



Foods to Avoid:

- Roots and tubers including white and sweet potatoes, beets, peanuts, carrots, and other vegetables that grow underground. The exception here is onions and garlic.
- Bananas (the only forbidden fruit)
- Wheat and wheat-based products including bread, pasta, cakes, and cookies
- Rice
- Oats
- Barley
- Rye
- Foods with added sugar, sucrose, corn syrup, or maltodextrin

Allowed Foods:

Allowed foods include basically anything that is not on the list of forbidden foods including:

- Corn
- Onions
- Garlic
- All vegetables that grow above the ground including lettuce, tomatoes, beans of all types, peas, cucumbers, and celery
- All fruits except bananas
- Meat, fish, and poultry
- Condiments (avoid low-fat varieties as they usually contain added sugar)
- Spices
- Eggs
- Dairy (avoid sugar-laden products)
- Nuts
- Sunflower, pumpkin, and squash seeds



Chicken Tikka Masala Meatballs

2 servings

30 minutes

Ingredients

225 grams Extra Lean Ground Chicken
1 Garlic (clove, minced)
2 tbsps Red Onion (finely diced)
2 1/2 tbsps Cilantro (chopped, plus more for garnish)
Sea Salt & Black Pepper (to taste)
1/2 tsp Extra Virgin Olive Oil
2 1/2 tbsps Tikka Masala Paste
80 milliliters Water

Directions

- 1 In a bowl, mix together the ground chicken, garlic, red onion, cilantro, salt and pepper.
- 2 Using slightly damp hands, form into balls approximately two inches in diameter.
- 3 Heat up the oil in a pan over medium heat. Add the meatballs and cook for two to three minutes per side or until golden brown.
- 4 Add tikka masala paste and water to the pan. Stir well and cover the pan with lid. Let simmer on low heat for 15 minutes, or until cooked through. Top with more cilantro and enjoy!

Notes

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

Serving Size: One serving is approximately four meatballs.

Serving Options: Enjoy as-is, with your choice of bread, or with rice.



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.



Tuna & Tomato Yogurt Lettuce Wrap

2 servings

10 minutes

Ingredients

1 can Tuna (drained)
1 Tomato (medium, diced)
30 grams Parsley (chopped)
2 tbsps Plain Greek Yogurt
1/2 head Iceberg Lettuce (small, leaves pulled apart)

Directions

- 1 Mix the tuna, tomatoes, parsley, and yogurt until combined. Spread the lettuce leaves with the mixture and roll up tightly. Enjoy!

Notes

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

Serving Size: One serving is equal to one lettuce wrap.

More Flavor: Add fresh herbs like basil and chives.

Iceberg Lettuce Leaves: Cut off the bottom end of the head of the lettuce and gently peel the leaves to maximize the surface area.

Dairy-Free: Use mayonnaise or coconut yogurt instead of Greek yogurt.

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



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.



Creamy Turmeric Pork Chops with Cauliflower Rice

2 servings

25 minutes

Ingredients

225 grams Pork Chop (boneless)
1 tsp Turmeric (divided)
1 tbsp Ginger (fresh, grated, divided)
Sea Salt & Black Pepper (to taste)
1 1/2 tbsps Coconut Oil (divided)
340 grams Cauliflower Rice
160 grams Shallot (chopped)
120 milliliters Water
120 milliliters Coconut Cream
45 grams Baby Kale (chopped)

Directions

- 1 Rub the pork chops with half of the turmeric and half of the ginger. Season with salt and pepper.
- 2 Preheat 1/3 of the oil in a non-stick skillet over medium-high heat. Add the pork chops and cook for three minutes per side, or until they are mostly cooked through. Set aside.
- 3 Add the cauliflower rice and half of the remaining oil to the skillet. Cook for three minutes or until cooked to your desired doneness. Set aside.
- 4 To the same skillet, add the remaining oil and the shallot. Cook for three minutes, until softened. Add the remaining turmeric and ginger and cook for another minute, stirring to combine.
- 5 Add the water and bring to a simmer. Reduce the heat to low. Add the coconut cream and kale and stir until combined. Add the pork chops and coat them with the sauce. Cook for four minutes or until the sauce has reduced and thickened, and the pork is cooked through. Season with salt and pepper to taste.
- 6 Serve with cauliflower rice and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of cauliflower rice topped with pork and sauce.



Seared Scallops with Spring Pea Purée

2 servings

20 minutes

Ingredients

290 grams Fresh Peas (or frozen)
60 milliliters Vegetable Broth
1 tbsp Mint Leaves (plus extra for garnish)
3 tbsps Butter (divided)
1 Lemon (juiced, divided)
Sea Salt & Black Pepper (to taste)
285 grams Scallops

Directions

- 1 In a saucepan, add the peas, vegetable broth, mint leaves, and 1/3 of the butter. Let simmer for about five minutes or until the peas are soft.
- 2 Transfer to a food processor and blend until smooth. Stir in half of the lemon juice and season with salt and pepper. Set aside.
- 3 Place the scallops on a paper towel-lined plate and pat them very dry. Season with salt and pepper. Heat a cast-iron skillet over medium heat and add half of the remaining butter. Add the scallops and cook for three to four minutes on one side. Flip and cook for one to two more minutes. During the last 30 seconds, add the remaining butter and spoon it over top of the scallops.
- 4 Divide the pea purée and scallops evenly between plates. Top with lemon juice and extra mint leaves, if desired. Enjoy!

Notes

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

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

More Flavor: Add cooked bacon or prosciutto.



