



Low Fodmap Gluten Free

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Shrimp, Kale & Quinoa Salad

4 servings

20 minutes

Ingredients

85 grams Quinoa (uncooked)
235 milliliters Water
Sea Salt & Black Pepper (to taste)
455 grams Shrimp (peeled, deveined)
2 tsps Cumin
60 milliliters Extra Virgin Olive Oil (divided)
1 tbsp Apple Cider Vinegar
1 1/2 tsps Maple Syrup
210 grams Kale Leaves (stems removed and chopped)
2 Carrot (medium, grated or sliced)

Directions

- 1 Boil quinoa and water in a saucepan over high heat. Reduce to a simmer and cover with a lid for 13 to 15 minutes. Season with salt and pepper, and fluff with a fork. Set aside.
- 2 Meanwhile, coat the shrimp with cumin, salt and pepper. Heat 1/4 of the olive oil in a pan over medium-high heat. Add the shrimp and cook for about 3 to 5 minutes, flipping halfway.
- 3 In a large salad bowl, whisk together the vinegar, maple syrup and remaining olive oil.
- 4 Add the kale and carrot, and massage in the vinaigrette. Add the cooked quinoa and shrimp and toss until thoroughly combined. Divide onto plates and enjoy!

Notes

No Shrimp: Use chicken, chickpeas, tofu or tempeh instead.

Leftovers: Refrigerate in an airtight container up to 3 days.



Coconut Cod & Spinach with Rice

2 servings

15 minutes

Ingredients

90 grams Jasmine Rice (dry)
240 milliliters Canned Coconut Milk
120 milliliters Water
1 tbsp Tamari
1 tbsp Rice Vinegar
2 Bay Leaf
1/8 tsp Sea Salt (or more to taste)
2 Cod Fillet
60 grams Baby Spinach (chopped)

Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 3 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

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

Deeper Flavour: Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

No Jasmine Rice: Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

No Rice Vinegar: Use apple cider vinegar instead.

No Spinach: Use baby bok choy or broccolini instead.

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



Spinach & Sweet Potato Egg Muffins

4 servings

35 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 1 Sweet Potato (medium, peeled and chopped into cubes)
- 1 tbsp Extra Virgin Olive Oil
- 180 grams Baby Spinach
- 8 Egg
- 60 milliliters Water
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Preheat the oven to 350°F (177°C). Lightly grease a muffin tray with avocado oil.
- 2 Steam sweet potato in a double boiler for eight to 10 minutes, or until tender when pierced with a fork. Let cool slightly.
- 3 While the sweet potato is steaming, heat extra virgin olive oil in a large pan over medium heat. Sauté the spinach until wilted and tender. Let cool slightly.
- 4 When spinach and sweet potatoes are cool enough to handle, divide evenly into the prepared muffin tray.
- 5 In a mixing bowl whisk eggs until well scrambled. Whisk in water and salt and pepper.
- 6 Pour the whisked eggs into the prepared muffin tray to cover the sweet potato and spinach.
- 7 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from oven, let cool and enjoy!

Notes

Serving Size: One serving is equal to three egg cups.

Leftovers: Store in the fridge in an airtight container up to four days. Due to the moisture in the sweet potato and spinach, these egg cups do not freeze well.

No Baby Spinach: Use finely sliced kale or swiss chard instead.



Roasted Cranberry & Sweet Potato Quinoa Salad

6 servings

45 minutes

Ingredients

4 Sweet Potato (medium, peeled and cubed)
3 tbsps Avocado Oil (divided)
1/4 tsp Sea Salt
200 grams Frozen Cranberries (or fresh)
170 grams Quinoa (dry, uncooked)
475 milliliters Water
1 1/2 tbsps Apple Cider Vinegar
2 tsps Dijon Mustard
1 tbsp Maple Syrup
65 grams Pumpkin Seeds

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 In a glass or foil-lined baking dish, toss the sweet potato with 1/3 of the avocado oil, and salt. Roast for 30 minutes, adding the cranberries midway.
- 3 Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
- 4 In a large mixing bowl, whisk together the remaining avocado oil, apple cider vinegar, mustard and maple syrup. Add the roasted sweet potato, cranberries, quinoa and pumpkin seeds. Gently toss until well combined. Enjoy!

Notes

No Sweet Potato: Use carrots or butternut squash instead.

Leftovers: Refrigerate in an airtight container up to five days.

No Quinoa: Use rice or cauliflower rice instead.

More Greens: Add spinach or arugula.



Hemp Seed Crusted Trout

2 servings

20 minutes

Ingredients

- 40 grams Hemp Seeds
- 2 tsps Italian Seasoning
- 1 tsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 2 Rainbow Trout Fillet
- 2 tsps Dijon Mustard
- 1/2 Lemon (sliced into wedges)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small mixing bowl combine the hemp seeds, Italian seasoning, nutritional yeast and salt.
- 3 Place the trout fillets on the prepared baking sheet and pat dry with a paper towel. Smear the Dijon mustard evenly on to the top of the fillets.
- 4 Spoon the hemp seed mixture on top of the mustard coating and press down with the back of the spoon to ensure the hemp seeds stick to the fish. Bake for about 9 minutes or until fish is cooked through and flakey.
- 5 Serve with fresh lemon wedges and season with additional salt if needed. Enjoy!

Notes

Trout Fillets: One trout fillet is equal to 5.6 ounces or 160 grams.

Likes it Crispy: Turn the oven to broil for the last one to two minutes of cooking for an extra crispy coating.

No Rainbow Trout: Use salmon instead.

Leftovers: Store in the fridge up to two days.

Serve it With: A side of quinoa, rice or steamed vegetables.



Ginger Cilantro Salmon Burgers

2 servings

30 minutes

Ingredients

225 grams Salmon Fillet (skinless, cut into 1/2-inch chunks)
4 grams Cilantro (finely chopped)
1 tbsp Ginger (peeled and finely grated)
2 tsps Coconut Aminos
1 tsp Sesame Oil
1 tsp Lime Juice
1 tbsp Avocado Oil

Directions

- 1 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 2 Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
- 3 Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
- 4 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 5 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to 2 days.

