



Low Glycaemic - GF

Alissa Powell

<https://www.juliadaviesnutrition.com>



Badami Chicken

2 servings

1 hour

Ingredients

150 grams Plain Greek Yogurt
1 tsp Curry Powder
1/2 tsp Cumin Seed
1/2 tsp Turmeric
1/4 tsp Chili Powder
2 Garlic (cloves, minced)
340 grams Chicken Thighs (boneless, skinless, cubed)
1 tsp Extra Virgin Olive Oil
1/2 White Onion (medium, sliced)
35 grams Almond Flour
2 tbsps Cilantro (chopped)

Directions

- 1 In a bowl, combine the yogurt, curry powder, cumin, turmeric, chili powder, and garlic. Add the chicken and mix well. Wrap the bowl with plastic wrap and let it marinate in the fridge for at least 30 minutes.
- 2 Heat the oil in a pan over medium heat. Add the onion and cook for two to three minutes or until soft and golden brown.
- 3 Add the chicken and all of the marinade. Turn the heat down to low, cover, and let it cook for 15 minutes. Add the almond flour and stir to combine and cover. Cook for another 15 minutes, stirring occasionally.
- 4 Divide evenly between plates. Top with cilantro and enjoy!

Notes

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

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

Nut-Free: Omit the almond flour.

More Flavor: Add ginger and cinnamon. Top with sliced almond and fresh mint.

Serve it With: White rice, brown rice, quinoa, and/or naan.

Consistency: The stew is meant to be thick. For a thinner consistency add some water or chicken broth during the cooking.

Make Ahead: Marinate the chicken and refrigerate it in an airtight container for up to three days.



Roasted Chicken & Sweet Potato With Spinach

2 servings

25 minutes

Ingredients

- 1 Sweet Potato (medium, cut into cubes)
- 285 grams Chicken Breast (skinless, boneless)
- 1 tsp Thyme (fresh)
- 1 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 90 grams Baby Spinach

Directions

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

Notes

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

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

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

No Fresh Thyme: Use dried thyme or rosemary instead.



One Pan Shrimp & Asparagus with Feta

4 servings

15 minutes

Ingredients

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

Directions

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

Notes

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

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

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

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

Additional Toppings: Serve over rice with hummus and tzatziki.



Baked Spinach & Ricotta Florentine

2 servings

20 minutes

Ingredients

250 grams Ricotta Cheese
55 grams Mozzarella Cheese (divided)
50 grams Frozen Spinach (thawed, drained)
15 grams Sun Dried Tomatoes (drained, chopped)
2 tbsps Basil Leaves (chopped)
2 Garlic (cloves, minced)
1/2 tsp Nutmeg
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 400°F (205°C). In a bowl, mix together the ricotta cheese, 2/3 of the mozzarella, spinach, sun dried tomatoes, basil, and garlic.
- 2 Add nutmeg and season with salt and pepper. Adjust the seasoning to your taste. Transfer the mixture into an oven-safe dish or ramekin. Top with the remaining mozzarella cheese.
- 3 Bake in the oven for about 15 minutes or until the cheese on top is slightly browned. Enjoy!

Notes

Leftovers: Cover the ramekin and refrigerate for up to three days. Reheat in the oven before serving.

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

More Flavor: Add shallots, parmesan, and chili flakes.

Additional Toppings: Basil and/or parmesan cheese.

No Basil: Omit or use parsley instead.



Cod & Shrimp Stew

2 servings

20 minutes

Ingredients

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

Directions

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

Notes

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

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

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

Additional Toppings: Cilantro and red onion.

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

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



Lamb & Guacamole Sliders

4 servings

30 minutes

Ingredients

- 1/2 Sweet Potato (large, cut into 1/2-inch rounds)
- 2 tsps Avocado Oil
- 455 grams Ground Lamb
- 3 Garlic (cloves, finely chopped, divided)
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (medium)
- 2 tbsps Red Onion (diced)
- 1/2 Lime (juiced)
- 1/2 head Boston Lettuce (leaves separated)
- 4 grams Cilantro (finely chopped)

Directions

- 1 Turn on your grill to medium-low heat on one side and to medium heat on the other side.
- 2 Brush the sweet potato rounds with oil. Add the sweet potato to the medium-low side of the grill and cook for approximately 20 minutes, flipping halfway through.
- 3 While the sweet potato is cooking, add the ground lamb, half of the garlic, salt, and pepper to taste into a bowl. Mix together with your hands and create even-sized patties, approximately the size of your palm.
- 4 Add the lamb patties to the medium heat side of the grill and cook for approximately 10 minutes, flipping once.
- 5 Meanwhile, make your guacamole by mashing the avocado with the red onion, lime juice, the remaining garlic, and salt and pepper to taste.
- 6 Remove the sweet potato rounds and lamb patties from the grill. Create your sliders by stacking guacamole, lettuce, cilantro, and a lamb patty onto the sweet potato rounds. Enjoy!