Snap Pea & Mushroom Frittata

1 serving
20 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
5 Cremini Mushrooms (quartered)
100 grams Snap Peas (trimmed, chopped)
Sea Salt & Black Pepper (to taste)
3 Egg (whisked)

Directions

- 1 Preheat the oven to 400°F (205°C). Heat the oil in a cast-iron skillet. Add the mushrooms and snap peas and sauté for three to four minutes. Season with salt and pepper.
- 2 Add the eggs to the pan and stir gently to mix.
- 3 Cook in the oven for 12 to 15 minutes or until the eggs have set. Enjoy!

Notes

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

Serving Size: A six-inch cast-iron skillet was used to make one serving.

More Flavor: Add bell pepper, red onion, and/or a cooked protein of your choice.

Additional Toppings: Add fresh herbs on top.



Lentil & Chickpea Salad

4 servings

30 minutes

Ingredients

145 grams Dry Green Lentils (rinsed)
595 milliliters Water
80 milliliters Extra Virgin Olive Oil
3 tbsps Lemon Juice
1 1/4 tsps Za'atar Spice
Sea Salt & Black Pepper (to taste)
410 grams Chickpeas (from the can,
drained and rinsed)
40 grams Red Onion (diced)
25 grams Sun Dried Tomatoes (drained
and chopped)
15 grams Parsley (finely chopped)

Directions

- 1 In a pot, add the lentils and water. Bring to a boil then reduce the heat to a simmer and cook for 20 to 22 minutes or until they are tender.
- 2 Once the lentils are cooked, drain any excess water and rinse under cold water. Transfer them to a large bowl.
- 3 In a small jar, combine the oil, lemon juice, za'atar spice, salt, and pepper. Shake well to combine.
- 4 In the large bowl with the lentils, add the chickpeas, onion, sun dried tomatoes, and dressing. Toss well to combine. Top with parsley. Season with salt and pepper to taste. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, allow the salad to sit in the fridge overnight to marinate.

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

More Flavor: Add additional herbs such as mint, and/or olives. Serve over a bed of greens or lettuce.

Additional Toppings: Feta, nuts, and/or seeds.



Falafel Patties

4 servings

35 minutes

Ingredients

490 grams Chickpeas (drained and rinsed)
1/2 Yellow Onion (chopped)
2 Garlic (cloves)
80 grams All Purpose Gluten-Free Flour
15 grams Parsley
5 grams Mint Leaves
1 tsp Cumin
1/2 tsp Baking Powder
1 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil

Directions

- 1 Add all of the ingredients except the oil to a food processor. Blend on high until a batter is created.
- 2 Form the batter into four to five-inch diameter patties, approximately 3/4-inch thick. There should be one patty per serving.
- 3 Heat the oil in a large pan over medium heat. Add the patties and cook for five to seven minutes on each side, until browned and starting to crisp. Enjoy!

Notes

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

Serving Size: One serving is equal to one patty.

Serve it With: In a bun or pita with tomato, lettuce, and hummus or tzatziki.

More Flavor: Add fresh or dried dill.



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.



Lentil & Spinach Soup

2 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, chopped)
- 4 Garlic (cloves, minced)
- 250 grams Dry Green Lentils
- 1.7 liters Vegetable Broth, Low Sodium
- 1 tsp Cumin
- 60 grams Baby Spinach (chopped)
- 2 tbsps Lemon Juice
- 10 grams Cilantro (chopped)
- 1/4 tsp Chili Flakes (optional)

Directions

- 1 Heat the oil in a large pot over medium-high heat.
- 2 Add the onion and the garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 3 Add the lentils, vegetable broth, cumin, and spinach to the pot and stir to combine.
- 4 Bring to a boil, then reduce the heat and let simmer for 20 to 25 minutes, or until the lentils are tender.
- 5 Stir in the lemon juice and the cilantro and top with chili flakes, if desired. 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 more vegetables like celery, carrots, and cabbage. Add sea salt to taste or use regular broth.



Chickpea & Tofu Curry

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, chopped)
- 255 grams Tofu (firm, drained, cubed)
- 440 grams Chickpeas (from the can, drained and rinsed)
- 485 grams Diced Tomatoes (from the can, with the juices)
- 120 milliliters Water
- 1 tbsp Curry Powder
- Sea Salt & Black Pepper (to taste)
- 10 grams Cilantro (chopped)

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
- 2 Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
- 3 Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the cilantro. Divide evenly between bowls and enjoy!

Notes

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

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



Spicy Black Bean & Lentil Salad

1 serving
10 minutes

Ingredients

170 grams Black Beans (cooked)
200 grams Lentils (cooked)
1 Red Bell Pepper (medium, diced)
1 Jalapeno Pepper (diced)
30 grams Baby Spinach
4 grams Cilantro (chopped)
1/2 Lime (medium, juiced)
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Cumin
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a large mixing bowl, combine the black beans, lentils, red bell pepper, jalapeño pepper, spinach, and cilantro.
- 2 In a small bowl, whisk together the lime juice, oil, and cumin. Season with salt and pepper.
- 3 Pour the dressing over the salad and toss until well combined. Enjoy!

Notes

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

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



Mushroom, Black Bean & Quinoa Chili

2 servings

30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, chopped)
- 10 Cremini Mushrooms (sliced)
- 2 tsps Taco Seasoning
- 250 grams Tomato Purée
- 480 milliliters Vegetable Broth, Low Sodium
- 170 grams Black Beans (rinsed, drained)
- Sea Salt & Black Pepper (to taste)
- 85 grams Quinoa (dry, rinsed)
- 2 stalks Green Onion (chopped)

Directions

- 1 Heat the oil in a pot over medium heat. Add the yellow onion and sauté for about five minutes or until soft. Add the mushrooms and cook for another five minutes, stirring occasionally.
- 2 Add the taco seasoning along with tomato purée, broth, and black beans. Stir, cover the pot with a lid, and let it simmer for about five minutes.
- 3 Season the mixture with salt and pepper. Add the quinoa to the pot and stir. Cover with lid again and let simmer on low heat for about 15 minutes or until quinoa is cooked through. Stir the chili occasionally.
- 4 Divide the chili evenly between bowls. Top with green onion 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 corn and bell pepper.