Serving Size: One serving is equal to one salmon burger.

More Flavor: Add minced garlic, honey, lime zest, red pepper flakes or hot sauce to the burger mixture.

Serve it With: Leafy greens topped with extra lime juice, chopped cilantro, sesame seeds, and sliced avocado.

No Coconut Aminos: Use tamari or soy sauce instead.

No Avocado Oil: Use extra virgin olive oil or coconut oil instead.



Miso Baked Tofu & Rice

3 servings

40 minutes

Ingredients

- 2 tbsps Miso Paste
- 2 tbsps Tamari
- 1 1/2 tbsps Maple Syrup
- 480 grams Tofu (extra firm, drained and cubed)
- 185 grams Brown Rice
- 415 milliliters Water
- 1/4 tsp Sea Salt
- 4 grams Cilantro (roughly chopped)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, whisk together the miso paste, tamari and maple syrup. Add the tofu to a large bowl. Pour the mixture over top and mix well. Let it marinate for 10 minutes.
- 3 Meanwhile, combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 4 While the rice is cooking, add the marinated tofu to the baking sheet. Cook for 25 minutes, flipping halfway through.
- 5 Plate the rice and add the tofu on top. Garnish with cilantro. Enjoy!

Notes

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

Miso Paste: This recipe was developed and tested using white miso.

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

More Flavor: Add a drizzle of sesame oil or chili flakes for some heat.

Additional Toppings: Add your favorite vegetables.



Kale & Eggs

1 serving
10 minutes

Ingredients

1/2 tsp Ghee
65 grams Kale Leaves (roughly
chopped)
2 Egg
2 tbsps Pitted Kalamata Olives
1 tbsp Nutritional Yeast
1/8 tsp Sea Salt

Directions

- 1 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 2 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 3 Add the kale, olives and eggs to a plate. Serve and enjoy!

Notes

No Kale: Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

No Ghee: Use butter, avocado oil, or olive oil.

More Flavor: Add extra seasonings such as garlic.



Lemony Shrimp Pasta

2 servings

20 minutes

Ingredients

110 grams Brown Rice Spaghetti
2 tbsps Butter (divided)
2 tbsps Extra Virgin Olive Oil (divided)
225 grams Shrimp (peeled, deveined)
40 grams Arugula
2 tbsps Lemon Juice
10 grams Chives (chopped)
1/2 tsp Chili Flakes (for topping)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the spaghetti according to the directions on the package. Remove from heat, strain and run cold water over the pasta to prevent over-cooking.
- 2 In a skillet over medium heat, add half the butter and extra virgin olive oil. Add the shrimp and cook for 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove the shrimp and set aside. Add the arugula to the pan and sauté until just wilted.
- 3 Add the pasta to the pan along with the shrimp, lemon juice and the remaining butter and olive oil. Toss to coat. Divide onto plates and top with chives, chili flakes and salt and pepper. Enjoy!

Notes

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

Oil-Free: Omit the oil. Save some of the pasta water and use it to help make the sauce.

Dairy-Free: Use additional olive oil instead of butter.

No Arugula: Use another leafy green such as spinach instead.



Turmeric Chicken with Brown Rice

3 servings

30 minutes

Ingredients

185 grams Brown Rice (dry, uncooked)
455 grams Chicken Breast (skinless and boneless)
1 tbsp Avocado Oil
1 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

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

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



Sesame Beef & Brown Rice

4 servings

35 minutes

Ingredients

185 grams Brown Rice (dry, uncooked)
3 tbsps Tamari
1 tbsp Coconut Sugar
2 tsps Sesame Oil
1/4 tsp Ginger (ground)
1/4 tsp Chili Flakes
455 grams Extra Lean Ground Beef
4 grams Cilantro (for topping, chopped)
1 tbsp Sesame Seeds (optional, for topping)

Directions

- 1 Cook the rice according to the directions on the package.
- 2 While the rice cooks, in a small bowl, whisk together the tamari, coconut sugar, sesame oil, ginger and chili flakes.
- 3 In a nonstick skillet over medium heat, add the ground beef and cook. As it browns, break it up with a wooden spoon or spatula. Cook for 3 to 4 minutes and then add the tamari mixture. Reduce the heat to medium-low and stir frequently until cooked through, about 5 minutes more.
- 4 Divide the rice onto plates, top with the beef. If using, top with the cilantro and sesame seeds. Serve and enjoy!

Notes

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

Additional Toppings: Add sautéed vegetables on the side.

No Cilantro: Use green onions instead or completely omit.



Roasted Broccoli & Pecans

4 servings

30 minutes

Ingredients

365 grams Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil
35 grams Nutritional Yeast
1/4 tsp Sea Salt
35 grams Pecans (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Arrange the broccoli florets on the baking sheet and season with olive oil, nutritional yeast and sea salt. Add the pecans and mix well.
- 3 Cook the broccoli in the oven for 15 minutes. Remove from the oven, toss the mixture and cook for 10 minutes more or until the broccoli is slightly browned.
- 4 Remove from the oven and divide between plates. Enjoy!

Notes

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

Serving Size: One serving is equal to one cup.

No Pecans: Use almonds or walnuts instead.

More Flavor: Add garlic powder or chilli powder.



Chili Lime Baked Cod with Rice

2 servings

35 minutes

Ingredients

95 grams Brown Rice
1 tbsp Avocado Oil
1 tbsp Maple Syrup
1/2 Lime (juiced, plus additional slices for garnish)
1/2 tsp Chili Powder
1/8 tsp Sea Salt
1/8 tsp Cayenne Pepper
1/8 tsp Cumin
2 Cod Fillet

Directions

- 1 Cook the rice according to package directions.
- 2 In a zipper-lock bag or shallow bowl, combine the oil, maple syrup, lime juice, chili powder, salt, cayenne pepper and cumin. Mix to combine then add the cod fillets. Gently massage the sauce into the fillets and let it marinate for at least 15 minutes or up to an hour.
- 3 Meanwhile, preheat the oven to 400°F (204°C).
- 4 Transfer the fillets and the marinade to a baking dish. Bake for 12 to 15 minutes or until the fish is cooked through and flakes easily.
- 5 Divide the rice between plates. Top with the cod and any excess sauce from the baking dish. Serve with extra lime wedges, if using. Enjoy!

