



Anti-Candida GF

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The anti-Candida diet is a low-sugar, anti-inflammatory diet that promotes good gut health. The diet includes non-starchy vegetables, some low sugar fruits, non-glutinous grains, fermented foods, and healthy proteins.



Moroccan Spiced Fish

2 servings

20 minutes

Ingredients

- 2 Cod Fillet
- 2 tps Moroccan Spice Blend (divided)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (large, chopped)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 180 milliliters Vegetable Broth, Low Sodium
- 1 Tomato (medium, diced)
- 15 grams Parsley (chopped, plus more for garnish)

Directions

- 1 Pat the cod fillets dry with a paper towel and season with 1/4 of the Moroccan spice blend. Set aside.
- 2 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until the onion has softened. Add the garlic, salt and remaining spice blend and cook for another minute until fragrant.
- 3 Carefully add the vegetable broth and then stir in the tomato and parsley. Bring the pot to a simmer and cook for about five minutes.
- 4 Place the cod fillets in the pot and cover with the lid. Let the fish steam for four to seven minutes or until cooked through and flakey (cooking time will vary depending on the thickness of the fillets).
- 5 Divide the fillets and sauce between plates and top with additional parsley if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add red pepper flakes or fresh lemon juice. Serve with rice, naan, or pita.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

No Cod Fillets: Use another white fish instead.

No Moroccan Spice: Use a combination of paprika, turmeric, cinnamon, ginger, and cumin.

No Vegetable Broth: Use chicken broth instead.



Pesto Quinoa & White Bean Salad

2 servings

30 minutes

Ingredients

85 grams Quinoa (dry)
85 grams Pesto
1 1/2 tbsps Lemon Juice
240 grams Cannellini Beans (cooked,
drained and rinsed)
40 grams Red Onion (finely chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the quinoa according to package directions. Let it cool for 10 to 15 minutes.
- 2 In a mixing bowl combine the pesto and lemon juice. Add the cooled quinoa, cannellini beans, and red onion and stir to combine. Season the salad with salt and pepper to taste.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately equal to 1 1/2 cups.

More Flavor: Add fresh garlic, extra lemon juice, or red pepper flakes.

More Veggies: Serve salad over mixed greens or add tomato, cucumber, or bell pepper.

No Cannellini Beans: Use chickpeas or another white bean, like navy beans, instead.

Meal Prep: Use cooked quinoa to save time.



Salmon with Rice & Broccoli

2 servings

30 minutes

Ingredients

- 95 grams Brown Rice (dry)
- 340 grams Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 180 grams Broccoli (cut into florets)

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
- 3 Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
- 4 To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

No Brown Rice: Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

No Broccoli: Use green beans, cauliflower, or carrots instead.

No Salmon: Use trout, cod, or halibut instead.



Salmon Nuggets with Peas

3 servings

20 minutes

Ingredients

40 grams All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
1 Egg (large)
40 grams Oat Crackers (crushed)
340 grams Salmon Fillet (chopped into chunks, patted dry)
435 grams Fresh Peas (or frozen and thawed)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Add the flour, salt, and pepper to one bowl. In a second bowl, whisk the egg. In a third bowl, add the crushed oat crackers.
- 3 Dredge the salmon chunks in the flour first, shaking off any excess. Coat each chunk in the egg mixture, then transfer to the crushed oat crackers and coat well.
- 4 Arrange the salmon onto the baking sheet and bake for 12 to 15 minutes or until cooked through. Serve alongside the peas and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately four ounces of salmon and one cup of peas.

More Flavor: Add dried herbs to the flour mixture.

Additional Toppings: Dip into plain yogurt, honey mustard sauce, mayonnaise, guacamole, salsa, or ketchup.

Make it Vegan: Use tofu instead of salmon.



Chickpea Spinach Scramble

2 servings

15 minutes

Ingredients

60 milliliters Water
165 grams Chickpeas (cooked)
1/4 tsp Turmeric
1/2 tsp Cumin
1/4 tsp Sea Salt (to taste)
60 grams Baby Spinach (large leaves torn)

Directions

- 1 Heat the water in a pan over medium heat. Add the chickpeas, turmeric, cumin, and salt. Mash the chickpeas with the back of a fork.
- 2 Stir in the spinach until wilted and add more salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1/2 cup of the chickpea scramble.

More Flavor: Add garlic, onions, red pepper flakes, or lime juice.

Additional Toppings: Serve it with avocado, toast, or lettuce wraps.



Veggie Patties

3 servings

50 minutes

Ingredients

85 grams Cauliflower Rice
1 Carrot (small, peeled, and grated)
1 Zucchini (small, seeds removed, and grated)
1 tsp Onion Powder
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
3 tbsps Coconut Flour
2 Egg (whisked)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In batches, transfer the cauliflower rice, grated carrot, and zucchini to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 3 Transfer the dry vegetables to a mixing bowl and add the onion powder, garlic powder, and salt then stir in the coconut flour and egg. Mix well until combined. (Mixture should be wet but not soggy. Add a little more coconut flour to the mixture if needed.)
- 4 Form the mixture into equal patties two to three inches in diameter (approximately two tablespoons each) and place them on the prepared baking sheet.
- 5 Bake for 20 minutes then carefully flip and continue to bake for eight to 10 minutes until browned on both sides. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to three to four patties.

More Flavor: Add green onion or other dried herbs and spices to taste.

Additional Toppings: Top with green onion, fresh herbs, or dipping sauce of choice.

Eggs: Medium-sized eggs work best for this recipe.

Vegetables: Carrot, zucchini, and cauliflower rice should equal approximately two cups after squeezing out the liquid.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



One Pan Lemon Garlic Shrimp, Broccoli & Cauliflower Rice

2 servings

30 minutes

Ingredients

255 grams Cauliflower Rice
275 grams Broccoli (florets)
1 tbsp Extra Virgin Olive Oil (divided)
3/4 tsp Sea Salt (divided)
1 Lemon (juiced)
2 Garlic (cloves, smashed)
1/4 tsp Black Pepper
225 grams Shrimp (peeled, deveined, tails removed)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the cauliflower rice on one side of the baking sheet and the broccoli florets in the middle, leaving room for the shrimp. Drizzle with half of the oil and half of the salt. Toss to coat.
- 3 Place in the oven and bake for 15 minutes, turning broccoli halfway through.
- 4 Meanwhile, in a small bowl, add the remaining oil, salt, lemon juice, smashed garlic cloves, and black pepper. Whisk well and set aside.
- 5 Remove the baking sheet from the oven and add the shrimp. Pour half of the lemon garlic dressing on top of the shrimp and broccoli. Discard the smashed garlic cloves. Place back in the oven for seven to eight minutes or until the shrimp is cooked.
- 6 To serve, divide the cauliflower rice, broccoli, and shrimp into bowls. Top with remaining lemon garlic dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately four ounces of shrimp, 1 1/2 cup of cauliflower rice, and 1 1/2 cup of broccoli.