Additional Toppings: Top with plant-based sour cream, cheese, and avocado.

Consistency: If the chili seems dry, add more vegetable broth, 1/4 cup at a time.



Tempeh, Quinoa & Edamame Stuffed Peppers

2 servings

45 minutes

Ingredients

85 grams Quinoa (dry)
2 tps Extra Virgin Olive Oil
225 grams Tempeh (smoked, finely crumbled)
80 grams Frozen Edamame (shelled, thawed)
55 grams Cashew Cream Cheese
1 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
15 grams Parsley (chopped)
2 Orange Bell Pepper (large, tops and seeds removed)

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Cook the quinoa according to package directions.
- 3 Heat the oil in a pan over medium heat. Add the crumbled tempeh and cook for five to seven minutes, until starting to brown.
- 4 In a large bowl, combine the cooked quinoa, tempeh, edamame, cashew cream cheese, garlic powder, sea salt, black pepper, and parsley. Mix well to combine.
- 5 Scoop the mixture into the peppers, packing them tightly until all of it is used up. Place on a baking sheet and bake in the oven for 25 minutes, or until the peppers have softened. Enjoy!

Notes

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

Serving Size: One serving is equal to one stuffed pepper.

More Flavor: Use garlic or onion cashew cream cheese.

No Cashew Cream Cheese: Use vegan cheese shreds or nutritional yeast instead.



Lentil, Chickpea & Green Pea Curry

4 servings

30 minutes

Ingredients

1/2 White Onion (small, diced)
4 Garlic (cloves, minced)
1 1/2 tbsps Curry Powder
245 grams Chickpeas (cooked)
160 grams Frozen Peas (thawed)
715 milliliters Vegetable Broth
295 grams Lentils (cooked)
80 milliliters Canned Coconut Milk
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a pot, add the onion with a splash of water. Cook and stir over medium heat for about five minutes or until soft. Add the garlic and cook for another minute.
- 2 Add the curry powder, cook, and stir for another minute. Add the chickpeas, green peas, and vegetable broth to the pot. Cover with a lid and let it simmer on low heat for about 10 minutes.
- 3 Add the lentils and coconut milk, stir, and season with salt and pepper. Cover with a lid and let it simmer for another 10 minutes.
- 4 Divide evenly between bowls and 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 cumin, chili, and spinach.

Additional Toppings: Top with cilantro or green onion.



Chicken & Black Bean Lettuce Wraps

2 servings

40 minutes

Ingredients

225 grams Chicken Breast (boneless, skinless)
130 grams Salsa
2 tsps Lime Juice
Sea Salt & Black Pepper (to taste)
1 head Boston Lettuce (leaves separated)
170 grams Black Beans
80 grams Red Onion (diced)
1 Red Bell Pepper (medium, chopped)

Directions

- 1 Add the chicken breasts, salsa, lime juice, salt, and pepper to a sealable container. Cover, shake, and allow to marinate for at least 15 minutes.
- 2 Heat a pan over medium heat and add the chicken and marinade. Cover the pan and cook for 20 minutes or until the chicken is cooked through. Flip the chicken a few times and spoon the marinade over as needed.
- 3 Transfer the chicken and marinade to a large bowl and shred it with two forks. Once shredded, mix with the marinade.
- 4 Fill the lettuce leaves with the chicken, black beans, red onion, and peppers. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to approximately four lettuce wraps.

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

More Flavor: Add cilantro and chipotle aioli.



Smoked Salmon Deviled Eggs

6 servings

35 minutes

Ingredients

- 6 Egg (large)
- 3 tbsps Mayonnaise
- 1 tsp Dijon Mustard
- 1 tsp Lemon Juice
- 1 tbsp Shallot (finely chopped, plus more for garnish)
- 1 tsp Fresh Dill (finely chopped, plus more for garnish)
- Sea Salt & Black Pepper (to taste)
- 55 grams Smoked Salmon (sliced)
- 1 tbsp Capers

Directions

- 1 Place the eggs in a saucepan and cover with cold water. Cover and bring to a boil. Remove from the heat and leave it covered for 12 minutes. Drain the water and run cold water over the eggs until cooled. Once the eggs have cooled completely, peel them and slice them in half lengthwise.
- 2 Scoop the yolks into a small bowl and place the egg whites on a serving plate.
- 3 To make the filling, add the yolks, mayonnaise, mustard, lemon juice, shallot, dill, salt, and pepper to a bowl. Stir everything together until smooth.
- 4 Use a spoon to add the deviled egg mixture back into the hole of each egg white. Top each egg half with smoked salmon, capers, and fresh dill. Enjoy!

Notes

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

Serving Size: One serving is equal to two deviled eggs.