Notes

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

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

More Flavor: Add garlic or smoked paprika to the marinade.

Additional Toppings: Top with cilantro or red pepper flakes.

No Maple Syrup: Use honey instead.

No Brown Rice: Use quinoa or cauliflower rice instead.

Juicy Fillets: Cooking time will vary depending on the thickness of the fillets. To ensure a moist fillet, spoon some of the excess marinade from the bottom of the baking dish over the fish at about halfway through cooking.



Marinated Eggplant with Quinoa

4 servings

30 minutes

Ingredients

- 1 Eggplant (stem removed, cubed)
- 120 milliliters Water
- 2 tbsps Tamari
- 1 tbsp Rice Vinegar
- 1 tsp Maple Syrup
- 170 grams Quinoa (dry, uncooked)
- 4 grams Cilantro (finely chopped)

Directions

- 1 Preheat the oven to 450°F (232°C).
- 2 In a baking dish, combine the eggplant, water, tamari, rice vinegar and maple syrup until well coated. Roast for 30 minutes or until golden brown, stirring halfway.
- 3 Meanwhile, cook the quinoa according to package instructions.
- 4 Divide the quinoa onto plates and top with the roasted eggplant. Garnish with cilantro and enjoy!

Notes

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

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

More Flavor: Add ginger and garlic, and/or use broth for the quinoa and marinade.

Additional Toppings: Minced scallions and/or toasted sesame seeds.

No Tamari: Use soy sauce or coconut aminos instead.



Cumin Lamb Skewers

4 servings

20 minutes

Ingredients

- 2 tbsps Cumin Seed
- 2 tsps Fennel Seed
- 1 tsp Sea Salt
- 2 tsps Chili Powder
- 565 grams Lamb Shoulder Chop (cut into 1-inch cubes, bones discarded)
- 2 tbsps Extra Virgin Olive Oil
- 4 Barbecue Skewers

Directions

- 1 Coarsely grind the cumin seeds and fennel seeds in a spice grinder or with a mortar and pestle. Combine with salt and chili powder. Set aside.
- 2 In a large bowl, toss the lamb in olive oil. Add the spices and mix until well coated. Pierce the lamb onto the barbecue skewers.
- 3 Grill over medium heat for about four minutes per side, or until browned and cooked through. Sprinkle additional cumin and chili powder just before serving (optional). Enjoy!

Notes

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

Serving Size: One serving equals one skewer with approximately 6 to 8 pieces.

More Flavor: Use a charcoal grill.

Additional Toppings: Serve with lime or lemon juice, lettuce wraps, pickled veggies, brown rice or flatbread.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Maple Glazed Chicken Wings

4 servings

30 minutes

Ingredients

905 grams Chicken Wings
2 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt
80 grams Maple Syrup
60 milliliters Tamari
4 stalks Green Onion (sliced)

Directions

- 1 In a bowl, combine the chicken with oil until well coated. Season with salt.
- 2 In a separate bowl, whisk together the maple syrup and tamari.
- 3 Grill the chicken over medium-high heat, turning frequently until golden brown, about 20 minutes.
- 4 Brush the maple tamari mixture onto the chicken and grill for 1 to 2 minutes per side. Divide onto plates, top with green onions and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350°F (177°C) for 8 to 10 minutes.

Serving Size: One serving is equal to approximately seven chicken wings.

More Flavor: Add some chili flakes for spice. Use garlic-infused oil.

No Tamari: Use coconut aminos or soy sauce instead.

No BBQ: Cover the chicken wings in oil and bake in the oven at 400°F (200°C) for 35 minutes or until cooked. Glaze and broil the wings for 1 to 2 minutes per side.



Buckwheat Sweet Potato Bowl

2 servings

30 minutes

Ingredients

- 475 milliliters Water
- 165 grams Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Potato (chopped into small cubes)
- 20 grams Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil
- 5 grams Cilantro (chopped)

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 In a separate cooking pan, warm the oil over medium heat. Add the sweet potatoes, kale, sea salt and dried basil. Let it cook, stirring often, for 15 minutes or until soft.
- 3 Transfer the cooked buckwheat into bowls. Top with the sweet potato, kale and cilantro. Enjoy!

Notes

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

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

More Flavor: Add diced onions or minced garlic.



One Pan Salmon, Green Beans & Smashed Potatoes

2 servings

30 minutes

Ingredients

300 grams Mini Potatoes
1 tsp Tamari
2 tsps Maple Syrup
1 tbsp Rice Vinegar
340 grams Salmon Fillet
200 grams Green Beans (trimmed)
2 tsps Extra Virgin Olive Oil
1/2 tsp Sea Salt
1 tsp Sesame Seeds

Directions

- 1 Line a baking sheet with parchment paper. Preheat the oven to 425°F (218°C)
- 2 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 3 Meanwhile, in a small bowl, whisk together the tamari, maple syrup, and rice vinegar. Rub half of the marinade into the salmon and place it on the baking sheet. Toss the remaining marinade with the green beans and add to the baking sheet, leaving space for the potatoes.
- 4 Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the back of a fork or mug. Drizzle with olive oil and salt.
- 5 Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through. Remove the baking sheet from the oven. Garnish the salmon and green beans with sesame seeds. Divide onto plates and enjoy.

Notes

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

Serving Size: One serving is approximately a 6-ounce salmon fillet, one cup of mini potatoes, and one cup of green beans.

More Flavor: Add miso paste or sriracha to the marinade.

Additional Toppings: Chopped cilantro or lime juice.

More Crispy: Remove the salmon and green beans from the oven once cooked through and broil the potatoes for an additional three to five minutes.