No Fresh Shrimp: Use frozen.

Additional Toppings: Chili flakes, fresh parsley, cilantro, or sliced green onions.

Save Time: Use pre-sliced cauliflower rice and broccoli florets.



Shrimp & Zucchini Noodle Bowl

2 servings

15 minutes

Ingredients

- 2 tbsps Butter (divided)
- 2 Garlic (cloves, minced)
- 2 Zucchini (medium, spiralized)
- Sea Salt & Black Pepper (to taste)
- 2 tps Lemon Juice (plus zest from half a lemon)
- 3 tbsps Shallot (peeled, finely chopped)
- 225 grams Shrimp (peeled, deveined)
- 1 tbsp Parsley (finely chopped)

Directions

- 1 Heat a large skillet over medium heat and melt half the butter. Add the garlic, stirring often for one minute, until fragrant. Add the zucchini noodles and season with salt and pepper. Toss until just cooked through, about two minutes. Remove and stir in the lemon juice and set aside on a plate.
- 2 In the same skillet, melt the remaining butter. Add the shallot and cook, stirring frequently until softened, about two minutes. Layer in the shrimp and cook for two minutes per side, until bright pink and cooked through. Season with salt and pepper.
- 3 Add the zucchini noodles back to the skillet and toss to reheat, about 30 seconds. Divide onto plates and top with parsley and lemon zest. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use extra virgin olive oil instead of butter and a dairy-free pesto.

More Flavor: Add chili flakes.

Additional Toppings: Add spinach or arugula.



Chicken with Mushroom Garlic Sauce

2 servings

25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
6 Cremini Mushrooms (large, sliced)
340 grams Chicken Breast
2 tbsps Arrowroot Powder
1/4 tsp Sea Salt (divided)
2 Garlic (clove, minced)
235 milliliters Chicken Broth
1 1/2 tpsps Lemon Juice
1 tbsp Parsley (finely chopped, optional)

Directions

- 1 Heat half of the oil in a skillet over medium heat. Add the mushrooms and cook for five to seven minutes or until the mushrooms have softened and browned. Remove from the pan and set aside.
- 2 Meanwhile, pat the chicken breast dry with a paper towel. Combine the arrowroot powder and half of the salt on a plate. Dip the chicken in the arrowroot powder and shake off the excess. Discard any leftover arrowroot powder.
- 3 Carefully wipe out the pan or skillet then add the remaining oil. Add the coated chicken to the pan and cook for six to eight minutes per side or until browned and cooked through. (Reduce heat slightly if needed to prevent burning.) Remove the chicken from the pan and set aside.
- 4 Deglaze the pan with a splash of the chicken broth and scrape any browned bits off the bottom. Add the garlic and the remaining salt and cook for a minute. Stir in the remaining chicken broth, increase the heat to medium-high and bring to a gentle boil to reduce for five to six minutes.
- 5 Add the lemon juice, parsley (if using), and the cooked mushrooms and stir to combine then place the cooked chicken back in the pan. Cook for another two to three minutes or until the chicken has warmed through again and the sauce has thickened slightly. Season with additional salt if needed.
- 6 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the chicken with other dried herbs and spices.

Chicken Breast: For best results use chicken breast no more than one inch thick. Cut large

pieces of chicken in half for more even cooking.

No Cremini Mushrooms: Use another type of mushroom instead.

No Fresh Parsley: Use another fresh herb like basil or chives instead or use dried herbs.

No Chicken Breast: Use boneless, skinless chicken thighs instead.



Garlic Shrimp, Watercress & Cauliflower Rice

2 servings

15 minutes

Ingredients

225 grams Shrimp (peeled, deveined)
1 1/2 tsps Coconut Aminos
1 Garlic (clove, minced)
205 grams Watercress (roughly chopped)
130 grams Cauliflower Rice

Directions

- 1 Heat a skillet over medium-high heat. Cook the shrimp and coconut aminos for about five minutes, or until the shrimp is opaque. Set aside.
- 2 Add the garlic and watercress to the same skillet. Cook until wilted, about three minutes. Add a splash of water if needed.
- 3 Divide the shrimp, watercress, and cauliflower rice onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately four ounces of shrimp, two cups of veggies, and 3/4 cup of cauliflower rice.

More Flavor: Warm up the cauliflower rice on the skillet and season with salt.

Additional Toppings: Top it with sliced green onion, cilantro, or pickled veggies.



Roasted Salmon with Avocado Salsa

2 servings

30 minutes

Ingredients

340 grams Salmon Fillet
1 tsp Extra Virgin Olive Oil
1 tbsp Lemon Juice (divided)
1/2 tsp Sea Salt (divided)
1/2 tsp Garlic Powder
1/2 Avocado (chopped)
1 tbsp Red Onion (diced)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Coat the salmon fillets with olive oil, 1/2 of the lemon juice, 1/2 of the sea salt, and garlic powder. Place the fillets on the prepared baking sheet. Bake for 14 to 16 minutes or until cooked through.
- 3 In the meantime, in a medium bowl, mix together the chopped avocado, red onion, and the remaining lemon juice and salt.
- 4 Divide salmon between serving plates. Top them with avocado salsa and enjoy.

Notes

Leftovers: Refrigerate the salmon in an airtight container for up to two to three days.

Avocado salsa is best made fresh just before serving.

Serving Size: One serving is equal to approximately six ounces of salmon and 1/3 cup avocado salsa.

More Flavor: Add oregano to salmon seasoning and chopped cilantro to the salsa.