Tandoori Tofu & Mixed Greens Salad

1 serving
20 minutes

Ingredients

60 grams Plain Goat Milk Yogurt
1 tbsp Tandoori Masala
310 grams Tofu (cut into squares)
55 grams Mixed Greens
75 grams Cherry Tomatoes (halved)
1/4 Cucumber (sliced)
2 tbsps Red Onion (thinly sliced)

Directions

- 1 Preheat the grill to medium heat.
- 2 In a large shallow bowl, mix the yogurt with the tandoori masala. Add the tofu and coat well.
- 3 Gently shake off the excess marinade from the tofu and place the tofu on the grill. Save the marinade. Grill the tofu for three to four minutes on each side or until there are crispy grill marks.
- 4 Meanwhile, in a large salad bowl, add the mixed greens, tomatoes, cucumber, and red onion.
- 5 Top the salad with the grilled tofu and drizzle the remaining marinade on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Store the tofu and dressing separately from the salad.

Make it Vegan: Use dairy-free yogurt.

Additional Toppings: Add chopped walnuts, sesame seeds, mint and/or cilantro.

No Goat Yogurt: Use another yogurt or milk alternative yogurt.



Spinach Chickpea Pasta Salad

2 servings

10 minutes

Ingredients

115 grams Chickpea Pasta
35 grams Green Olives (pitted, quartered)
40 grams Shallot (chopped)
150 grams Cherry Tomatoes (halved)
1 Green Bell Pepper (medium, diced)
55 grams Mozzarella Ball (pearls)
2 tbsps Italian Dressing
60 grams Baby Spinach
10 grams Basil Leaves

Directions

- 1 Cook the pasta al dente according to the package directions. Drain and rinse under cold water.
- 2 In a bowl, add the olives, shallot, tomatoes, peppers, mozzarella balls, and dressing. Mix to combine. Add the spinach and the basil and toss to combine.
- 3 Refrigerate until ready to serve. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Make it Vegan: Use dairy-free cheese.

More Flavor: Add a cooked protein of your choice.



Grilled Chicken & Chickpea Kale Salad

1 serving
40 minutes

Ingredients

55 grams Plain Greek Yogurt
1/2 Garlic (clove, minced)
1 tbsp Lemon Juice
Sea Salt & Black Pepper (to taste)
170 grams Chicken Thighs (boneless, skinless)
45 grams Baby Kale
80 grams Chickpeas (cooked)
2 tbsps Radishes (chopped)
2 tbsps Basil Leaves (chopped)
1 tbsp Chives (chopped)

Directions

- 1 In a bowl, combine the yogurt, garlic, and lemon juice. Season with salt and pepper.
- 2 Place half of the dressing in another bowl and add the chicken. Mix well to coat the chicken in the dressing. Set aside for about 10 mins.
- 3 Preheat the grill to medium-high heat.
- 4 Remove the chicken from the marinade and shake off the excess. Discard the remaining marinade. Cook the chicken flat on the grill for six to eight minutes on each side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Chop into bite-sized pieces.
- 5 To assemble the salad, add the kale, chickpeas, radishes, basil, and chicken to a bowl. Add the remaining yogurt dressing and top with chives. Enjoy!

Notes

Leftovers: Store the salad separately from the dressing and chicken. Refrigerate in an airtight container for up to four days.

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

Make it Vegan: Use dairy-free yogurt. Omit the chicken and add more legumes.

More Flavor: Use another type of legumes, like black beans and lentils.



Shrimp & Black Bean Quinoa Bowl

2 servings

15 minutes

Ingredients

85 grams Quinoa (dry)
285 grams Shrimp (peeled, deveined)
2 tsps Taco Seasoning
2 tsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
170 grams Black Beans (cooked)
2 stalks Green Onion (thinly sliced)
55 grams Red Onion (diced)
1/3 Cucumber (medium, quartered)
1 Lemon (juiced)

Directions

- 1 Cook the quinoa according to the package directions.
- 2 In a bowl, mix together the shrimp, taco seasoning, and half of the oil. Season with salt and pepper. Warm a pan over medium heat. Add the shrimp and cook for two to three minutes per side, until pink and cooked through.
- 3 Divide the quinoa, shrimp, black beans, green onion, red onion, and cucumber between bowls. Top with the remaining oil and lemon juice. Adjust the seasoning to your taste 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 cherry tomatoes, bell peppers, and/or fresh herbs.



Fennel, Quinoa & Toasted Chickpea Salad

2 servings

25 minutes

Ingredients

85 grams Quinoa (dry)
2 tbsps Extra Virgin Olive Oil
35 grams Almonds (coarsely chopped)
165 grams Chickpeas (cooked)
1/4 tsp Smoked Paprika
Sea Salt & Black Pepper (to taste)
1/2 bulb Fennel (medium, thinly sliced)
55 grams Mixed Greens
3 tbsps Green Goddess Salad Dressing

Directions

- 1 Cook the quinoa according to package directions.
- 2 Meanwhile, add the oil to a large non-stick skillet over medium-high heat. Once warm, add the almonds and lightly toast them, about one minute.
- 3 Add the chickpeas and cook until golden and crispy, about three to five minutes, stirring occasionally. Add the smoked paprika. Season with salt and pepper and cook for one more minute while stirring. Remove from the heat.
- 4 In a large bowl, combine the quinoa, fennel, and mixed greens.
- 5 Divide the salad evenly between plates. Top with the chickpea mixture, dressing, and almonds. 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 additional vegetables such as cucumbers and grated carrots.

Additional Toppings: Shallots, parsley, basil, mint, other chopped nuts, and/or seeds.