Meal Prep Chicken & Cilantro Lime Quinoa

2 servings

15 minutes

Ingredients

85 grams Quinoa (uncooked)
4 grams Cilantro (chopped)
2 tsps Lime Juice (to taste)
1/8 tsp Sea Salt (to taste)
80 grams Arugula (packed)
2 Carrot (small, chopped)
225 grams Chicken Breast, Cooked (sliced)
1 stalk Green Onion (sliced)

Directions

- 1 Cook the quinoa according to the package directions and let cool.
;
- 2 Toss the quinoa with cilantro, lime juice, and salt.
;
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

Notes

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

More Flavor: Use balsamic vinegar or your dressing of choice.

Additional Toppings: Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



Tofu Veggie Fried Rice

4 servings

35 minutes

Ingredients

185 grams Jasmine Rice (uncooked)
1 1/2 tbsps Sesame Oil (divided)
455 grams Tofu (extra firm, drained and diced)
Sea Salt & Black Pepper (to taste, divided)
180 grams Broccoli (chopped)
90 grams Purple Cabbage (thinly sliced)
1 Carrot (medium, diced)
4 Egg (large, whisked)
3 tbsps Tamari
3 stalks Green Onion (sliced)

Directions

- 1 Cook the jasmine rice according to package directions.
- 2 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 3 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 4 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 5 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Tamari: Use soy sauce or coconut aminos instead.

Additional Toppings: Add corn, mushrooms, or green peas.



Cucumber Soba Noodles with Tempeh

2 servings

25 minutes

Ingredients

- 100 grams Buckwheat Soba Noodles (dry, uncooked)
- 2 tbsps Coconut Aminos
- 1 tbsp Lime Juice
- 1/2 tsp Ginger (fresh, grated or minced)
- 170 grams Tempeh (cut into strips)
- 1 Cucumber (medium, julienned)
- 1 tsp Sesame Seeds

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the coconut aminos, lime juice, and ginger in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempeh, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

More Flavor: Add garlic and/or maple syrup.

Additional Toppings: Add sliced green onions or red pepper flakes.



Turmeric Quinoa Breakfast Bowls

2 servings

20 minutes

Ingredients

85 grams Quinoa (dry)
1/2 tsp Turmeric
1/4 tsp Sea Salt
1 tsp Ginger (fresh, grated or minced)
1 tbsp Lime Juice (divided)
1 tbsp Apple Cider Vinegar
4 Egg
40 grams Kale Leaves (finely chopped)
2 tbsps Water

Directions

- 1 Add the quinoa, turmeric, salt, ginger, and half of the lime juice to a pot. Cook the quinoa according to package directions. Once finished cooking, stir in the remaining lime juice.
- 2 Meanwhile, bring a second pot of water to a rolling boil and add the vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your eggs into the water, working in batches if needed so you don't overcrowd the pot. Cook for three to four minutes or until cooked to your liking and then use a slotted spoon to carefully remove the eggs from the water. Place them on a plate lined with a paper towel to soak up any excess liquid.
- 3 Heat a non-stick pan over medium heat. Add the kale and water and cover with a lid and steam for two to three minutes until the liquid has evaporated and the kale is tender.
- 4 To serve, divide the quinoa between bowls and top with the kale and poached eggs. Season with additional salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving, or hard boil the eggs for meal prep.

More Flavor: Add garlic or red pepper flakes to the quinoa.

More Veggies: Add tomato or bell pepper.

No Apple Cider Vinegar: Use white vinegar instead.

No Kale: Use spinach or another leafy green instead.



Pan Fried Haddock with Broccoli & Green Beans

2 servings

20 minutes

Ingredients

200 grams Green Beans (trimmed)
135 grams Broccoli (cut into florets)
1/2 tsp Turmeric
1/2 tsp Cumin
1/4 tsp Coriander
1/4 tsp Ground Ginger
1/8 tsp Sea Salt
1 1/2 tps Coconut Oil
2 Haddock Fillet

Directions

- 1 Add the green beans and broccoli to a steamer basket over boiling water. Steam for seven to nine minutes or until the vegetables are tender.
- 2 Meanwhile, in a small bowl combine the turmeric, cumin, coriander, ginger, and salt. Add the coconut oil to a large non-stick pan over medium heat.
- 3 Rub the seasoning on both sides of the fillets until evenly coated. Place a seasoned fillet in the pan and cook for two to three minutes per side or until the fillet is just browned and flakes easily. Transfer to a plate lined with paper towels and season with additional salt if needed.
- 4 Add more oil to the pan if needed and continue to cook the remaining fillets. (Fish cooks more evenly and is easier to flip if the pan is not overcrowded.) To serve, divide the fish and vegetables between plates. Enjoy!

Notes

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

More Flavor: Add other dried herbs and spices or use a yellow curry powder instead. Serve with fresh lime or lemon wedges.

No Green Beans: Use cauliflower, carrots or peas instead.

No Haddock: Use sole or tilapia instead.

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.



Baked Cod with Green Beans & Carrots

2 servings

35 minutes

Ingredients

- 2 Carrot (large, peeled and thinly sliced)
- 200 grams Green Beans (trimmed)
- 1 tbsp Coconut Oil (melted, divided)
- 1/4 tsp Sea Salt (divided)
- 1/2 tsp Paprika
- 1/4 tsp Turmeric
- 1/4 tsp Cumin
- 1/4 tsp Ground Ginger
- 2 Cod Fillet

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Add the carrots and green beans to the baking sheet and season with half of the coconut oil and half of the salt. Toss to evenly coat, arrange in a single layer, and bake for 15 minutes.
- 3 Meanwhile, in a small bowl combine the paprika, turmeric, cumin, ginger, and remaining salt.
- 4 Remove the vegetables from the oven and flip. Make space for the cod fillets in the center of the baking sheet. Add the fillets and drizzle with the remaining coconut oil and the spice blend. Rub to coat all sides evenly. Continue to bake for 15 to 18 minutes or until the fish is cooked through and flakes easily and the vegetables are tender. Divide between plates and enjoy!

Notes

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

More Flavor: Add other dried herbs and spices. Serve with lime or lemon wedges.

No Cod Fillets: Use another white fish instead.

Vegetables: Use any vegetables you have on hand, like broccoli, cauliflower, or bell pepper.