Chickpea Patties

8 servings

50 minutes

Ingredients

330 grams Chickpeas (cooked, rinsed)
1 Orange Bell Pepper
4 Garlic (clove)
40 grams Oats
30 grams Parsley
1 tbsp Nutritional Yeast
1/2 tsp Cumin
1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a food processor, combine all the ingredients. Pulse until evenly mixed, but not smooth.
- 3 Using a 1/4 cup measuring cup, scoop the mixture directly onto the baking sheet into patties. Press down and shape edges with your fingers.
- 4 Bake patties for 35 minutes. Remove from the oven and let cool for 10 minutes on the baking sheet. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: One serving is equal to approximately one patty.

More Flavor: Add in extra herbs and spices for more flavor.

Helpful Tip: Grease parchment paper with oil for easy removal. Alternatively, use a butter knife and slide underneath to lift from the parchment paper.



Eggplant Curry

4 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 White Onion (small, diced)
- 3 Garlic (clove, minced)
- 1 Eggplant (large, cubed)
- 1 tsp Curry Powder
- 1/2 tsp Cumin
- Sea Salt & Black Pepper
- 365 milliliters Canned Coconut Milk
- 725 grams Diced Tomatoes (from the can with juices)
- 2 tbsps Cilantro (chopped)

Directions

- 1 In a large pot, heat the oil over medium heat. Add the onions and cook for three to four minutes or until soft. Add the garlic and eggplant. Cook for five to six minutes or until the eggplant is browned, being sure to stir occasionally.
- 2 Add the curry powder, cumin, salt, and pepper and stir for two minutes to combine. Add the coconut milk and diced tomatoes and stir to combine. Bring to a gentle simmer, cover, and let cook for 15 minutes.
- 3 Divide between bowls and top with cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/2 cups of curry.

More Flavor: Add garam masala, bay leaves, and coriander powder.

Serve it With: Serve over rice and alongside homemade or store-bought naan.



Palak Tofu

4 servings

40 minutes

Ingredients

350 grams Tofu (extra firm, cut into 1-inch cubes)
1 tbsp Extra Virgin Olive Oil (divided)
1 Yellow Onion (medium, diced)
5 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced)
1 1/2 tsps Garam Masala
1 tsp Cumin
1 tsp Coriander
1/2 tsp Chili Powder
1 Tomato (medium, diced)
150 grams Baby Spinach
120 milliliters Canned Coconut Milk
1 1/2 tsps Sea Salt

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Toss the tofu with 1/3 of the oil. Spread it out evenly onto the baking sheet and bake for 30 minutes. Once it's done, set it aside.
- 3 In a large pot, add the remaining oil and heat on medium-low. Add the onion, garlic, and ginger and cook for five minutes. Add the spices and tomatoes and stir to combine. Cook until softened, about five minutes. Add the spinach and cook until just wilted.
- 4 Using a food processor, blender, or immersion blender, process until smooth. Transfer the mixture back to the pot and add the coconut milk, salt, and tofu. Heat to warm through. Portion into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.

Additional Toppings: Top with cilantro and a drizzle of coconut milk for extra flavor.

Serve it With: Serve over rice with naan or a side salad.



Lemon Garlic Chicken & Green Beans

3 servings

20 minutes

Ingredients

455 grams Chicken Thighs (boneless, skinless)
1 tsp Paprika
Sea Salt & Black Pepper (to taste)
3 tbsps Butter (divided)
300 grams Green Beans (trimmed, fresh)
4 Garlic (clove, minced)
120 milliliters Chicken Broth
2 tbsps Lemon Juice

Directions

- 1 Season the chicken with paprika, salt, and black pepper.
- 2 Heat a skillet over medium-high heat and melt 2/3 of the butter. Add the chicken thighs and cook for five to six minutes per side, or until cooked through. Remove the chicken from the pan.
- 3 Reduce the heat to low and add the remaining butter. Add the green beans and garlic, and cook for four minutes, stirring occasionally. Add the chicken broth and lemon juice. Cook until the liquid is reduced, about five minutes.
- 4 Add the chicken back to the pan until warmed through. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Top with a squeeze of lemon juice right before serving and/or your favorite herbs.



Za'atar Roasted Haddock

2 servings

14 minutes

Ingredients

2 Haddock Fillet
Sea Salt & Black Pepper (to taste)
1 tbsp Za'atar Spice
1 tbsp Ground Sumac (divided)
1/3 Cucumber (large, diced)
1 Tomato (large, diced)
115 grams Radishes (diced)
1 1/2 tsps Lemon Juice

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Season the haddock with salt and pepper. Mix together the za'atar spice and half of the sumac and add it to the fish fillet.
- 3 Bake for eight to 10 minutes or until the haddock fillets are cooked through and flake easily with a fork.
- 4 As your fish cooks, mix together the cucumber, tomato, and radishes. Add lemon juice and remaining of the sumac. Season with salt and pepper.
- 5 Divide the salad evenly between plates, top with the haddock and enjoy!

Notes

Leftovers: Refrigerate the haddock and salad separately in airtight containers for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cup salad and one fish fillet.

Fillet Size: One haddock fillet is equal to 150 grams or 5.3 ounces.

Make it Spicy: Sprinkle chili flakes on the fish.

Additional Toppings: Add chopped parsley to the salad.



One Pan Italian Chicken & Veggies

2 servings

25 minutes

Ingredients

285 grams Chicken Breast (cut into large cubes)
90 grams Broccoli (cut into small florets)
40 grams Red Onion (cut into thick slices)
75 grams Cherry Tomatoes
1 Zucchini (chopped)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Italian Seasoning
1/2 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Add the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 3 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 4 Divide evenly between plates or meal prep containers and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add other dried herbs and spices to taste, like red pepper flakes, onion powder, and/or parsley.

Serve it With: Rice, cauliflower rice, or quinoa. Add avocado or dipping sauce, like tzatziki or hummus.



One Pan Shrimp & Asparagus with Feta

4 servings

15 minutes

Ingredients

225 grams Shrimp (peeled, deveined)
535 grams Asparagus (trimmed, chopped)
2 tbsps Extra Virgin Olive Oil
2 Garlic (cloves, sliced)
80 grams Red Onion (sliced)
2 tbsps Lemon Juice
Sea Salt & Black Pepper (to taste)
65 grams Pitted Kalamata Olives
40 grams Feta Cheese (crumbled)
20 grams Parsley (chopped)

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Toss together the shrimp, asparagus, oil, garlic, red onion, and lemon juice on the baking sheet. Season with salt and pepper and bake for ten minutes, or until the shrimp is cooked through and the asparagus is tender. Remove from heat.
- 3 Top the shrimp and asparagus with olives, feta cheese, and parsley. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

Dairy-Free: Omit the feta cheese or use plant-based feta instead.