Tuna Meatballs with Tomato Sauce

4 servings

25 minutes

Ingredients

75 grams Plain Greek Yogurt
3 tbsps Lemon Juice
1 tbsp Italian Seasoning (divided)
4 cans Tuna (drained)
2 Egg (large, lightly whisked)
15 grams Parsley (chopped finely, plus more for garnish)
1 Garlic (clove, minced)
30 grams Almond Flour
Sea Salt & Black Pepper (to taste)
980 grams Tomato Sauce

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the yogurt, lemon juice, and half of the Italian seasoning. Mix until combined. Add the tuna, eggs, parsley, garlic, and almond flour. Season with salt and pepper and mix gently until combined.
- 3 Roll into balls roughly the size of a golf ball and place on the baking sheet. Cook in the oven for 15 to 20 minutes.
- 4 Meanwhile, warm the tomato sauce and remaining Italian seasoning over medium-high heat for five minutes.
- 5 Serve the tuna balls with the tomato sauce. Top with parsley and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze the tuna balls separately from the sauce for up to three months.

Serving Size: One serving is equal to approximately four tuna balls and 1/4 cup tomato sauce.

More Flavor: Use breadcrumbs instead of almond flour and try canned salmon instead of canned tuna.

Additional Toppings: Add parmesan cheese and chopped basil leaves.

Serve it With: Your favorite whole grains or pasta.

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



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.



Edamame, Chicken & Quinoa Bowl

2 servings

30 minutes

Ingredients

- 1 Lemon (juiced, plus extra for serving)
- 1 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 340 grams Chicken Breast
- 85 grams Quinoa (dry)
- 115 grams Frozen Edamame (defrosted)
- 30 grams Walnuts (chopped)
- 2 stalks Green Onion (thinly sliced)
- 55 grams Raisins

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the lemon juice, paprika, salt, and pepper. Brush the chicken all over with the mixture. Place on the baking sheet and bake in the oven for 20 to 25 minutes or until completely cooked through.
- 3 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork.
- 4 Divide the quinoa, chicken, edamame, walnuts, green onion, and raisins evenly between bowls. Squeeze some lemon juice on top and enjoy!

Notes

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

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

More Flavor: Add tomato and cucumber. Serve with your choice of dressing.



Tofu Scramble with Lentils & Spinach

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 2 stalks Green Onion (chopped)
- 2 Garlic (clove, minced)
- 395 grams Tofu (crumbled)
- 1 tbsp Nutritional Yeast
- 1 tsp Turmeric
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 395 grams Lentils (cooked)
- 60 grams Baby Spinach (chopped)

Directions

- 1 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 2 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 3 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.



Air Fryer Falafel Salad

4 servings

30 minutes

Ingredients

545 grams Chickpeas (cooked)
1/2 Yellow Onion (chopped)
3 Garlic (clove)
15 grams Parsley
5 grams Mint Leaves
45 grams Chickpea Flour
1 tsp Cumin
2 tbsps Lemon Juice
Sea Salt & Black Pepper (to taste)
3 tbsps Extra Virgin Olive Oil (divided)
225 grams Mixed Greens
225 grams Tzatziki

Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 Add the chickpeas, onion, garlic, parsley, mint, flour, cumin, lemon juice, salt, pepper, and half of the oil to a food processor. Blend until a smooth consistency is achieved.
- 3 Form the batter into two to three-inch balls with your hands. Place into the air fryer and coat with the remaining oil.
- 4 Cook for 15 minutes, flipping halfway through, until crispy and cooked through.
- 5 Divide the mixed greens evenly between bowls. Top with falafels and tzatziki. Enjoy!

Notes

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

Serving Size: One serving is equal to two cups of salad with three to four falafels and 1/4 cup of tzatziki.

More Flavor: Add cilantro and red pepper flakes.



Charred Corn & Tomato Salad

4 servings

15 minutes

Ingredients

3 ears Corn on the Cob (husk removed)
Sea Salt & Black Pepper (to taste)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Red Wine Vinegar
445 grams Cherry Tomatoes (halved)
40 grams Red Onion (thinly sliced)
30 grams Parmigiano Reggiano
(shaved)
15 grams Basil Leaves (chopped)

Directions

- 1 Heat a cast-iron skillet over medium heat. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove and let it cool before slicing the kernels off the cob. Season with salt and pepper and transfer to a large bowl.
- 2 In a small jar, combine the oil, vinegar, salt, and pepper and shake to combine.
- 3 Add the tomatoes and red onion to the bowl with the corn. Add the dressing and toss to combine. Top with parmesan cheese and basil. Season if needed and enjoy!

Notes

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

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

Make it Vegan: Omit the parmesan or use a plant-based version.



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.



Greek Salmon Salad

2 servings

10 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
285 grams Canned Wild Salmon (drained)
1/2 head Green Lettuce (separated into leaves and washed)
1 Tomato (medium, chopped)
1 Cucumber (small, thinly sliced)
1 Avocado (small, sliced)
40 grams Red Onion (sliced)
50 grams Feta Cheese (crumbled)

Directions

- 1 In a small bowl, whisk together the oil, lemon juice, salt, and pepper.
- 2 Arrange the remaining ingredients on a serving platter. Drizzle with the dressing and enjoy!

Notes

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

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

More Flavor: Add olives and bell pepper.

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



Mexican Street Corn Salad with Chicken Thighs

2 servings

40 minutes

Ingredients

225 grams Chicken Thighs (boneless, skinless)
1 tsp Taco Seasoning
1 1/2 Lime (juiced and zested, divided)
2 tbsps Extra Virgin Olive Oil (divided)
1 tsp Sea Salt (divided)
4 grams Cilantro (chopped, divided)
2 ears Corn on the Cob (husk removed)
1/2 Jalapeno Pepper (seeds removed, finely diced)
30 grams Cotija Cheese

Directions

- 1 In a bowl, add the chicken, taco seasoning, 1/3 of the lime juice and zest, half of the oil, half of the salt, and 1/4 of the cilantro. Mix well and let the chicken sit in the marinade for at least 20 minutes.
- 2 Meanwhile, heat a cast-iron pan or grill over medium-high heat. Cook the corn for one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool for about 10 minutes.
- 3 In a bowl, mix together the remaining lime juice and zest, oil, salt, and cilantro. Add the jalapeño and cotija cheese and stir to combine. Slice the kernels off the cob and transfer them into the bowl. Mix everything together until combined and set aside.
- 4 In the same cast-iron pan, cook the chicken over medium heat for about 12 to 15 minutes or until cooked through, flipping halfway.
- 5 Serve the chicken with corn salad and enjoy!

