring often.
2. Add the turkey, turmeric, and salt. Cook, stirring often until the turkey is cooked through, about nine to ten minutes. Add the coconut aminos and coconut milk. Bring to a boil, then reduce the heat and simmer for five to eight minutes.
3. Turn off the heat and add the spinach. Stir until just wilted. Add the lime juice. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about 3/4 cup.

Make it Vegan

Use cubed tofu instead of turkey.

More Flavor

Add garlic, fish sauce, and/or chopped chili pepper for heat.

Serve it With

Serve with rice, cauliflower rice, noodles, or flatbread.

Ingredients

- 2 **tsps** Avocado Oil
- 1/2 Yellow Onion (chopped)
- 1 **tsp** Ginger (minced)
- 454 **grams** Extra Lean Ground Turkey
- 1/2 **tsp** Turmeric (ground)
- 1/2 **tsp** Sea Salt
- 1 **tbsp** Coconut Aminos
- 1 3/4 **cups** Canned Coconut Milk (full fat)
- 4 **cups** Baby Spinach
- 1/2 Lime (juiced)

Miso & Sesame Chicken Coleslaw Salad

10 ingredients · 25 minutes · 2 servings



Directions

1. Heat the grill to medium-high heat.
2. In a small bowl, whisk together the tamari, water, sesame oil, miso, and vinegar. Separate 3/4 of the dressing into a large salad bowl and set aside. Brush the remaining dressing onto the chicken breast.
3. Cook the chicken on the grill for six to eight minutes on each side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Slice.
4. Add the bell pepper, coleslaw, and green onions to the large bowl with the dressing. Mix well. Top with slices of chicken and sesame seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/3 cups of salad with chicken.

Make it Vegan

Use legumes like black beans and lentils or tofu, instead of chicken.

More Flavor

Serve with cooked cold noodles or rice.

Ingredients

- 1 tsp Tamari
- 3 tbsps Water
- 1 tbsp Sesame Oil
- 2 tps Miso Paste
- 1 tbsp Rice Vinegar
- 340 grams Chicken Breast
- 1 Red Bell Pepper (large, julienned)
- 2 cups Coleslaw Mix
- 2 stalks Green Onion (thinly sliced)
- 1 tbsp Sesame Seeds (black and white, toasted)

Beef & Lentil Lettuce Wraps

10 ingredients · 20 minutes · 2 servings



Directions

1. Whisk together the tamari, sesame oil, rice vinegar, ginger, and garlic.
2. Preheat a non-stick pan over medium-high heat. Cook the beef for three minutes, breaking it up as it cooks. Add the onions and bell pepper and cook for another three to five minutes or until the meat is brown and the vegetables are tender.
3. Stir in the lentils and the prepared sauce and cook for an additional two to three minutes, until heated through.
4. Spoon the beef and lentil mixture into the lettuce leaves. Enjoy!

Notes

Leftovers

Refrigerate the beef and lentil mixture separately from the lettuce in an airtight container for up to four days.

Serving Size

One serving is approximately two wraps.

Additional Toppings

Chopped peanuts and sliced green onions.

Ingredients

- 2 **tbps** Tamari
- 1 **tbps** Sesame Oil
- 1 **tbps** Rice Vinegar
- 1 **tsp** Ginger (grated)
- 1 Garlic (clove, minced)
- 227 **grams** Extra Lean Ground Beef
- 1/4 **cup** Red Onion (chopped)
- 1 Yellow Bell Pepper (medium, diced)
- 1 1/2 **cups** Lentils (cooked)
- 4 **leaves** Romaine (large)

Tuna & White Bean Grain Bowl

10 ingredients · 45 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. In a bowl, combine the lime juice, tamari, sriracha, and half of the oil. Set aside.
3. Pat the tuna steak dry. Brush with the remaining oil and place the sesame seeds on a large plate. Gently press both sides of the tuna steak in sesame seeds to coat.
4. Heat a skillet over high heat until very hot. Once hot, sear the steaks for one to three minutes on each side. This timing will depend on the thickness of the tuna and desired doneness. Transfer to a cutting board, slice into cubes, and add to the sauce. Refrigerate for five minutes.
5. To assemble, divide the mixed greens, cooked rice, beans, tuna and its juices, and green onions evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three cups.

More Flavor

Add fresh garlic and/or ginger to the sauce.

Additional Toppings

Fresh herbs like cilantro and chives.