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



Crispy Tofu, Carrot & Rice

2 servings

40 minutes

Ingredients

95 grams Brown Rice (dry)
225 grams Tofu (extra-firm, pressed and cubed)
1 1/3 tbsps Tamari
1 1/3 tbsps Arrowroot Powder
55 grams Mixed Greens
1 Carrot (medium, shredded)
1 tsp Lemon Juice (to taste)

Directions

- 1 Cook the rice according to package directions. Let the rice cool slightly.
- 2 While the rice cooks, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
- 4 Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 5 Divide the mixed greens, shredded carrot, brown rice, and crispy tofu cubes in a bowl or container. Squeeze the lemon juice over top and enjoy!

Notes

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

More Flavor: Before serving, add a splash of tamari, salt, or pepper taste. Top with your favorite dressing or mix the lemon juice with your choice of oil.

Additional Toppings: Sliced green onions, sauerkraut, or other pickled veggies.

No Brown Rice: Use white rice, quinoa, cauliflower rice or omit completely.

No Tamari: Use soy sauce or coconut aminos instead.

No Arrowroot Powder: Use tapioca flour or corn starch instead.

Tofu: This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.



Spiced Beef & Spinach with Rice

4 servings

20 minutes

Ingredients

275 grams Jasmine Rice
455 grams Extra Lean Ground Beef
1 1/2 tbsps Curry Powder
Sea Salt & Black Pepper (to taste)
120 grams Baby Spinach

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

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

More Flavor: Season the beef with other dried herbs and spices or add fresh garlic and ginger.

Additional Toppings: Cilantro, lime wedges, and/or red pepper flakes.

No Beef: Use ground chicken, turkey, or pork instead.

No Rice: Use quinoa or cauliflower rice instead.



Spinach & Sweet Potato Frittata

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 90 grams Baby Spinach (chopped)
- 8 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a cast-iron skillet (or another oven-safe pan) over medium heat. Add the sweet potato and cook, stirring occasionally, for about 10 minutes or until the potatoes are just tender. Add the spinach and stir until wilted.
- 3 Season the whisked eggs with salt and pepper then pour the eggs into the pan with the vegetables and let the eggs cook for about 30 seconds or until they just begin to set before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven.
- 4 Bake for 10 to 12 minutes or until the eggs have set and are firm to the touch in the center of the pan. Let it sit for about five minutes before cutting into wedges. Serve and enjoy!

Notes

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

More Flavor: Add onions, garlic, and/or fresh herbs, like chives, basil, or dill.

Additional Toppings: Salsa, hot sauce, or ketchup.

No Spinach: Use kale or swiss chard instead.



Edamame & Soba Noodle Salad

4 servings

15 minutes

Ingredients

200 grams Buckwheat Soba Noodles
(dry, uncooked)
310 grams Frozen Edamame
2 tbsps Extra Virgin Olive Oil
2 tbsps Tamari
2 tbsps Rice Vinegar
1 tbsp Maple Syrup
1 tsp Ginger (fresh, minced)
125 grams Matchstick Carrots
10 grams Cilantro (chopped)

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
- 3 Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add sriracha to the dressing.

Additional Toppings: Top with sesame seeds or chopped peanuts.



Creamy Coconut Chicken with Rice

2 servings

20 minutes

Ingredients

90 grams Jasmine Rice (dry)
240 milliliters Canned Coconut Milk
120 milliliters Water
1 tbsp Tamari
1 tbsp Rice Vinegar
Sea Salt & Black Pepper (to taste)
225 grams Chicken Breast (skinless, boneless, cubed)
120 grams Baby Spinach (chopped)

Directions

- 1 Cook rice according to package instructions and set aside.
- 2 In a saucepan over medium heat, combine the coconut milk, water, tamari, rice vinegar, salt, and pepper. Add the chicken and bring to a simmer for ten minutes or cooked through.
- 3 Stir in the spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

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

Serving Size: One serving is approximately equal to four ounces of chicken, 3/4 cup of the coconut broth, and 3/4 cup of rice.

More Flavor: Add bay leaves, ginger, garlic, or shallots.

Additional Toppings: Add red pepper flakes, green onions, or cilantro.

Make it Vegan: Use tofu, seitan, tempeh, or chickpeas instead of chicken.



Oyster Mushroom & Bok Choy Noodles

2 servings

30 minutes

Ingredients

2 tbsps Tamari
1 tbsp Water
1 1/2 tbsps Coconut Sugar (to taste)
1/2 tsp Lime Juice (to taste)
260 grams Oyster Mushrooms
(chopped)
210 grams Bok Choy (chopped)
340 grams Shirataki Noodles (rinsed)
1/2 tsp Sesame Seeds

Directions

- 1 Add the tamari, water, coconut sugar, and lime juice to a pan over medium heat. Whisk until dissolved.
- 2 Add the oyster mushrooms and bok choy. Cook for five to eight minutes or until soft.
- 3 Stir in the noodles until combined. Divide into bowls and garnish with sesame seeds. Enjoy!

Notes

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

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

More Flavor: Add ginger, garlic, red hot chili peppers, or chili oil. Replace some of the lime juice with rice vinegar.

Additional Toppings: Top with green onions.



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.



Teriyaki Tofu Bowl

4 servings

40 minutes

Ingredients

230 grams Brown Rice
455 grams Tofu (extra-firm, pressed,
and cubed)
1 tbsp Avocado Oil
75 milliliters Tamari (divided)
1 tbsp Arrowroot Powder
2 tbsps Rice Vinegar
1 1/2 tbsps Coconut Sugar
1/2 tsp Ginger (minced)
60 milliliters Water

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the oil and 1/4 of the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile, in a small bowl, add the remaining tamari, rice vinegar, coconut sugar, ginger, and water and whisk well. Pour into a medium-sized pot and bring to a boil over medium heat. Reduce the heat and simmer for about 15 minutes, until thickened, whisking occasionally.
- 5 Once the sauce has thickened, add the tofu to the saucepan and toss to combine. Divide the rice into bowls and top with tofu. Serve and enjoy!