More Flavor: Season the shrimp and asparagus with oregano and paprika before baking.

Additional Toppings: Serve over rice with hummus and tzatziki.



Cod & Shrimp Stew

2 servings

20 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
135 grams Asparagus (trimmed, chopped)
1 tsp Cumin
1 tbsp Tomato Paste
Sea Salt & Black Pepper (to taste)
120 milliliters Water
120 milliliters Canned Coconut Milk
1 Cod Fillet (cubed)
85 grams Shrimp (peeled, deveined)
1 tbsp Chives (chopped, for garnish)
1/2 Lime (cut into wedges)

Directions

- 1 Heat the oil in a pan over medium heat. Add the asparagus and sauté for three to four minutes. Add the cumin, tomato paste, salt, and pepper.
- 2 Add the water and coconut milk to the pan and stir well. Bring to a boil, then turn down the heat to simmer. Place the cod and shrimp in the pan, cover with a lid and cook for seven to eight minutes or until everything is cooked through.
- 3 Divide the stew between serving plates, top with chives, and serve with lime wedges. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add diced tomato, carrot, and red onion.

Additional Toppings: Cilantro and red onion.

Serve it With: Serve over rice or with your choice of bread.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.



Baked Cod & Veggies with Quinoa

3 servings

30 minutes

Ingredients

- 85 grams Quinoa (dry)
- 145 grams Roasted Red Peppers
- 120 milliliters Canned Coconut Milk
- 60 milliliters Water
- Sea Salt & Black Pepper (to taste)
- 2 Cod Fillet
- 1 Zucchini (medium, sliced into strips)
- 1 Yellow Bell Pepper (medium, sliced)
- 270 grams Asparagus (trimmed, chopped)
- 2 tbsps Parsley (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 3 Blend the roasted red pepper, coconut milk, and water, using a blender or immersion blender, until smooth. Season with salt and pepper.
- 4 Season both sides of the cod with salt and pepper.
- 5 Place the zucchini, bell pepper, and asparagus into a deep baking dish. Add the red pepper sauce and stir. Place the cod on top and bake in the oven for 15 to 18 minutes or until the fish is cooked through and the vegetables are tender.
- 6 Divide the quinoa, cod, and veggies evenly between plates. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

No Quinoa: Use couscous, brown rice, or cauliflower rice instead.

More Flavor: Add red onion and garlic.

No Cod Fillets: Use another white fish instead.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.



Dijon Roasted Turkey Thigh

4 servings

1 hour 15 minutes

Ingredients

2 tbsps Dijon Mustard
2 tsps Avocado Oil
1/2 tsp Sea Salt
1 tsp Thyme (fresh)
1 tsp Rosemary (fresh)
905 grams Turkey Thigh, Bone-in (with skin)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a small roasting pan with parchment paper.
- 2 Mix the Dijon mustard, oil, salt, thyme, and rosemary together. Spread half of the mixture under the skin of the turkey thigh and the other half all over the top of the skin.
- 3 Roast the turkey thigh for 60 to 75 minutes or until it reaches an internal temperature of 180°F (80°C). Let the turkey rest for 10 minutes to retain the juices. Carve the turkey and divide it into portions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is four ounces.



Haddock, Broccoli & Quinoa

2 servings

25 minutes

Ingredients

- 85 grams Quinoa (uncooked)
- 2 Haddock Fillet
- 180 grams Frozen Broccoli
- 2 tbsps Coconut Oil
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to package directions.
- 3 Place the haddock fillets and broccoli onto the parchment paper. In a small bowl, whisk together the coconut oil, onion powder, paprika, and sea salt. Brush the mixture onto the haddock and broccoli.
- 4 Bake the haddock and broccoli for 20 minutes, or until the fish is cooked through. Serve with the quinoa and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



Pesto Chicken & Tomatoes with Quinoa

4 servings

20 minutes

Ingredients

170 grams Quinoa (dry)
455 grams Chicken Thighs (boneless, skinless)
150 grams Cherry Tomatoes (halved)
1 2/3 tbsps Pesto
120 grams Baby Spinach

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
- 2 Cook the quinoa according to the package directions.
- 3 Toss the chicken thighs and cherry tomatoes with the pesto until well coated. Add the chicken and tomatoes to the baking dish and bake for 15 to 20 minutes or until the chicken is cooked through.
- 4 Divide the quinoa evenly between bowls and top with baby spinach. Serve the chicken thighs and cherry tomatoes over top of the spinach. Spoon residual sauce from the baking dish on top of each serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Cook the quinoa in chicken stock instead of water.

Additional Toppings: Chopped basil or parsley.



Tuna Steak & Bok Choy

4 servings

15 minutes

Ingredients

- 565 grams Tuna Steak
- 2 tbsps Sesame Oil (divided)
- 1 tbsp Sesame Seeds
- 1 Garlic (clove, chopped finely)
- 1 tbsp Ginger (fresh, chopped finely)
- 280 grams Bok Choy (quartered lengthwise)
- 2 stalks Green Onion (sliced)
- 1 tbsp Tamari

Directions

- 1 Pat the tuna steaks dry with a paper towel then rub the steaks with 1/2 of the oil and sprinkle with sesame seeds.
- 2 Heat a large skillet over high heat. Once the skillet is very hot, add the steaks, and sear for one to two minutes per side, or until your desired doneness. Remove from the skillet.
- 3 Reduce the temperature to medium-high and heat the remaining oil.
- 4 Add the garlic, ginger, and bok choy and sauté until wilted and tender, about two to three minutes.
- 5 Top the tuna with green onions and tamari. Divide the tuna and bok choy evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Tuna Steaks: Most tuna steaks are purchased frozen. The best way to thaw tuna steaks is to place them in the refrigerator overnight.



Black Bean, Tofu & Cilantro Lime Salad

3 servings

25 minutes

Ingredients

50 grams Millet (dry)
455 grams Tofu (firm)
1 tbsp Avocado Oil
60 milliliters Water
2 tsp Taco Seasoning
115 grams Mixed Greens
170 grams Microgreens
85 grams Black Beans (cooked and rinsed)
60 milliliters Cilantro Lime Dressing

Directions

- 1 Cook the millet according to package instructions. Set aside.
- 2 Press the tofu with paper towels to remove excess moisture.
- 3 Heat the oil in a skillet over medium-high heat. Add the tofu, breaking it up as it cooks, stirring frequently, for four to six minutes or until golden. Add the water and the taco seasoning and continue cooking for two minutes. Set aside to cool.
- 4 Divide the greens, microgreens, beans, cooked millet, and tofu evenly between bowls and top with the dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Cook the millet in broth instead of water. Serve with tortilla chips.