Ingredients

- 1/4 cup Wild Rice (dry)
- 1 1/2 tbsps Lime Juice
- 2 tbsps Tamari
- 1 tsp Sriracha
- 1 tbsp Sesame Oil (divided)
- 227 grams Tuna Steak
- 2 tbsps Sesame Seeds
- 2 cups Mixed Greens
- 1 cup White Navy Beans (cooked)
- 2 stalks Green Onion (chopped)

Deconstructed Beef Fajita Bowls

10 ingredients · 35 minutes · 4 servings



Directions

1. In a large bowl, add the flank steak, 3/4 of the oil, coconut aminos, lime juice, taco seasoning, and cilantro. Mix to combine and coat the flank steak. Set aside to marinate.
2. Heat the remaining oil in a large cast-iron skillet over medium heat. Add the peppers and onions. Sauté for five to six minutes or until softened and cooked to your liking. Remove from the pan and set aside.
3. To the same skillet, add the flank steak, shaking off any excess marinade. Cook for five to six minutes per side or until cooked to your desired doneness. This will depend on the thickness of the steak. Let it rest for five to ten minutes.
4. Thinly slice the flank steak against the grain. To assemble, divide the vegetables, flank steak, and lettuce into bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 4 ozs of flank steak and 1 1/2 cups of sautéed vegetables with lettuce.

More Flavor

Add garlic to the marinade.

Additional Toppings

Top with fresh cilantro, lime juice, sliced avocado, cheese, and/or sour cream.

More Carbs

Serve on top of rice, quinoa, or inside soft taco shells.

Size of Flank Steak

If the flank steak is too large to fit in the skillet, cut it in half and cook each half separately.

Ingredients

- 454 grams** Flank Steak
- 3 tbsps** Avocado Oil (divided)
- 2 tbsps** Coconut Aminos
- 3 tbsps** Lime Juice
- 2 tbsps** Taco Seasoning
- 2 tbsps** Cilantro (finely chopped)
- 1** Yellow Bell Pepper (large, sliced)
- 1** Red Bell Pepper (large, sliced)
- 1** Yellow Onion (medium, sliced)
- 2 heads** Romaine Hearts (chopped)

Beef & Chickpea Lettuce Wraps

8 ingredients · 20 minutes · 3 servings



Directions

1. In a large pan, heat the oil over medium heat. Add the ground beef, coconut aminos, garlic powder, cumin, salt, and pepper. Break up the beef as it cooks. Cook for five to six minutes or until it is almost cooked through.
2. Add the chickpeas to the beef and stir. Season with salt and pepper, if needed. Cook for another four to five minutes.
3. To assemble, divide beef and chickpea mixture evenly between the lettuce leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two lettuce wraps.

More Color

Stir in kale or spinach while cooking.

Additional Toppings

Parsley, cilantro, and/or hot sauce.

No Coconut Aminos

Use tamari or soy sauce.

Ingredients

- 1 **tsp** Avocado Oil
- 454 **grams** Lean Ground Beef
- 1 **tbsp** Coconut Aminos
- 1/2 **tsp** Garlic Powder
- 1/4 **tsp** Cumin
- Sea Salt & Black Pepper (to taste)
- 1 1/2 **cups** Chickpeas (cooked)
- 1/2 **head** Boston Lettuce (leaves pulled apart)

Grilled Chicken with Cucumber Salad

7 ingredients · 25 minutes · 2 servings



Directions

1. Preheat a grill or grill pan over medium heat.
2. Season the chicken with salt and pepper. Place on the preheated grill and cook for about eight to 10 minutes per side, or until cooked through and charred. Remove from the grill and let rest for two minutes.
3. Meanwhile, combine the oil, lemon juice, tomatoes, cucumber, and dill in a bowl. Season to taste and set aside.
4. Serve the grilled chicken alongside the cucumber salad. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 chicken thighs and 1 1/2 cup of salad.

More Flavor

Add feta cheese and red onions to the salad.

Ingredients

227 grams Chicken Thighs (boneless, skinless)

Sea Salt & Black Pepper (to taste)

1 tbsp Extra Virgin Olive Oil

1 tbsp Lemon Juice

1 cup Cherry Tomatoes (halved)

1 Cucumber (medium, diced)

1/4 cup Fresh Dill (chopped)

Roasted Chicken, Veggies & Quinoa with Tahini Sauce

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
2. Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
3. Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
4. Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
5. Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Drizzle with tahini dressing before serving.

Serving Size

One serving is equal to approximately two cups.