Notes

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

Serving Size: One serving is about 3/4 cup rice and about 1/2 to 3/4 cup tofu.

Coconut Sugar: Use another type of sugar, such as honey, maple syrup or brown sugar.

More Flavor: Add chili flakes or sriracha to the sauce.

Additional Toppings: Top with sesame seeds and/or green onions.



Sweet & Sour Chicken with Broccoli

4 servings

20 minutes

Ingredients

185 grams Jasmine Rice (dry, rinsed)
120 grams Crushed Pineapple
3 tbsps Maple Syrup
2 tsps Tomato Paste
1 tsp Arrowroot Powder
1 1/2 tbsps Apple Cider Vinegar
180 grams Frozen Broccoli
1 tbsp Extra Virgin Olive Oil
455 grams Chicken Breast (diced)

Directions

- 1 Cook the rice according to package directions.
- 2 Blend the pineapple, maple syrup, tomato paste, arrowroot powder, and apple cider vinegar in a blender. Set aside.
- 3 Boil the broccoli for three to four minutes or until tender-crisp.
- 4 Heat the oil in a pan over medium heat. Add the chicken and cook until browned and cooked through, about seven to eight minutes. Add the sauce and the broccoli, and cook for one minute or until warmed through. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 cup of chicken and broccoli and 1/2 cup of rice.

Make it Vegan: Use tofu or tempeh instead of chicken.



Ginger Salmon Patties with Fennel & Cucumber Salad

2 servings

20 minutes

Ingredients

2 1/2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Lime Juice
1 tsp Maple Syrup
1/4 tsp Sea Salt (divided)
1 Cucumber (large, thinly sliced)
1 bulb Fennel (small, thinly sliced)
2 grams Fresh Dill (chopped)
340 grams Salmon Fillet (skinless, chopped into small chunks)
2 stalks Green Onion (chopped)
1 tbsp Ginger (grated)

Directions

- 1 In a medium bowl, whisk together 3/5 of the oil, the lime juice, maple syrup, and half of the sea salt. Add the cucumber, fennel, and dill and toss to coat.
- 2 In a separate bowl, add the salmon chunks, green onions, ginger, and the remaining salt. Mix gently.
- 3 Divide the salmon mixture evenly into equal parts, and form into slightly flattened patties, about three to four inches in diameter.
- 4 Add the remaining oil to a non-stick pan over medium heat. Cook the patties for six to eight minutes, flipping once halfway.
- 5 Divide the salad and salmon patties between plates and enjoy!

Notes

Leftovers: Refrigerate in separate airtight containers for up to three days.

Serving Size: One serving is equal to two patties

More Flavor: Add or swap other fresh vegetables and leafy greens to the salad such as radishes, grated carrots, baby spinach, and kale. Add or swap other chopped fresh herbs like chives, basil, or cilantro.

Additional Toppings: Serve with wasabi mayo, mashed avocado, or guacamole.

Prepare in Advance: The salmon mixture can be prepared a few hours ahead of time of cooking and kept stored in the refrigerator. The salad can also be prepared in advance and kept stored in the refrigerator.



Chicken Cutlets & Green Bean Salad

2 servings

25 minutes

Ingredients

200 grams Green Beans (trimmed)
2 1/2 tbsps Extra Virgin Olive Oil
(divided)
1 tbsp Apple Cider Vinegar
1 tsp Maple Syrup
Sea Salt & Black Pepper (to taste)
1 Cucumber (large, julienned)
40 grams Feta Cheese (crumbled)
225 grams Chicken Breast
1/2 tsp Smoked Paprika

Directions

- 1 Bring a pot of water to a boil. Add the beans and cook for three minutes. Drain and place the beans under cold running water for two minutes to stop cooking. Set aside.
- 2 Add 3/5 of the oil to a bowl along with the vinegar, maple syrup, salt, and pepper. Add the beans, cucumber, and feta cheese. Toss to coat and set aside.
- 3 Pound each chicken breast thin with a meat mallet or a rolling pin to about 1/2 inch in thickness. Season with smoked paprika, salt, and pepper.
- 4 Heat the remaining oil in a large non-stick pan over medium-high heat and brown the chicken cutlets for three minutes per side or until cooked through.
- 5 Divide the chicken and the salad evenly between plates and enjoy!

Notes

Leftovers: Refrigerate the chicken and the salad separately in an airtight container for up to three days.

More Flavor: Swap the green beans for baby spinach and the smoked paprika with curry powder.



Miso Glazed Eggplant

4 servings

25 minutes

Ingredients

- 2 tbsps Miso Paste
- 2 tbsps Coconut Aminos
- 1 tbsp Avocado Oil
- 1 Eggplant (medium, sliced into 1/2 inch pieces lengthwise)
- 1 tbsp Cilantro (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix together the miso paste, coconut aminos, and oil. Brush each eggplant slice with the miso mixture, being sure to cover both sides, and place on the baking sheet. Roast the eggplant for 15 to 20 minutes, flipping it halfway through.
- 3 Top the eggplant with the cilantro and enjoy!

Notes

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

Serving Size: One serving is two eggplant pieces.

Additional Toppings: Add sesame seeds.



Sheet Pan Chicken, Green Beans & Carrots

2 servings

40 minutes

Ingredients

- 455 grams Chicken Thighs (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Lemon (juiced)
- 2 tbsps Italian Seasoning
- 100 grams Green Beans (trimmed)
- 2 Carrot (medium, peeled, cut into sticks)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine the chicken thighs, half of the oil, lemon juice, and Italian seasoning.
- 3 Add the beans and carrots to the baking sheet. Toss with the remaining oil, salt, and pepper to coat. Spread the beans and carrots into an even layer.
- 4 Place the chicken thighs on the baking sheet, making room around the beans and carrots. Bake for 25 to 30 minutes or until the chicken is cooked through and the vegetables are browned and tender.
- 5 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 two chicken thighs and one cup of vegetables.

More Flavor: Add minced garlic and other dried herbs.

Additional Toppings: Top with feta cheese and fresh herbs like parsley or dill.



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.