Notes

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

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

More Flavor: Add avocado and mayonnaise.

No Cotija Cheese: Use feta cheese instead.



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.



Sauteed Cabbage & Kale with Salmon

2 servings

25 minutes

Ingredients

340 grams Salmon Fillet
2 tsps Extra Virgin Olive Oil (divided)
1 Lemon (juiced, divided)
2 Garlic (clove, minced, divided)
Sea Salt & Black Pepper (to taste)
180 grams Purple Cabbage (chopped)
20 grams Kale Leaves (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper and place the salmon on top. In a small bowl, mix together half of each the oil, lemon juice, garlic. Season the mixture with salt and pepper.
- 2 Brush the salmon fillets all over with the lemon mixture and place onto the baking sheet. Cook in the oven for 15 to 20 minutes or until cooked through.
- 3 Meanwhile, warm up the remaining oil in a pan over medium-high heat. Add the cabbage and remaining garlic. Sauté for about five minutes, add the kale, and sauté for another 10 minutes or until tender. Season with salt and pepper, turn off the heat, and top with the remaining lemon juice.
- 4 Divide the salmon and cabbage mixture between serving plates and enjoy!

Notes

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

Serving Size: One serving is approximately six ounces of salmon and one cup of kale and cabbage.

More Flavor: Add onion and bell pepper to the cabbage mixture.

Additional Toppings: Top with fresh herbs and sesame seeds.



Halloumi & Vegetable Skewers

4 servings

30 minutes

Ingredients

- 170 grams Halloumi (cut into cubes)
- 150 grams Cherry Tomatoes
- 1 Yellow Bell Pepper (medium, cut into cubes)
- 1 Zucchini (medium, cut into half-moon slices)
- 1 tbsp Mint Leaves (chopped)
- 1 Lemon (juiced, divided)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 8 Barbecue Skewers (wood, soaked)

Directions

- 1 Add all of the ingredients, except the barbecue skewers, to a bowl and toss to combine.
- 2 Preheat the grill to medium heat.
- 3 Thread and divide the halloumi cubes, cherry tomatoes, bell peppers, and zucchini pieces evenly between the skewers. Set the leftover marinade aside.
- 4 Grill for 10 to 12 minutes, or until the cheese is golden and the vegetables are soft, turning halfway through.
- 5 Divide evenly between plates, drizzle with the remaining marinade, and enjoy!

Notes

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

Serving Size: One serving is two 10-inch skewers.



Cabbage & Kale Egg Nests with Grapefruit

1 serving
30 minutes

Ingredients

2 tps Extra Virgin Olive Oil
180 grams Green Cabbage (thinly sliced)
40 grams Kale Leaves (stems removed, thinly sliced)
3 Egg (divided)
Sea Salt & Black Pepper (to taste)
1/2 Grapefruit

Directions

- 1 Heat the oil in a pan over medium heat. Once hot, add the cabbage and kale and cook for eight to 10 minutes, stirring frequently, until softened.
- 2 Set the cooked cabbage and kale aside in a large bowl and allow to cool for five minutes. Add 1/3 of the eggs to the bowl and mix into the cabbage and kale until fully coated. Season with salt and pepper to taste.
- 3 Add the cabbage mixture to the pan in four-inch (10 cm) diameter rounds, making one nest per each remaining egg. Hollow out the middle of each nest slightly. Crack the remaining eggs into the center of each kale and cabbage nest.
- 4 Cover with a lid and cook for eight to 10 minutes or until the whites are set and the yolk is cooked to your desired doneness. Serve the egg nests with grapefruit. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Can be refrigerated in an airtight container for up to three days.

Serving Size: One serving is equal to two egg nests and half of a grapefruit.

More Flavor: Add garlic powder and smoked paprika to the cabbage and kale mixture.



Buckwheat Noodles with Raw Puttanesca

2 servings

15 minutes

Ingredients

100 grams Buckwheat Soba Noodles (dry)
60 milliliters Water (reserved from cooking pasta)
1 Garlic (clove, minced)
1/2 Lemon (juiced)
150 grams Cherry Tomatoes (halved)
130 grams Artichoke Hearts (marinated, chopped)
35 grams Pitted Kalamata Olives
2 tbsps Capers
2 tbsps Extra Virgin Olive Oil
15 grams Parsley (chopped)

Directions

- 1 Cook the noodles according to the package directions. Drain the noodles but save the pasta water.
- 2 In a large bowl, mix the remaining ingredients together. Add the noodles to the bowl with the reserved water, adding one to two tablespoons at one time. Toss everything together with tongs and divide evenly between servings. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups of pasta with puttanesca.

More Flavor: Add anchovies and/or parmesan cheese.

No Buckwheat Noodles: Use whole wheat spaghetti or linguine.