Make it Vegan

Use tofu instead of chicken.

More Flavor

Add broccoli and red onion to the roasted vegetables.

Additional Toppings

Top with fresh herbs such as dill or parsley.

Ingredients

- 1/2 cup Quinoa (dry)
- 340 grams Chicken Breast (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Paprika
- 1 Orange Bell Pepper (medium, chopped)
- 1 cup Cherry Tomatoes
- 2 tsps Tahini
- 2 tsps Water
- 1 tbsp Lemon Juice

Chipotle Steak, Cauliflower Rice & Guacamole Bowls

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Whisk together half of the lime juice, half of the oil, chipotle powder, and half of the salt. Pour over the steaks and marinate for two to three minutes, flipping a few times to thoroughly coat.
3. Add the steak to the prepared baking sheet and cook in the oven for 25 minutes, or until desired doneness. Let rest for five minutes before slicing.
4. Meanwhile, heat the remaining oil in a large pan over medium heat. Add the cauliflower rice and cook, stirring sometimes, for five to seven minutes or until desired doneness.
5. Combine the avocado, garlic, remaining lime juice, and remaining salt in a bowl and mash with a fork until well combined.
6. Divide the cauliflower rice, steak, red onion, cilantro, and guacamole between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Ingredients

- 2 **tbsps** Lime Juice (divided)
- 1 **tbsp** Avocado Oil (divided)
- 1 **tsp** Chipotle Powder
- 1/2 **tsp** Sea Salt (divided)
- 283 **grams** Top Sirloin Steak
- 3 **cups** Cauliflower Rice
- 1/2 Avocado (large)
- 2 Garlic (clove, minced)
- 1/2 **cup** Red Onion (diced)
- 1/2 **cup** Cilantro (chopped)

Lamb & Pea Endive Boats

7 ingredients · 25 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the lamb and cook for five minutes. Add the peas and continue to cook for another 10 minutes or until the lamb is browned.
2. Add the lamb and peas to a large bowl. Add the salt, mayonnaise, and lemon juice. Stir well to combine.
3. Scoop the lamb mixture into individual endive leaves. Serve and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate endive and lamb mixture separately for up to three days.

Serving Size

One serving is approximately four endive boats.

Make it Vegan

Use crumbled tofu or tempeh instead of lamb.

More Flavor

Add garlic and smoked paprika.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 227 grams Ground Lamb
- 1 cup Frozen Peas
- 1/2 tsp Sea Salt
- 1 tbsp Mayonnaise
- 2 tbsps Lemon Juice
- 1 head Endive (leaves separated)

Canned Salmon & Zucchini Noodles

6 ingredients · 10 minutes · 1 serving



Directions

1. Heat a pan over medium heat. Add the oil, and once the oil is hot, add the onion and zucchini. Sauté for two to three minutes until softened, tossing them as they cook.
2. Before serving, add lemon juice and Italian seasoning and toss to combine. Transfer to a serving dish. Add the salmon on top. Garnish with the remaining lemon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add minced garlic and cherry tomatoes to the zucchini as it cooks.

Additional Toppings

Fresh dill and/or pine nuts.

Ingredients

2 tsps Extra Virgin Olive Oil

1/4 cup Red Onion (thinly sliced)

1 Zucchini (large, spiralized)

1/2 Lemon (juiced, plus extra for garnish)

1 tsp Italian Seasoning

113 grams Canned Wild Salmon (drained and broken into large chunks)

Kale & Purple Cabbage Beef Hash

7 ingredients · 25 minutes · 4 servings



Directions

1. Heat the oil in a large pan over medium heat. Once hot, add the ground beef, breaking it up as it cooks. Season with half of the salt, rosemary, and thyme. Cook for seven to eight minutes or until cooked through.
2. Mix in the kale, cabbage, and remaining salt. Cook for four to five minutes or until the vegetables have softened. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate into an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add garlic powder and/or onion powder.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 454 grams** Lean Ground Beef
- 1 tsp** Sea Salt (divided)
- 1/2 tsp** Dried Rosemary
- 1/2 tsp** Dried Thyme
- 4 cups** Kale Leaves (finely chopped)
- 4 cups** Purple Cabbage (finely chopped)

Warm Chicken & Bell Pepper Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Season the chicken with salt and pepper, then lightly coat in arrowroot powder, shaking off excess.
2. Heat the oil in a large pan over medium high heat and cook the chicken for five to seven minutes.
3. Add the bell peppers, dill, and the garlic to the pan then stir in the vinegar. Cook for an additional three to four minutes until the peppers are soft and the chicken is cooked through.
4. Divide the romaine leaves evenly between plates. Top with the chicken and peppers. Garnish with sunflower seeds and fresh dill. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use black beans, lentils, or tofu instead of chicken.