Additional Toppings: Salsa, avocado, cilantro, green onions, seeds, roasted nuts and/or a dressing of your choice.



Coconut Crusted Haddock

1 serving
15 minutes

Ingredients

2 tbsps Unsweetened Shredded Coconut
1 tbsp Extra Virgin Olive Oil
1 Garlic (clove, small, minced)
Sea Salt & Black Pepper (to taste)
1 Haddock Fillet
1 tbsp Parsley (finely chopped)
1/4 Lemon (juiced)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Combine the shredded coconut with the oil and garlic. Season with salt and pepper.
- 3 Place the haddock on the baking sheet and scoop the coconut mixture on top of the haddock, gently packing it down. Bake the haddock for 10 minutes.
- 4 Add parsley and lemon juice on top of the haddock. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Fillet Size: One haddock fillet is equal to 150 grams or 5.3 ounces.



Cod with Pesto & Tomatoes

2 servings

15 minutes

Ingredients

50 grams Millet (dry)
1 Cod Fillet (cut in half)
150 grams Cherry Tomatoes (halves)
10 grams Chives
1 tbsp Pesto
85 grams Microgreens
Sea Salt & Black Pepper (to taste)

Directions

- 1 With the rack placed in the middle position, preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Cook the millet according to package instructions.
- 3 Bake the cod fillet(s) for 10 to 12 minutes or until the fillet flakes with a fork. This will depend on the thickness of the fillet(s).
- 4 Meanwhile, mix together the tomatoes and chives.
- 5 Once cooked, brush the pesto over the fillets and garnish with the tomatoes and the microgreens. Season everything with salt and pepper to taste. Divide the ingredients evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.

More Flavor: Cook the millet in vegetable or bone broth. Add more fresh herbs like basil and oregano.



Grilled Eggplant with Spiced Walnuts & Yogurt

4 servings

25 minutes

Ingredients

4 Eggplant (small, cut in half lengthwise)
2 tbsps Avocado Oil (divided)
1 tbsp Cumin (divided)
Sea Salt & Black Pepper (to taste)
120 grams Walnuts (chopped)
2 tbsps Coconut Aminos
225 grams Unsweetened Coconut Yogurt
4 grams Cilantro (chopped)

Directions

- 1 Score the flesh of the eggplant and brush with half of the oil. Season with half of the cumin, salt, and pepper.
- 2 Heat the grill or a grill-pan to medium high heat. Once hot, place the eggplant on the grill, flesh side down. Grill for five minutes on each side, until golden brown and soft to touch. Set aside.
- 3 In a small frying pan, on medium low heat, toast the walnuts with the remaining oil, coconut aminos, and the remaining cumin for about three minutes. Remove from heat and set aside.
- 4 To assemble, top the eggplant with equal parts of yogurt, walnuts, and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is two small eggplant halves.

More Flavor: Use za'atar seasoning instead of cumin. Add chopped parsley and shallots to the walnut mixture.

Additional Toppings: Parsley, chives, basil, and/or sesame seeds.

No Coconut Yogurt: Use any other type of yogurt instead.



Eggplant Shakshuka

1 serving
25 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Eggplant (small, chopped)
- 1 Tomato (large, diced)
- 1/2 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1 tbsp Parsley (chopped)

Directions

- 1 Heat the oil in a small pan over medium heat. Add the eggplant and sauté for four to five minutes until golden brown.
- 2 Add the tomato and paprika. Cook for about 10 minutes or until tomato is cooked and soft, stir frequently.
- 3 Season the mixture with salt and pepper. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the whites are set and the yolk is cooked to your liking, about five to six minutes for a runny yolk.
- 4 Adjust the seasoning to your taste. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add spinach, chili flakes, and cumin.



Creamy Tuscan Cod

2 servings

30 minutes

Ingredients

2 tps Extra Virgin Olive Oil
3 Tomato (medium, diced)
65 grams Black Olives
2 Cod Fillet
240 milliliters Canned Coconut Milk
40 grams Kale Leaves (stems removed, chopped)
1 tsp Dried Basil
Sea Salt & Black Pepper (to taste)
30 grams Parsley (fresh, chopped)

Directions

- 1 Heat the oil in a large pan over medium heat. Add the tomatoes and cook for a couple of minutes. Add the olives, stir, then add the cod fillets.
- 2 Add the coconut milk, kale, basil, salt, and pepper. Allow it to simmer for 20 minutes, then turn off the heat and add the fresh parsley. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic, onion, and sun dried tomatoes.

Serve it With: Serve over rice, quinoa, or cauliflower rice.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.



Greek Chicken & Veggies with Coconut Tzatziki

4 servings

45 minutes

Ingredients

455 grams Chicken Breast
1 Lemon (juiced and zested, divided)
1 tbsp Extra Virgin Olive Oil (divided)
4 Garlic (cloves, minced, divided)
Sea Salt & Black Pepper (to taste)
1 Zucchini (large, chopped)
120 grams Red Onion (chopped)
65 grams Black Olives
225 grams Unsweetened Coconut Yogurt
1/4 Cucumber (medium, finely shredded)
2 tbsps Parsley (finely chopped, divided)

Directions

- 1 Preheat the oven to 375°F (190°C). Place the chicken breast and half of the following ingredients into a sealable container: lemon juice, lemon zest, oil, garlic, salt, and pepper. Cover with a lid, shake, and let it marinate for at least 10 minutes while you prepare the rest of the ingredients.
- 2 Add the zucchini, red onion, black olives, and marinated chicken breasts to a baking sheet. Toss the vegetables with the remaining oil, salt, and pepper to taste. Bake in the oven for 30 minutes.
- 3 Meanwhile, prepare the tzatziki by combining the coconut yogurt, shredded cucumber, remaining lemon juice, remaining garlic, half of the parsley, and salt to taste. Whisk until well mixed.
- 4 Divide the chicken breasts and vegetables evenly between plates. Top with tzatziki and remaining parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add cooked potatoes, bell peppers, or serve with a pita.