Notes

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

Serving Size: One serving is one slider.

Additional Toppings: Add cucumber, tomato, or more red onion.

No Boston Lettuce: Use butter lettuce, mixed greens, or iceberg lettuce instead.

No Lamb: Use ground beef or any other type of meat or a vegetarian patty.



Baked Cod & Veggies with Quinoa

3 servings

30 minutes

Ingredients

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

Directions

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

Notes

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

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

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

More Flavor: Add red onion and garlic.

No Cod Fillets: Use another white fish instead.

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



Haddock, Broccoli & Quinoa

2 servings

25 minutes

Ingredients

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

Directions

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

Notes

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

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



Corn & Quinoa Salad with Steak

3 servings

30 minutes

Ingredients

85 grams Quinoa (dry, rinsed)
1 ear Corn on the Cob
285 grams Ribeye Steak, Boneless
(room temperature)
Sea Salt & Black Pepper (to taste)
90 grams Baby Spinach
55 grams Red Onion (thinly sliced)
60 milliliters Cilantro Lime Dressing

Directions

- 1 Cook the quinoa according to package directions. Set aside to cool.
- 2 Using a cast-iron pan or grill, remove the husk from the corn. 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 it and let it cool before slicing the kernels off the cob.
- 3 Pat the steak very dry with paper towel. Season with salt and pepper.
- 4 Use the same skillet and cook the steak for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 5 Divide the quinoa, corn, spinach, and red onion evenly between plates. Top with the steak and cilantro lime dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Warm up the steak before serving.

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

More Flavor: Add cherry tomatoes.

No Corn On The Cob: Use canned corn instead.



Black Bean, Tofu & Cilantro Lime Salad

3 servings

25 minutes

Ingredients

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

Directions

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

Notes

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

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

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



Cod with Pesto & Tomatoes

2 servings

15 minutes

Ingredients

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

Directions

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

Notes

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

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

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



Lentil & Halloumi Salad

2 servings

5 minutes

Ingredients

140 grams Halloumi (sliced)
200 grams Lentils (cooked, rinsed well)
150 grams Cherry Tomatoes (halved)
20 grams Arugula
3 tbsps Cilantro Lime Dressing

Directions

- 1 Heat a pan over medium-high heat. Cook the halloumi slices until golden brown, about one to two minutes per side.
- 2 Mix together the lentils, tomatoes, and arugula together in a bowl.
- 3 Divide the salad and halloumi evenly between plates. Top with the dressing and enjoy!

Notes

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

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

Make it Vegan: Use tofu instead of halloumi.

More Flavor: Add cucumber and olives.

Additional Toppings: Chopped parsley or green onion.

No Cilantro Lime Dressing: Use your favorite dressing instead.



Curry Spiced Chicken Chili

3 servings

35 minutes

Ingredients

455 grams Extra Lean Ground Chicken
1 Yellow Onion (medium, finely chopped)
110 grams Grated Carrot
2 tbsps Curry Powder
725 grams Diced Tomatoes (from the can, with juices)
360 milliliters Oat Milk
320 grams Frozen Peas (thawed)
10 grams Cilantro (chopped)

Directions

- 1 In a large non-stick skillet, over medium-high heat, cook the chicken, onions, and carrots, crumbling the meat as it cooks. Cook for seven to 10 minutes or until cooked through.
- 2 Add the curry powder and cook for one minute, stirring to coat the meat and vegetables.
- 3 Add the tomatoes and milk. Mix well. Cover and simmer for 15 minutes, stirring occasionally.
- 4 Add the peas and stir to combine. Divide evenly between bowls and garnish with the cilantro. Enjoy!

Notes

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

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

More Flavor: Add salt and pepper. Add garlic, lemon juice, and cilantro.