Moroccan Eggplant & Tomato Dip

6 servings

45 minutes

Ingredients

- 1 Eggplant (medium, cut into 1 1/2-inch cubes)
- 1 1/2 tsps Sea Salt (divided)
- 2 tsps Extra Virgin Olive Oil
- 3 Tomato (diced)
- 3 Garlic (clove, minced)
- 2 tsps Cumin
- 1 tsp Smoked Paprika
- 1 tsp Red Pepper Flakes
- 4 grams Cilantro (chopped, plus more for garnish)
- 15 grams Parsley (chopped)
- 80 milliliters Water (plus more if necessary)
- 2 tsps Lemon Juice

Directions

- 1 Place the eggplant cubes in a colander or sieve and toss with 2/3 of the salt. Set aside for 10 minutes then wipe dry.
- 2 Heat the oil in a large non-stick pan over medium-high heat. Add the eggplant cubes, tomatoes, and garlic. Season with cumin, paprika, red pepper flakes, and remaining salt. Cook, stirring, for five minutes, then add the cilantro, parsley, and water.
- 3 Bring the mixture to a boil, then reduce to low heat. Cover with a lid and allow to simmer until very tender, about 20 to 25 minutes. Stir occasionally to prevent sticking and add more water if needed. Remove from the heat.
- 4 Stir in the lemon juice and mash the mixture using a potato masher.
- 5 Transfer to a bowl. Top with cilantro and enjoy!

Notes

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

Serving Size: One serving is approximately 1/3 cup.

Serve it With: Eat it cold or warm with pita bread, naan bread, veggie sticks, or as a sauce for grilled meat.



Syrian Beef & Eggplant Dip

2 servings

30 minutes

Ingredients

- 1 Eggplant (medium)
- 225 grams Plain Greek Yogurt
- 1/2 Lemon (juiced)
- 1 1/2 tbsps Tahini
- 2 tsps Cumin (divided)
- Sea Salt & Black Pepper (to taste)
- 225 grams Extra Lean Ground Beef
- 1/2 Yellow Onion (small, diced)
- 1 tbsp Tomato Paste
- 1 tbsp Parsley (for garnish)

Directions

- 1 Adjust the oven rack closest to the broiler. Set the oven to high broil. Pierce the eggplant all over with a fork. Place the eggplant on a foil-lined baking sheet and roast for 10 minutes or until tender and golden brown. Flip the eggplant frequently, and watch closely as broilers vary.
- 2 Wrap the eggplant in the foil and let rest for five minutes. Remove the skin from the eggplant and finely chop it.
- 3 In a bowl, mix together the eggplant, yogurt, lemon juice, tahini, and half of the cumin. Season with salt and pepper.
- 4 In a pan over medium heat, add the ground beef and onions. Stir and break the beef up as it cooks. After seven to 10 minutes, add the tomato paste and the remaining cumin. Mix well and season with salt and pepper.
- 5 Spread the eggplant mixture on a serving plate. Top with beef and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate the eggplant dip and beef mixture in separate containers for up to three days.

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

Additional Toppings: Add pine nuts.

Short on Time: Use store-bought baba ganoush instead.

Serve it With: Your favorite flatbread.



Roasted Red Pepper Hummus

6 servings

40 minutes

Ingredients

- 3 Red Bell Pepper (quartered)
- 5 Garlic (cloves, skin left on)
- 2 grams Avocado Oil Spray
- Sea Salt & Black Pepper (to taste)
- 330 grams Chickpeas (drained, rinsed)
- 3 tbsps Lemon Juice
- 1 tsp Smoked Paprika

Directions

- 1 Preheat the oven to 400°F (205°C). Place the red bell pepper and garlic on a baking sheet and spray with the avocado oil. Season with salt and pepper to taste. Bake in the oven for 30 minutes.
- 2 Remove the garlic cloves from their peel. Add them along with the roasted red peppers, chickpeas, lemon juice, and smoked paprika to the bowl of a food processor. Process until smooth and creamy.
- 3 Season with additional salt and pepper, if needed. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to six months.

Serving Size: One serving is equal to approximately 1/4 to 1/3 of a cup.

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



Chestnut Hummus

2 servings

5 minutes

Ingredients

95 grams Chestnuts (roasted, deshelled)
1 1/2 tbsps Tahini
1 Garlic (clove)
1 tbsp Extra Virgin Olive Oil (plus extra for garnish)
1/3 tsp Sea Salt
1/2 Lemon (juiced)
60 milliliters Water (cold)
1 tsp Sesame Seeds (for garnish, optional)

Directions

- 1 Add all the ingredients except for water and sesame seeds to a food processor. Blend until pureed.
- 2 Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed.
- 3 Transfer the mixture to a serving bowl. Top with sesame seeds and additional oil, if using. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/3 cup.

More Flavor: Add cumin seeds.

Make it Spicy: Add chili flakes or Thai chili.

Consistency: If the chestnut hummus is too thick, add more cold water, one tablespoon at a time.



Spicy Black Bean & Avocado Dip

4 servings

5 minutes

Ingredients

- 1 Avocado (medium)
- 170 grams Black Beans (drained, rinsed)
- 1 Lime (juiced)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Cilantro (chopped)
- 1 Jalapeno Pepper (seeds removed, finely diced)
- 40 grams Red Onion (finely diced)

Directions

- 1 Add the avocado, black beans, lime juice, and salt to a blender. Blend until smooth.
- 2 Transfer the mixture to a serving bowl. Add in the cilantro, jalapeño, and red onion. Mix well and enjoy!

Notes

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

Serving Size: One serving is equal to 1/3 cup.

More Flavor: Add tomato and garlic.

Serve it With: Fresh-cut vegetables, tortilla chips, crackers, or on top of tacos or wraps.