No Coconut Yogurt: Use Greek yogurt or sour cream instead.



One Pan Creamy Tuscan Chicken

3 servings

40 minutes

Ingredients

20 grams Sun Dried Tomatoes (drained, chopped)
455 grams Chicken Thighs (boneless)
425 milliliters Canned Coconut Milk (full fat)
65 grams Black Olives (drained, sliced)
175 grams Artichoke Hearts (drained, chopped)
2 tsp Mediterranean Spice Blend
Sea Salt & Black Pepper (to taste)
60 grams Baby Spinach (tightly packed)

Directions

- 1 Heat a pan over medium heat and add the sun dried tomatoes. Cook for one to two minutes, then add the chicken.
- 2 Cook for five minutes on one side. Add the coconut milk, black olives, artichokes, Mediterranean spice blend, salt, and pepper. Simmer for 20 minutes, flipping the chicken halfway through.
- 3 Add the spinach and cook for a couple of minutes, until wilted. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately two chicken thighs and 1/2 cup of vegetables and sauce.

More Flavor: Add fresh garlic and onion.

Serve it With: Rice, quinoa, cauliflower rice, or your favorite flatbread.



Chicken Stroganoff & Cauliflower Mash

2 servings

30 minutes

Ingredients

1/2 head Cauliflower (medium, chopped into florets)
120 milliliters Chicken Broth (divided)
225 grams Chicken Thighs (boneless, skinless, sliced)
1 tbsp Arrowroot Powder
1 tbsp Avocado Oil (divided)
190 grams Mushrooms (sliced)
2 Garlic (cloves, minced)
1 tsp Apple Cider Vinegar
1 tbsp Coconut Aminos
60 milliliters Coconut Cream (optional)

Directions

- 1 Place the cauliflower in a steamer basket over boiling water and cover. Steam for 10 to 15 minutes or until very tender. Transfer the steamed cauliflower and 1/4 of the broth to a food processor or blender and process until desired texture. Set aside and keep warm.
- 2 Toss the chicken in a bowl with the arrowroot powder making sure each piece of meat is completely covered. Set aside.
- 3 Warm half of the oil in a large pan over medium-high heat. Add the chicken and cook for four to six minutes, stirring occasionally, or until the chicken is cooked through. Set aside.
- 4 Using the same pan, add the remaining oil and mushrooms. Cook for four to six minutes, continuously stirring. Add the garlic and sauté for one more minute.
- 5 Add the remaining broth, apple cider vinegar, coconut aminos, and coconut cream, if using. Add the cooked chicken and stir to combine. Simmer for two minutes, or until slightly thickened.
- 6 Divide the cauliflower mash evenly between bowls. Top with the chicken and mushroom mixture 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 thyme, Worcestershire sauce, white wine, and/or salt and pepper. Use Greek yogurt or sour cream instead of coconut cream.

Additional Toppings: Fresh parsley.



Seafood & Cabbage Miso Soup

4 servings

15 minutes

Ingredients

1.7 liters Vegetable Broth, Low Sodium
3 tbsps Sesame Oil
3 tbsps Coconut Aminos
3 tbsps Miso Paste
2 tbsps Ginger (finely chopped)
290 grams Shiitake Mushrooms (sliced)
355 grams Napa Cabbage (thinly sliced)
4 stalks Green Onion (chopped)
225 grams Shrimp (peeled, deveined, and rinsed)
300 grams Salmon Fillet (skinless, cubed)

Directions

- 1 In a large pot, bring the broth, sesame oil, coconut aminos, miso, and ginger to a boil. Simmer over low heat for five minutes.
- 2 Add the mushrooms, cabbage, green onions, shrimp, and salmon to the broth and cook for four to five minutes or until cooked through.
- 3 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add Sriracha or wasabi paste.

Additional Toppings: Garnish with lime zest, lime juice, and/or mint leaves.



Chicken & Lentil Soup

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
80 grams Red Onion (large, chopped)
1/2 bulb Fennel (medium, chopped)
1 1/2 tsps Ginger (finely chopped)
1 tsp Turmeric
1.3 liters Bone Broth
45 grams Quinoa (dry, rinsed)
455 grams Chicken Breast, Cooked (shredded)
125 grams Matchstick Carrots
200 grams Lentils (rinsed and drained)

Directions

- 1 Heat the oil in a large pot over medium heat. Sauté the onion, fennel, and the ginger for six minutes, stirring often. Add the turmeric and mix well.
- 2 Add the broth and cook for another minute. Add the quinoa and bring it to a boil. Reduce the heat to medium-low and simmer for five minutes. Add the cooked chicken, carrots, and lentils and cook for another 10 minutes.
- 3 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

Serving Size: One serving is equal to approximately 2 1/2 cups.

More Flavor: Season with salt and black pepper. Use chickpeas instead of lentils.

Additional Toppings: Green onions and fresh dill.

Make it Vegan: Use plant-based protein instead of chicken and vegetable broth instead of bone broth.

No Cooked Chicken: Use raw chicken cut into cubes. Add it at the same time as the carrots and cook until cooked through.

No Quinoa: Use additional lentils instead.



Salmon Florentine

3 servings

30 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
2 Garlic (cloves, sliced)
40 grams Shallot (chopped)
8 Cremini Mushrooms (sliced)
1/2 Lemon (juiced)
425 milliliters Canned Coconut Milk
2 tsps Thyme (fresh)
Sea Salt & Black Pepper (to taste)
340 grams Salmon Fillet (skinless)
60 grams Baby Spinach

Directions

- 1 Add the oil, garlic, and shallots to a large skillet and sauté until fragrant, about two to three minutes.
- 2 Then, add the mushrooms and continue sautéing until the mushrooms are browned, about five to seven minutes. Add the lemon juice to the pan to deglaze.
- 3 Add the coconut milk, thyme, salt, and pepper. Stir well and bring the sauce to a gentle simmer. Add the salmon pieces, nestling them into the sauce. Cover and cook for five minutes or until the salmon is cooked to your desired doneness.
- 4 Add the spinach to the sauce for a few minutes until wilted. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add capers to the sauce while it cooks.

Additional Toppings: Chopped parsley, dill and/or sliced almonds.

Serve it With: Serve over rice, quinoa, barley, and/or cauliflower rice.