Creamy Dill Salad with Chicken

4 servings

30 minutes

Ingredients

455 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
2 tbsps Water
5 grams Fresh Dill (chopped, divided)
120 grams Walnuts (divided)
2 heads Romaine Hearts (chopped)
135 grams Black Olives

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.



One Pot Smoky Chicken & Rice

4 servings

30 minutes

Ingredients

680 grams Chicken Thighs (boneless, skinless)
2 tsps Smoked Paprika (divided)
1 tsp Chili Powder (divided)
1/2 tsp Cumin (divided)
Sea Salt & Black Pepper (to taste)
2 tsps Extra Virgin Olive Oil
185 grams Brown Rice (long grain, dry)
475 milliliters Chicken Broth

Directions

- 1 Place the chicken in a large bowl and season with half of the smoked paprika, half of the chili powder, half of the cumin, and salt and pepper. Mix well to combine.
- 2 Heat the oil in a large skillet over medium heat. Once hot, place the chicken in the skillet and cook for three to four minutes per side, until just browned. Remove the chicken and set aside.
- 3 Add the rice, broth, and remaining spices. Stir to combine and lower the temperature to low. Place the chicken on top of the rice and cover with a lid. Cook for 18 to 22 minutes, until the rice has absorbed most of the liquid and is cooked through.
- 4 Divide the rice and chicken evenly between plates. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup of chicken with 1/2 cup of rice.

Additional Toppings: Serve with fresh cilantro or parsley on top, yogurt on the side or with fresh lemon wedges.



Tuna, Rice & Cucumber Bowl

2 servings

25 minutes

Ingredients

125 grams Jasmine Rice (dry, uncooked)
2 tsps Mayonnaise
1/2 Lemon (juiced)
1/8 tsp Sea Salt (to taste)
1 can Tuna (drained)
1/2 Cucumber (medium, sliced)

Directions

- 1 Cook the rice according to package instructions.
- 2 In a bowl, mix together the mayonnaise and lemon juice. Season with salt. Add the tuna to the bowl and mix well.
- 3 Divide the cooked rice, tuna mixture, and cucumber slices between bowls and enjoy!

Notes

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

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

Additional Toppings: Add dill on top.

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



Mackerel Fish Cakes

3 servings

40 minutes

Ingredients

- 3 1/2 tbsps Brown Rice (dry, rinsed)
- 10 grams Rice Puffs Cereal
- 2 tbsps Avocado Oil
- 115 grams Canned Mackerel
- 2 tbsps Fresh Dill (chopped)
- 1 3/4 tbsps Capers
- 1 Egg
- 1/4 tsp Sea Salt
- 1/2 Lemon (cut into wedges)

Directions

- 1 Cook the rice according to package directions. Set aside to cool.
- 2 Meanwhile, in a food processor, pulse the cereal until it is a coarse crumble. Set aside in a shallow bowl.
- 3 Preheat a cast iron pan over medium-low heat. Add the oil one or two minutes before you are ready to cook.
- 4 Once the rice has cooled, it to the food processor along with the mackerel, dill, capers, egg, and salt. Pulse until just combined and cohesive.
- 5 Use a 1/3 cup measuring cup and scoop out the mixture. Gently flatten into a patty in your hands and coat in the cereal. Repeat with the remaining mixture.
- 6 Gently place each patty in the pan being sure not to overcrowd the pan. Adjust the heat as needed. Let the fish cakes cook for two to three minutes on each side or until a light brown crust forms. Serve with lemon wedges and enjoy!

Notes

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

Serving Size: One serving is approximately one fish cake.

More Flavor: Serve with tartar sauce.

Save Time: Use leftover cooked rice. 2/3 cup of cooked brown rice was used to make three servings.



One Pan Roasted Tahini Chicken & Sweet Potato

2 servings

30 minutes

Ingredients

455 grams Chicken Thighs (boneless, skin-on)
1 Sweet Potato (large, peeled, cubed)
2 tsps Coconut Oil (melted)
2 tsps Cumin
Sea Salt & Black Pepper
1 tbsp Tahini
1 1/2 tsps Water
1 tbsp Mint Leaves (fresh, chopped)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Place the chicken thighs and sweet potato on the prepared baking sheet. Rub the coconut oil, cumin, salt, and pepper into the chicken and sweet potato to coat well. Cook for 20 minutes, tossing the sweet potato halfway through.
- 3 Meanwhile, mix the tahini with the water until you get a creamy consistency.
- 4 Drizzle the chicken and sweet potato with the tahini sauce and garnish with mint. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is approximately two chicken thighs and one cup of sweet potato.

More Flavor: Add minced garlic and shallots to the pan with the sweet potato.



Soba Noodles & Seared Tuna Bowl

2 servings

20 minutes

Ingredients

100 grams Buckwheat Soba Noodles
170 grams Ahi Tuna (sushi-grade)
1/4 tsp Sesame Seeds
1 tbsp Extra Virgin Olive Oil
1 tbsp Tamari
1 tbsp Rice Vinegar
1 tsp Maple Syrup
80 grams Frozen Edamame (thawed)
1 Carrot (small, julienned)
4 grams Cilantro

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, coat the tuna in sesame seeds. Heat a non-stick skillet over medium-high heat. When the pan is hot, sear the tuna for two to three minutes, flipping halfway. The timing will depend on the thickness of the tuna and desired doneness. Slice the tuna.
- 3 In a large bowl, mix the oil, tamari, rice vinegar, and maple syrup. Add the noodles to the bowl and mix well to combine.
- 4 Divide the noodles, tuna, edamame, carrot, and cilantro evenly 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.

More Flavor: Add zucchini or carrot.

Additional Toppings: Add chopped peanuts.



Steak, Mashed Potatoes & Green Beans

2 servings

20 minutes

Ingredients

- 3 Yellow Potato (medium, peeled and chopped)
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Butter (divided)
- 225 grams Top Sirloin Steak
- 200 grams Green Beans (trimmed)
- 2 tsps Parsley (chopped)

Directions

- 1 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain.
- 2 Add half of the salt and half of the butter to the potatoes. Mash the potatoes until they are your desired texture.
- 3 Season the steak with the remaining salt. Melt the remaining butter in a cast-iron skillet. Add the steak to the skillet and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before slicing it.
- 4 Add the green beans to the skillet and sauté for two to three minutes, or until browned.
- 5 Divide the steak, mashed potatoes, and green beans 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 one cup of potatoes, one cup of green beans, and steak.