More Flavor

Use toasted pine nuts instead of sunflower seeds. Add tomatoes, cucumbers, and green onions.

Ingredients

454 grams Chicken Breast (boneless, skinless, cut into thick strips)

Sea Salt & Black Pepper (to taste)

1/4 cup Arrowroot Powder

3 tbsps Extra Virgin Olive Oil

2 Red Bell Pepper (small, thickly sliced)

3 tbsps Fresh Dill (chopped, plus more for garnish)

2 tbsps Garlic Powder

2 tbsps Red Wine Vinegar

10 leaves Romaine (chopped)

2 tbsps Sunflower Seeds (toasted)

Cajun Pork Salad

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Brush the pork with half of the oil. Rub all over with the seasoning.
3. In a large oven-proof pan, sear the meat on all sides over high heat until browned on the outside.
4. Transfer the pork to the preheated oven and cook, uncovered, for 15 to 20 minutes or until desired doneness. Transfer the meat to a cutting board and let stand, covered, for 10 minutes.
5. Meanwhile, combine the avocado, tomatoes, green onions, cucumbers, and cilantro in a medium bowl. Whisk the remaining oil and lime juice together. Pour the dressing over the avocado mixture and toss gently to coat.
6. Slice the pork. Divide the lettuce evenly between plates and top with the salad and slices of pork. Drizzle with any pork resting juices and enjoy!

Notes

Leftovers

The salad is best enjoyed fresh. Meal prep the pork ahead of time and serve with the salad fresh. Store the ingredients separately in the refrigerator for up to three days.

Serving Size

One serving equals approximately two cups of salad with pork.

Additional Toppings

Top with your favorite seeds and/or nuts.

Ingredients

454 grams Pork Tenderloin
3 tbsps Extra Virgin Olive Oil (divided)
2 tsps Cajun Seasoning
1 Avocado (medium, peeled, sliced)
1 cup Cherry Tomatoes (halved)
2 stalks Green Onion (chopped)
1/2 Cucumber (large, diced)
1/4 cup Cilantro (chopped)
1 tbsp Lime Juice
1/3 head Green Lettuce

Beef & Napa Cabbage Stir Fry

10 ingredients · 15 minutes · 2 servings



Directions

1. Heat a large pan over medium heat. Once hot, add the beef and cook for four to six minutes or until cooked through. Break the meat apart as it cooks. Season with half the salt. Once cooked, set aside, leaving the fat in the pan.
2. Add the carrots and the broccoli to the same pan and cook for three to four minutes or until just tender.
3. Stir in the green onions, garlic, and ginger. Cook for one more minute.
4. Add the cabbage, mix well and cook, covered, for two to three minutes or until wilted.
5. Stir in the cooked beef, coconut aminos, apple cider vinegar, and the remaining salt. Cook until warmed through.
6. Serve topped with more green onions (optional) and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately 2 1/2 cups.

More Flavor

Use ground chicken, turkey, pork, or lamb instead of beef.

Additional Toppings

Cilantro or Thai basil.

Ingredients

340 grams Extra Lean Ground Beef

1/4 tsp Sea Salt (divided)

1 cup Matchstick Carrots

1 cup Broccoli (chopped into small florets)

4 stalks Green Onion (chopped, plus more for garnish)

1 Garlic (clove, minced)

1 tbsp Ginger (fresh, grated)

4 cups Napa Cabbage (finely sliced)

2 tbsps Coconut Aminos

1 tbsp Apple Cider Vinegar

Sumac Lamb & Roasted Zucchini

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Drizzle the zucchini with half of the oil and season with salt and pepper. Place them onto the baking sheet and cook in the oven for 30 to 35 minutes or until cooked through.
3. Meanwhile, heat the remaining oil in a pan over medium-high heat. Add the onion and sauté until translucent, about three minutes. Add the garlic and cook for another minute.
4. Add the lamb and sumac. Cook for 10 to 12 minutes or until browned, breaking it up as it cooks. Season with salt and pepper and adjust the seasoning to your taste.
5. Place the cooked zucchini on a plate. Top with the lamb and parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup ground lamb and one roasted zucchini.