No Chicken: Use ground pork, turkey, lamb, or chickpeas instead.



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.



Baked Sole Tapenade with Broccoli & Beans

2 servings

15 minutes

Ingredients

340 grams Sole Fillet
35 grams Pitted Kalamata Olives
(chopped)
1 tbsp Capers (chopped)
1 tbsp Parsley (finely chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1 tsp Chili Flakes
180 grams Broccoli (cut into florets)
200 grams Green Beans (trimmed)

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
- 2 Arrange the sole fillets onto the baking sheet and bake for 10 to 15 minutes or until the fish is opaque.
- 3 Meanwhile, in a bowl, combine the olives, capers, parsley, oil and chili flakes. Set aside.
- 4 Place the broccoli and the green beans in a steamer basket over boiling water and cover. Steam for three to five minutes.
- 5 Divide the fish and vegetables evenly between plates. Top with the olive mixture and enjoy!

Notes

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

No Sole Fillet: Use any other white fish like haddock or cod.

No Kalamata Olives: Use green olives or additional capers instead.

More Flavor: Add chopped anchovies to the chimichurri.



Eggplant Shakshuka

1 serving
25 minutes

Ingredients

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

Directions

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

Notes

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

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

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



Creamy Tuscan Cod

2 servings

30 minutes

Ingredients

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

Directions

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

Notes

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

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

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

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



One Pan Sweet Potatoes & Chickpeas

3 servings

55 minutes

Ingredients

285 grams Chickpeas (cooked, rinsed, pat dry with paper towel)
1 Sweet Potato (large, cubed)
2 Red Bell Pepper (medium, sliced)
1 Yellow Onion (large, sliced)
2 tbsps Extra Virgin Olive Oil
1 tbsp Cajun Seasoning
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 In a large bowl, combine the chickpeas, sweet potato, bell peppers, and onions. Add the oil and Cajun seasoning. Toss to combine and make sure everything is well coated.
- 3 Bake in the oven for 20 minutes. Remove the tray and shake and then bake for an additional 20 to 25 minutes longer, until the chickpeas are crispy and the sweet potato is cooked through. Season with salt and pepper. Enjoy!

Notes

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

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

Additional Toppings: Top with sliced avocado, crumbled feta cheese, and/or cilantro.

Less Sodium: Make your own Cajun seasoning.



Greek Chicken & Veggies with Coconut Tzatziki

4 servings

45 minutes

Ingredients

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

Directions

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

Notes

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

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

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



Ground Beef, Cabbage & Carrot Skillet

2 servings

25 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/3 Yellow Onion (diced)
- 1 Garlic (clove, minced)
- 225 grams Extra Lean Ground Beef
- 180 grams Green Cabbage (thinly sliced)
- 1 Carrot (medium, julienned)
- Sea Salt & Black Pepper (to taste)
- 1/2 Lime (juiced)
- 2 tbsps Cilantro (chopped)

Directions

- 1 Warm the oil in a large pan over medium heat. Add the onion and sauté for three to four minutes or until soft. Add the garlic and cook for another minute.
- 2 Add the beef, breaking it up as it cooks. Cook for five to seven minutes, stirring occasionally. Add the cabbage and carrot to the pan. Season with salt and pepper and cook for 10 to 12 minutes or until everything is cooked through. Stir occasionally.
- 3 Drizzle with lime juice and top with cilantro before serving. Enjoy!

Notes

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

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

More Flavor: Add mushrooms.

No Lime: Use lemon instead.



One Pan Creamy Tuscan Chicken

3 servings

40 minutes

Ingredients

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

Directions

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

Notes

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

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

More Flavor: Add fresh garlic and onion.

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



Chicken Stroganoff & Cauliflower Mash

2 servings

30 minutes

Ingredients

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

Directions

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

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add thyme, Worcestershire sauce, white wine, and/or salt and pepper. Use Greek yogurt or sour cream instead of coconut cream.

Additional Toppings: Fresh parsley.