More Flavor: Add garlic.

Dairy-Free: Use oil instead of butter.



Tamari Chicken & Green Beans with Rice

2 servings

25 minutes

Ingredients

- 90 grams Jasmine Rice (dry, rinsed)
- 1 tbsp Ginger (grated)
- 60 milliliters Dry Sherry
- 175 milliliters Chicken Broth
- 2 tbsps Tamari (divided)
- 1 tsp Chinese Five Spice
- 2 tbsps Coconut Sugar
- 225 grams Chicken Breast (boneless, skinless)
- 200 grams Green Beans (trimmed)

Directions

- 1 Cook the rice according to package directions.
- 2 Heat a non-stick pan over high heat. Add the ginger, dry sherry, chicken broth, tamari, Chinese five spice, and sugar. Bring to a boil, then reduce the heat and simmer for two minutes.
- 3 Add the chicken and cook for five minutes. Turn the chicken and cook for five more minutes. Add the green beans, cover, and cook for another two minutes or until the chicken is cooked through.
- 4 Serve the chicken and green beans over the rice and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup of each rice and green beans with chicken.



Spinach & Goat Cheese Stuffed Chicken Breast

3 servings

30 minutes

Ingredients

2 grams Avocado Oil Spray (divided)
225 grams Chicken Breast
30 grams Goat Cheese
1 Lemon (juiced, zested)
2 tbsps Frozen Spinach (thawed,
drained)

Directions

- 1 Preheat the oven to 400°F (205°C). Spray a baking dish with half of the oil.
- 2 Slice the chicken breasts in half lengthwise, creating a thinner piece of meat. In a bowl, mix together the goat cheese, spinach, lemon juice, and zest.
- 3 Spoon about 1 1/2 tbsps of the cheese mixture onto each piece of chicken, until the mixture is used up. Loosely roll up the breasts.
- 4 Bake in the oven for about 20 to 25 minutes, or until the chicken is cooked through. Drizzle with more lemon juice, if desired, and enjoy!

Notes

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

Serving Size: One serving is equal to one chicken roll.

More Flavor: Add roasted vegetables.

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



Poached Cod in Tomato Sauce with Spaghetti

2 servings

20 minutes

Ingredients

110 grams Brown Rice Spaghetti
370 grams Tomato Sauce
Sea Salt & Black Pepper (to taste)
2 Cod Fillet
1/2 Lemon (juiced)
2 tbsps Fresh Dill

Directions

- 1 Cook the spaghetti according to the package directions.
- 2 Meanwhile, in a pan with a lid over medium heat, add the tomato sauce. Bring to a simmer and season with salt and pepper.
- 3 Season the cod fillets all over with salt and pepper. Place the fillets in the tomato sauce, close the pan with a lid, and let simmer for about 15 minutes or until cooked through.
- 4 Divide the spaghetti evenly between plates. Top with fish and tomato sauce. Squeeze the lemon juice on top and sprinkle with dill. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4 1/2 ounces.

More Flavor: Add chili flakes.

No Fresh Dill: Omit or use parsley instead.

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



Salmon & Sweet Potato Salad

1 serving
35 minutes

Ingredients

- 1 Sweet Potato (small, peeled, cut into wedges)
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 170 grams Salmon Fillet
- 55 grams Mixed Greens
- 2 tbsps Basil Leaves (chopped)
- 1/4 Cucumber (large, chopped)
- 1 tbsp Lemon Juice
- 1 tbsp Chives (chopped)

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Spread the sweet potatoes on the prepared baking sheet. Toss the sweet potatoes with half of the oil, salt, and pepper. Cook in the oven for 10 minutes.
- 3 Remove the baking sheet from the oven. Flip the sweet potatoes and arrange the salmon in the center of the pan, among the sweet potatoes. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes. Set aside to cool slightly.
- 4 Add the mixed greens to a plate and top with basil, cucumber, sweet potatoes, and salmon. Top with the remaining oil, lemon juice, chives, and season with salt and pepper, if needed. Enjoy!

Notes

Leftovers: Refrigerate the salad separate from the lemon juice, oil, and salmon for up to four days. Refrigerate the salmon for up to three days.

Serving Size: One serving is equal to approximately six ounces of salmon and 2 1/2 cups of veggies.

More Flavor: Add additional seasoning to the salmon and potato such as cayenne, chili flakes, or other herbs and spices. Use your favorite dressing.

Additional Toppings: Bell peppers, hemp seeds, walnuts, sunflower seeds, pumpkin seeds, and/or feta cheese.



Sesame Salmon & Edamame Salad

2 servings

15 minutes

Ingredients

- 1 tbsp Rice Vinegar
- 1 tbsp Tamari
- 1 1/2 tbsps Sesame Oil (divided)
- 225 grams Salmon Fillet (skin on)
- 55 grams Mixed Greens
- 1/2 Cucumber (medium, sliced)
- 235 grams Frozen Edamame (thawed)
- 30 grams Radishes (sliced)
- 2 stalks Green Onion (chopped)
- 2 tsps Sesame Seeds (optional, for garnish)

Directions

- 1 Add the rice vinegar, tamari, and 2/3 of the sesame oil to a jar or small bowl. Whisk or shake to combine.
- 2 Heat a large pan over medium heat. Once hot, add the remaining oil. Place the salmon in the pan skin-side down, cooking for about three to five minutes or until the skin is crispy. Flip the salmon and cook for one minute or until cooked to your desired doneness. Remove and set aside to cool.
- 3 Place the greens on a serving dish. Top with the salmon, then place the cucumber, edamame, and radishes around it.
- 4 Add the dressing, green onions, and sesame seeds, if desired. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups of salad and 4 oz of salmon.

More Flavor: Add cherry tomatoes and cooked green beans.