Ingredients

- 4 Zucchini (medium, sliced in half lengthwise)
- 1 **tbsp** Sesame Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 Yellow Onion (medium, diced)
- 2 Garlic (clove, minced)
- 454 **grams** Ground Lamb
- 1 1/2 **tsps** Ground Sumac
- 2 **tbsps** Parsley (chopped)

Roasted Sweet Potato & Kale Salad with Salmon

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the sweet potato and bell pepper onto the baking sheet. Drizzle with 1/3 of the oil and season with salt and pepper. Bake for 15 minutes.
3. Remove from the oven and add the salmon to the sheet. Season the salmon with turmeric and salt to taste. Return the baking sheet to the oven and continue to bake for 12 to 15 minutes or until the salmon is cooked through and the vegetables are tender.
4. Meanwhile, in a small bowl, whisk together the remaining oil, lemon juice, salt, and pepper.
5. In a large bowl, add the kale. Add a splash of the dressing and massage with your hands to soften the kale.
6. Divide the kale, salmon, and vegetables evenly between plates. Top with pumpkin seeds and serve with the dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

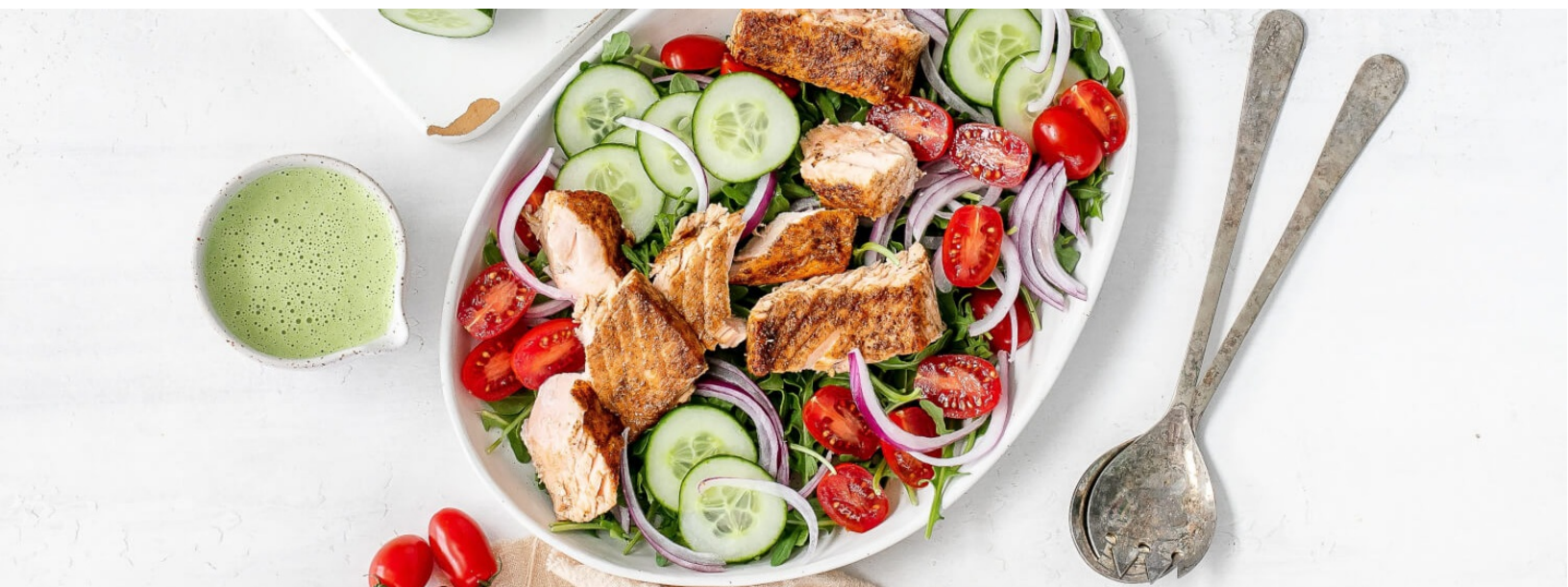
One serving is equal to approximately 1 1/2 cup of salad with salmon and dressing.