Green Pea & Edamame Dip

3 servings

10 minutes

Ingredients

105 grams Frozen Edamame
55 grams Frozen Peas
2 tbsps Tahini
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, minced)
1/2 Lemon (juiced)
2 tbsps Water
1 tsp Extra Virgin Olive Oil

Directions

- 1 Add the edamame and peas to boiling water for three minutes or until tender. Drain and add to a food processor.
- 2 Add all of the remaining ingredients except for the oil to the food processor. Blend until smooth, scraping down the sides as needed.
- 3 Add the dip into a serving bowl and drizzle the oil on top. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/3 cup.

More Flavor: Add caramelized onions.

Additional Toppings: Sesame seeds.

Serve it With: Pita, tortilla chips, crackers, and/or raw veggies.



Edamame & Cream Cheese Spread

6 servings

15 minutes

Ingredients

235 grams Frozen Edamame
115 grams Cashew Cream Cheese
40 grams Hemp Seeds
2 tbsps Nutritional Yeast
1 tbsp Lemon Juice
20 grams Basil Leaves
3/4 tsp Sea Salt

Directions

- 1 Bring water to a boil in a large pot. Add the edamame and cook until tender, about four to five minutes and then drain.
- 2 In a food processor, combine the edamame, cream cheese, hemp seeds, nutritional yeast, and lemon juice. Pulse until the mixture comes together into a chunky spread.
- 3 Add the basil leaves and salt and pulse just to combine. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately 1/4 to 1/3 cup.

More Flavor: Add fresh garlic.

Additional Toppings: Top with a drizzle of olive oil and/or chili flakes.

No Basil: Use parsley, dill, or cilantro.

Serve it With: As a spread on sandwiches, wraps, or burgers. On top of salads. With flatbread or tortilla chips.



No Bake Mango Cheesecake Bites

12 servings

2 hours 35 minutes

Ingredients

100 grams Pecans
145 grams Pitted Dates (soaked in warm water for ten minutes)
240 milliliters Canned Coconut Milk
165 grams Frozen Mango
70 grams Cashews (raw, soaked for at least one hour, rinsed)
3 tbsps Lemon Juice
1/2 tsp Vanilla Extract

Directions

- 1 Line a muffin tray with muffin liners or use a silicone muffin tray.
- 2 In a food processor or high-powered blender, add the pecans and dates. Blend until everything is combined into small crumbly pieces.
- 3 Take approximately two tablespoons of the mix and place into each muffin cup. Press down to make a crust. If it becomes too sticky, wet your hands.
- 4 In a blender, add the coconut milk, mango, cashews, lemon juice, and vanilla extract. Blend until smooth. Add approximately two to three tablespoons to each cheesecake crust.
- 5 Freeze for at least two hours. When ready to eat, remove from the freezer and thaw for five to ten minutes. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to three weeks.

Serving Size: One serving is one cheesecake bite.

More Flavor: Add lemon zest on top before freezing.

Short on Time: Soak the cashews in boiled water for 10 minutes.



Spinach & Mango Protein Chia Pudding

3 servings

1 hour 15 minutes

Ingredients

425 milliliters Canned Coconut Milk
50 grams Chia Seeds
30 grams Baby Spinach (packed)
25 grams Vanilla Protein Powder
1 Mango (medium, peeled and diced)
2 tbsps Hemp Seeds

Directions

- 1 Add all of the ingredients except the mango and hemp seeds to a blender. Blend on high for at least one minute or until a very smooth consistency is achieved.
- 2 Scoop the pudding into bowls or containers and secure with a lid. Transfer to the fridge to set for at least one hour.
- 3 Top with mango and hemp seeds. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving is equal to approximately 3/4 cup with toppings.



Almond Raspberry Warm Chia Pudding

1 serving
10 minutes

Ingredients

- 3 tbsps Chia Seeds
- 180 milliliters Unsweetened Almond Milk
- 60 grams Raspberries
- 1 tbsp Slivered Almonds
- 1 tbsp Almond Butter

Directions

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

Notes

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

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

No Heat: Mix the chia seeds and almond milk together and let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

More Flavor: Add a dash of cinnamon.



Vanilla Matcha Protein Balls

5 servings

15 minutes

Ingredients

105 grams Cashews
60 grams Walnuts
75 grams Pitted Dates
60 grams Vanilla Protein Powder
1 tsp Coconut Oil
1 1/2 tsps Green Tea Powder
75 milliliters Water

Directions

- 1 Add the cashews and walnuts to a food processor and pulse until you get a coarse crumble. Add the dates, protein powder, oil, and green tea powder and pulse again until the mixture starts to come together.
- 2 Add the water one tablespoon at a time and pulse until the mixture becomes sticky and holds together when you squeeze it between your hands. You may not need all of the water. The type of protein powder used will affect this.
- 3 Use a one-inch cookie scoop or use a regular teaspoon to scoop out the batter and roll it in your hands to create a ball. Continue until you have used up all of the batter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is approximately four energy balls.

Additional Toppings: Roll the balls in unsweetened shredded coconut.



Pink Energy Bites

8 servings

10 minutes

Ingredients

40 grams Freeze Dried Strawberries
75 grams Pitted Dates
140 grams Cashews (raw)
65 grams Cashew Butter
1/4 tsp Sea Salt

Directions

- 1 Add the dried strawberries to a food processor and blend until the mixture is powdery. Remove and set aside on a plate.
- 2 Add the dates, cashews, cashew butter, and salt to the bowl of a food processor. Blend until a smooth consistency is achieved and the mixture holds together.
- 3 Remove the mixture and form into small balls with your hands, using about one tablespoon of dough. Roll into the strawberry powder. Repeat until the mixture is used up. Enjoy!

Notes

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

Serving Size: One serving is two bites.

No Cashew Butter: Use almond or peanut butter instead.