Chicken & Leek Quinoa

2 servings

25 minutes

Ingredients

- 1 tbsp Butter
- 340 grams Chicken Thighs (boneless, skinless, cut into 1-inch pieces)
- 1 Leeks (large, white and most green parts, trimmed, sliced)
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, finely chopped)
- 1 tsp Dried Rosemary
- 85 grams Quinoa (dry, rinsed)
- 355 milliliters Water
- 45 grams Baby Kale (chopped)

Directions

- 1 Melt the butter in a non-stick pan over medium heat. Add the chicken and the leeks and cook for four minutes, stirring occasionally. Season with salt and pepper.
- 2 Add the garlic and rosemary and cook for one more minute.
- 3 Add the quinoa and the water, stir well, and bring to a boil. Cover, reduce the heat to low and simmer for 12 to 15 minutes.
- 4 Add the kale and stir. Season to taste if desired. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add more vegetables. Use spinach in place of kale.



Mediterranean Chicken Salad

2 servings

15 minutes

Ingredients

- 2 Egg
- 60 milliliters Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 80 grams Arugula
- 150 grams Cherry Tomatoes
- 35 grams Pitted Kalamata Olives
- 140 grams Chicken Breast, Cooked (sliced or cubed)
- 50 grams Feta Cheese (crumbled)

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and set aside.
- 3 In a small jar, combine the oil, lemon juice, mustard, salt, and pepper. Shake to combine and set aside.
- 4 Place the arugula, tomatoes, olives, and chicken in a bowl. Top with the egg and feta. When ready to eat, drizzle the dressing on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about three cups.

Meal Prep: Use pre-cooked or meal prepped hard-boiled eggs for a quick meal.

Additional Toppings: Pickled or sliced red onion.

Dairy-Free: Use a dairy-free feta cheese or omit.



Lemony Roasted Chicken, Carrots & Chickpeas

3 servings

40 minutes

Ingredients

455 grams Chicken Thighs (skin-on, bone-in)
285 grams Chickpeas (cooked, rinsed)
4 Carrot (peeled, chopped)
75 grams Cherry Tomatoes (halved)
40 grams Shallot (chopped)
1 tbsp Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tsps Nigella Seeds
1/2 tsp Sea Salt
1 tbsp Fresh Dill (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C). Grease a cast iron skillet.
- 2 Add the chicken, chickpeas, carrots, tomatoes, and shallot to the skillet.
- 3 In a separate bowl, mix the oil, lemon juice, nigella seeds, and salt. Pour this over the skillet ingredients evenly and use your hands to rub the mixture in.
- 4 Cook in the oven for 30 minutes or until the chicken is cooked through and the carrots are tender. To make the skin crispier you can broil for one to two minutes, if desired.
- 5 Garnish with dill and 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 one cup of the chickpea mixture.

Additional Toppings: Add yogurt, pine nuts and/or chopped walnuts.

No Nigella Seeds: Use sesame seeds instead.



Broccoli & Cabbage Chicken Skillet

2 servings

25 minutes

Ingredients

1 1/2 tps Avocado Oil
80 grams Red Onion (chopped)
340 grams Extra Lean Ground Chicken
1/4 tsp Sea Salt (divided)
1 tbsp Apple Cider Vinegar
1 Garlic (cloves, minced)
1 tbsp Ginger (fresh, grated)
340 grams Coleslaw Mix
90 grams Broccoli (chopped into florets)
10 grams Basil Leaves (chopped, plus extra for garnish)

Directions

- 1 Heat the oil in a large skillet over medium-high heat. Add the onions and sauté for two to three minutes until softened. Add the chicken, breaking it up as it cooks. Cook for five minutes. Season with salt.
- 2 Add the vinegar and cook for one more minute. Add the garlic and the ginger and cook until fragrant, about one minute.
- 3 Add the coleslaw and broccoli. Continue cooking, stirring occasionally, until the coleslaw has cooked down and the broccoli is tender, about five minutes. Add the basil. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 1/4 cup.

More Flavor: Use ground turkey or pork in place of chicken.



Chermoula Trout & Quinoa

3 servings

30 minutes

Ingredients

- 55 grams Quinoa (dry)
- 60 grams Parsley (chopped)
- 15 grams Cilantro (chopped)
- 2 Garlic (cloves)
- 60 milliliters Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/2 tsp Cumin
- 3 Rainbow Trout Fillet

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 3 Add the parsley, cilantro, garlic, oil, lemon juice, salt, and cumin to a food processor. Blend until you get a somewhat smooth yet still textured mixture.
- 4 Place the trout fillets on the baking sheet. Set aside some of the chermoula for serving and spoon the rest on the fillets. Bake for 15 minutes, or until cooked through.
- 5 Serve the trout with the reserved chermoula and quinoa. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately one fillet and a 1/3 cup of cooked quinoa.

More Flavor: Add crushed chili peppers.

Fillet Size: One fillet is equal to approximately 160 grams or 5.6 ounces in size.



Salmon, Asparagus & Capers

2 servings

25 minutes

Ingredients

340 grams Salmon Fillet (skinless)
Sea Salt & Black Pepper (to taste)
270 grams Asparagus (ends trimmed)
3 tbsps Capers (rinsed)
4 stalks Green Onion (thinly sliced)
2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Lemon Zest

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Season the salmon with salt and pepper. Set aside.
- 3 Toss the asparagus, capers, and green onions with the oil in a large bowl. Season with the lemon zest, salt, and pepper.
- 4 Remove the asparagus from the bowl and lay in a baking dish. Lay the salmon on top and top with the capers' mixture.
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately six ounces of salmon and one cup of asparagus.

More Flavor: Serve with quinoa, farro, millet, or rice.



Chicken & Kale Skillet with Chickpea Pasta

2 servings

20 minutes

Ingredients

140 grams Chickpea Pasta (dry)
1 tbsp Extra Virgin Olive Oil
285 grams Chicken Breast (skinless, boneless, cut into strips)
Sea Salt & Black Pepper (to taste)
170 grams Kale Leaves (stems removed and leaves chopped)
60 milliliters Water
1 1/2 tsps Lemon Juice
1 1/2 tsps Red Pepper Flakes

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
- 3 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
- 4 Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately three cups.

Make it Vegan: Omit the chicken.

More Flavor: Add minced garlic, lemon juice, parmesan and/or shallots.

Additional Toppings: Freshly parsley and/or hemp seeds.