Beef, Cauliflower, & Mushroom Soup

4 servings

45 minutes

Ingredients

2 tbsps Butter
480 grams Mushrooms (sliced)
455 grams Stewing Beef (cut into one-inch cubes)
1/2 head Cauliflower (large, chopped)
1.4 liters Water
1 tsp Dried Basil
1 tsp Oregano
1/2 tsp Cinnamon
1 tbsp Sea Salt

Directions

- 1 Melt the butter in a large pot over medium heat. Add the mushrooms and cook for a few minutes, until softened.
- 2 Add the beef and continue to cook for another five to 10 minutes, stirring a few times. Add the cauliflower and cook for one minute, then add the water and bring it to a boil.
- 3 Reduce the heat to medium-low. Add the basil, oregano, cinnamon, and salt. Simmer for 20 to 30 minutes or until everything is cooked through. Enjoy!

Notes

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

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

More Flavor: Use bone, beef, or mushroom broth and add garlic, onion, and allspice.

Thicken It Up: Mix in one to two tablespoons of cornstarch, tapioca flour, or whole wheat flour.



Sweet Potato, Kale & Chicken Soup

6 servings

1 hour

Ingredients

- 1 Yellow Onion (small, roughly chopped)
- 2 Garlic (cloves, roughly chopped)
- 2 tbsps Extra Virgin Olive Oil
- 680 grams Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt
- 2 Carrot (large, chopped)
- 2 stalks Celery (chopped)
- 1 Sweet Potato (Japanese, large, cubed)
- 1.4 liters Chicken Broth, Low Sodium (Low Sodium)
- 40 grams Kale Leaves (chopped)

Directions

- 1 In a small blender or a food processor, purée the onion and garlic. Set aside.
- 2 In a large pot or dutch oven, heat the oil over medium-low heat. Add the chicken thighs and season with salt. Cook for three to five minutes per side or until they are browned and cooked through. Remove and set aside.
- 3 Add the onion and garlic mixture, carrots, celery, and sweet potato to the large pot. Sauté for four to five minutes or until the vegetables have softened. Add a splash of broth or water if needed.
- 4 Add the chicken back in along with the broth. Bring to a boil and then reduce the heat and simmer, partially covered for 25 to 30 minutes or until the chicken is tender and the potatoes are cooked through.
- 5 Remove the chicken and place it in a bowl or on a plate. Shred it with two forks then put it back into the soup. Add the kale and cook for a few more minutes, until wilted.
- 6 Divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Add lemon while the soup is cooking.

No Kale: Use Swiss chard, spinach, or other leafy greens.



Chicken & Lentil Soup

4 servings

30 minutes

Ingredients

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

Directions

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

Notes

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

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

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

Additional Toppings: Green onions and fresh dill.

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

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

No Quinoa: Use additional lentils instead.



Moroccan Beef & Lentil Soup

6 servings

30 minutes

Ingredients

2 Yellow Onion (medium, chopped)
2 stalks Celery (diced)
2 tbsps Extra Virgin Olive Oil (divided)
455 grams Lean Ground Beef
30 grams Parsley (chopped, plus more for garnish)
2 tbsps Moroccan Spice Blend
725 grams Canned Whole Tomatoes (with juices)
1.7 liters Bone Broth
45 grams Quinoa (dry, rinsed)
210 grams Dry Red Lentils (rinsed and drained)

Directions

- 1 Heat the oil in a large pot over medium-high heat. Sauté the onions and celery for five minutes in the oil. Add the ground beef and cook until no longer pink, about another five minutes.
- 2 Add the parsley and the Moroccan spice blend. Mix well and cook for one more minute.
- 3 Add the tomatoes, breaking them up with a wooden spoon. Add the broth and quinoa. Bring to a boil then reduce to a simmer and cook for five minutes on low heat.
- 4 Add the lentils and cook for another 15 minutes or until the lentils are tender.
- 5 Divide evenly between bowls and garnish with parsley. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 2/3 cups.

Make it Vegan: Use plant-based protein in place of ground beef. Use vegetable broth instead of bone broth.

More Flavor: Season with salt and black pepper, fresh garlic, and lime juice. Use rice and chickpeas in place of quinoa and lentils.

Additional Toppings: Green onions and cilantro.



Slow Cooker Lamb Curry

6 servings

4 hours 15 minutes

Ingredients

680 grams Lamb Shoulder Chop
(boneless, chopped into 1-inch cubes)
365 milliliters Canned Coconut Milk
1 Yellow Onion (medium, diced)
1 Scotch Bonnet (optional, finely
chopped)
3 tbsps Tomato Paste
2 tbsps Curry Powder
2 tbsps Thyme (fresh, plus more for
garnish)
2 tbsps Ginger (finely chopped)
2 tbsps Tamari
3 Garlic (finely chopped)
2 tsps Ground Allspice
1 tbsp Arrowroot Powder

Directions

- 1 Add all of the ingredients to the pot of a slow cooker. Stir to combine.
- 2 Cover and cook on high heat for four hours or on low heat for eight hours, until the lamb is tender. Remove any fat from the surface, if desired.
- 3 Divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Serve with rice and peas.