Ingredients

- 1 Sweet Potato (medium, cut into fries)
- 1 Red Bell Pepper (medium, sliced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 283 grams Salmon Fillet
- 1/4 tsp Turmeric
- 1 tbsp Lemon Juice
- 2 cups Kale Leaves (chopped)
- 2 tbsps Pumpkin Seeds

Grilled Salmon Salad with Cilantro Lime Dressing

9 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the grill to medium-high heat. Clean the grates and grease well.
2. Pat the salmon dry with paper towel. Drizzle the oil over the salmon. Rub it with chipotle powder and season with salt and pepper.
3. Place the salmon flesh side down and close the lid. Grill for two to three minutes. Gently flip the salmon skin side down and reduce the heat to medium. Close the lid and grill for three to five minutes or until cooked through. Rest for five minutes and then flake into pieces.
4. Add the arugula, onion, cucumber, and tomatoes to a salad bowl. Drizzle most of the dressing over top. Portion onto plates and top with salmon. Add the remaining dressing as needed and enjoy!

Notes

Leftovers

Refrigerate the salmon and salad ingredients separately from the dressing in sealed containers for up to two days.

Serving Size

One serving is approximately 2 1/2 cups of salad with salmon.

Additional Toppings

Sliced avocado, cilantro, radish or toasted nuts/seeds.

Ingredients

454 grams Salmon Fillet (skin on)
2 tsps Avocado Oil
1/2 tsp Chipotle Powder
Sea Salt & Black Pepper (to taste)
6 cups Arugula
1/3 cup Red Onion (thinly sliced)
1/2 Cucumber (large, sliced)
2 cups Cherry Tomatoes (halved)
1/3 cup Cilantro Lime Dressing

Cucumber Lime & Strawberry Salmon Salad

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Add the salmon to the baking sheet and top with half the oil and black pepper. Cook in the oven for 15 minutes, or until the salmon is cooked through.
3. Meanwhile, blend the lime juice, ginger, cucumber, salt, and remaining oil until smooth.
4. Divide the mixed greens, tomatoes, strawberries, and salmon evenly between plates. Serve with the cucumber dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups of salad with salmon and dressing.

Ingredients

- 283 grams** Salmon Fillet
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1/4 tsp** Black Pepper
- 1** Lime (juiced)
- 1 tbsp** Ginger (minced)
- 1/4** Cucumber (medium)
- 1 tsp** Sea Salt
- 4 cups** Mixed Greens
- 1 cup** Cherry Tomatoes (halved)
- 1/2 cup** Strawberries (sliced)

One Pan Beef, Broccoli & Sweet Potato

10 ingredients · 30 minutes · 2 servings



Directions

1. Heat the oil in a large pan over medium-high heat. Add the potatoes to the pan and cook for four to five minutes until starting to soften.
2. Add the bell pepper and garlic to the pan and sauté for two minutes. Add the beef and cook for three to four minutes, or until the beef is cooked through, breaking it up as it cooks. Season with salt and pepper.
3. Stir in the broccoli, green onions, tamari, and sesame seeds. Cook for three to five minutes or until the broccoli is tender, stirring as needed.
4. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add a seasoning blend of choice. Serve over rice or potatoes.

No Beef

Use any ground meat or meat substitute of choice.

Ingredients

- 1 **tblsp** Sesame Oil
- 1 Sweet Potato (medium, cubed)
- 1 Red Bell Pepper (medium, chopped)
- 2 Garlic (clove, chopped)
- 340 **grams** Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Broccoli (cut into small florets)
- 4 **stalks** Green Onion (chopped)
- 2 **tblsp**s Tamari
- 1 **tblsp** Sesame Seeds

Poached Salmon & Asparagus

8 ingredients · 25 minutes · 2 servings



Directions

1. In a large pan, add the lemon juice, garlic, dill, and parsley. Pour the broth over top.
2. Bring to a simmer over medium heat. Season the salmon with salt and pepper and place skin side down in the pan.
3. Cover and simmer for five minutes. Add the asparagus and cook, covered, for two more minutes, or until the salmon is cooked through, and the asparagus is tender.
4. Divide the salmon and asparagus evenly between plates. Serve with lemon wedges and chopped fresh herbs (optional). Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of asparagus and one salmon fillet.

More Flavor

Add shallots to the poaching liquid. Serve with your favorite grains.

Ingredients

- 1 Lemon (half juiced, half wedges)
- 1 Garlic (clove, finely sliced)
- 2 **tbsps** Fresh Dill (sprigs, plus more for serving)
- 2 **tbsps** Parsley (sprigs, plus more for serving)
- 1 **cup** Vegetable Broth
- 340 **grams** Salmon Fillet (skin on)
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Asparagus (trimmed)