Salmon Quinoa Salad

1 serving

30 minutes

Ingredients

45 grams Quinoa (dry)
170 grams Salmon Fillet
2 tbsps Red Onion (sliced)
2 tbsps Lemon Juice (fresh, divided)
150 grams Cherry Tomatoes (halved)
1/4 Cucumber (chopped)
1 tbsp Cilantro (minced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 3 Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
- 4 Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and cilantro to the quinoa and mix. Add salt and pepper to taste.
- 5 Divide the quinoa salad between servings and top with the salmon. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for two days.

Serving Size: One serving is approximately one cup of quinoa salad and 6 oz of salmon.

More Flavor: Spread dijon mustard and olive oil on the salmon. Add shaved parmesan or goat cheese to the quinoa salad.

Additional Toppings: Chopped parsley, pine nuts, pumpkin seeds and/or walnuts.



One Pan Chicken, Chickpeas & Broccoli

2 servings

20 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 285 grams Chicken Breast (boneless, skinless, cut into cubes)
- 1 Lemon (juiced, divided)
- 2 tbsps Greek Seasoning (divided)
- 275 grams Broccoli (cut into florets)
- 245 grams Chickpeas (drained, rinsed)

Directions

- 1 Heat the oil in a large pan over medium heat. Add the chicken and cook for six to seven minutes or until cooked through. Add the lemon juice and half of the Greek seasoning. Add a splash of water if needed. Stir to combine and then add the chicken to a plate to set aside.
- 2 To the same pan, add the broccoli and sauté for three to four minutes or until slightly tender. Stir in the chickpeas, remaining lemon juice, and Greek seasoning. Add water if needed.
- 3 Stir the chicken back in and cook for another two to three minutes. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add parmesan cheese.



Vegan Cauliflower Risotto

1 serving

15 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, chopped)
- 1/2 Yellow Onion (large, chopped)
- 2 tsps Arrowroot Powder
- 120 milliliters Unsweetened Almond Milk
- 120 milliliters Vegetable Broth
- 60 grams Baby Spinach
- 130 grams Cauliflower Rice
- 1 tbsp Chives (chopped)

Directions

- 1 Preheat the oil in a large skillet over medium-high heat. Add the garlic and the onions. Stir and cook for approximately two minutes or until tender.
- 2 Add the arrowroot and stir to coat. Add the milk and stir then add the broth, stirring slowly to combine. Add the spinach, stirring constantly. Cook for two minutes or until wilted.
- 3 Stir in the cauliflower rice and allow to cook for three to five minutes or until warmed through.
- 4 Divide evenly between bowls, top with chives, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add mushrooms and/or zucchini. Season with salt and pepper to taste.

Additional Toppings: Fresh parsley, basil, and/or oregano.



Salmon with Rice, Cabbage & Kale

1 serving
20 minutes

Ingredients

45 grams Brown Rice (dry, rinsed)
1 1/2 tsps Extra Virgin Olive Oil
170 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
20 grams Kale Leaves (chopped)
90 grams Purple Cabbage (thinly sliced)

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in a cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Remove from the pan leaving the oil behind.
- 3 Add the kale and cabbage to the skillet. Cook them in the remaining oil for two to three minutes, or until they start to soften. Add a splash of water if you prefer them cooked down more.
- 4 Divide the rice, salmon, kale, and cabbage evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for two days.

Serving Size: One serving is 6 oz of salmon, 1/2 cup of cooked rice, and two cups of kale and cabbage.

More Flavor: Add red chilli flakes, shallots and/or garlic to the vegetables. Squeeze fresh lemon on the salmon once it has cooked.

Additional Toppings: Sesame seeds, hemp seeds, chopped green onions, and/or hot sauce.



Salmon & Mashed Cauliflower

2 servings

20 minutes

Ingredients

1/2 head Cauliflower (cut into florets)
2 tsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, large, minced)
2 tsps Water
1 1/2 tsps Coconut Aminos
340 grams Salmon Fillet
1 tbsp Parsley (chopped)
1/2 Lemon (cut into wedges)

Directions

- 1 Add the cauliflower to a pot of boiling water, cover, and cook for five to ten minutes or until tender. Drain and mash with half of the oil and salt and pepper to taste. You can also pulse the cauliflower in a food processor for a smoother texture.
- 2 Add the remaining oil to a skillet over medium heat. Add the garlic and sauté for two minutes before adding the water and coconut aminos. Stir to combine before adding the salmon. Cook for four minutes. Flip and cook for three to four more minutes or until the salmon is cooked through.
- 3 Divide the salmon and cauliflower evenly between plates. Garnish with parsley and serve with lemon wedges. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is six ounces of salmon and one cup of cauliflower.

More Flavor: Add minced shallot, ginger, and green onions to the pan with the salmon. Use butter instead of oil for the mashed cauliflower.



Turmeric Chicken with Beans & Kale

2 servings

30 minutes

Ingredients

- 1 Lemon (juiced, divided)
- 2 tsps Extra Virgin Olive Oil (divided)
- 1 tsp Garlic Powder (divided)
- 1/2 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 225 grams Chicken Thighs (boneless, skinless)
- 40 grams Kale Leaves (chopped)
- 240 grams Lima Beans (cooked)

Directions

- 1 In a bowl, mix together half of each the lemon juice, oil, and garlic powder. Add the turmeric, salt, and pepper and mix to combine. Add the chicken thighs and mix well. Let the chicken marinate for about 10 minutes.
- 2 Meanwhile, heat up the remaining oil in a skillet over medium heat. Add the kale, lima beans, and remaining garlic powder. Sauté for about five minutes, and season with salt and pepper. Squeeze lemon juice over the kale mixture.
- 3 Transfer the kale and beans mixture to a plate and cover to keep warm. In the same skillet, cook the chicken over medium heat for about 12 to 15 minutes or until cooked through, flipping halfway.
- 4 Divide the chicken, kale, and lima beans evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one chicken thigh and one cup of kale and beans.

No Lima Beans: Use any other beans you desire.



Tuna & White Bean Grain Bowl

2 servings

45 minutes

Ingredients

40 grams Wild Rice (dry)
1 1/2 tbsps Lime Juice
2 tsps Tamari
1 tsp Sriracha
1 tbsp Sesame Oil (divided)
225 grams Tuna Steak
2 tbsps Sesame Seeds
55 grams Mixed Greens
180 grams White Navy Beans (cooked)
2 stalks Green Onion (chopped)

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.