Additional Toppings: Green onions, cilantro, parsley.

No Scotch Bonnet Peppers: Use a different hot pepper like Serrano, Anaheim, or Thai red chili peppers.



Salmon Florentine

3 servings

30 minutes

Ingredients

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

Directions

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

Notes

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

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

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

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



Mediterranean Chicken Salad

2 servings

15 minutes

Ingredients

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

Directions

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

Notes

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

Serving Size: One serving is about three cups.

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

Additional Toppings: Pickled or sliced red onion.

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



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.



Lemony Roasted Chicken, Carrots & Chickpeas

3 servings

40 minutes

Ingredients

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

Directions

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

Notes

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

Serving Size: One serving is approximately 1 1/2 chicken thighs and one cup of the chickpea mixture.

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

No Nigella Seeds: Use sesame seeds instead.



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.



Beef & Mushroom Parsnip Risotto

4 servings

45 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 385 grams Mushrooms (sliced)
- 2 Carrot (large, finely chopped)
- 455 grams Lean Ground Beef
- 2 Parsnip (finely chopped into rice-like texture)
- 710 milliliters Beef Broth
- 1/2 tsp Sea Salt
- 5 grams Cilantro (finely chopped)

Directions

- 1 Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for two to three minutes while stirring.
- 2 Add the mushrooms and cook for five minutes, stirring frequently. Add the carrots and cook for another five minutes.
- 3 Add the ground beef and continue to cook for five to seven minutes, stirring frequently, until starting to brown.
- 4 Add the parsnip rice to the pan along with a splash of broth. Cook for a couple of minutes, stirring frequently, then add another large splash of the broth. Repeat this process until all of the broth has been added and the parsnips have softened quite a bit.
- 5 Season with salt and remove from the heat. Divide evenly between plates. Top with cilantro and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/4 cups.

Make it Vegan: Use crumbled tempeh instead of ground beef.

More Flavor: Add fresh or dried sage.

No Parsnips: Use cauliflower rice instead.



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.



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.



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.



Halloumi, Chickpea & Arugula Salad

4 servings

15 minutes

Ingredients

170 grams Halloumi (cut into large pieces)
60 milliliters Extra Virgin Olive Oil
2 tbsps Lemon Juice
5 grams Mint Leaves (chopped, divided)
Sea Salt & Black Pepper (to taste)
80 grams Arugula
285 grams Chickpeas (cooked)
1 Avocado (medium, cubed)

Directions

- 1 Warm a pan over medium-high heat. Cook the halloumi slices until golden brown, about one to two minutes per side.
- 2 In a small bowl, whisk together the oil, lemon juice, half the mint, salt, and pepper.
- 3 Layer the arugula on a plate and top with chickpeas, halloumi, avocado, and the remaining mint. Drizzle the dressing on top, season with salt and pepper if needed. Enjoy!

Notes

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

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

Make it Vegan: Omit the halloumi and use grilled tofu.

More Flavor: Add additional herbs such as parsley.

Additional Toppings: Cherry tomatoes, red onion, parsley, chopped nuts, and/or seeds.



Chicken & Kale Skillet with Chickpea Pasta

2 servings

20 minutes

Ingredients

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

Directions

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

Notes

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

Serving Size: One serving is approximately three cups.

Make it Vegan: Omit the chicken.

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

Additional Toppings: Freshly parsley and/or hemp seeds.



Salmon Quinoa Salad

1 serving

30 minutes

Ingredients

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

Directions

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

Notes

Leftovers: Refrigerate in an airtight container for two days.

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

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

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



Vegan Cauliflower Risotto

1 serving
15 minutes

Ingredients

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

Directions

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

Notes

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

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

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

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



Salmon with Rice, Cabbage & Kale

1 serving
20 minutes

Ingredients

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

Directions

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

Notes

Leftovers: Refrigerate in an airtight container for two days.

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

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

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



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.



Sesame Salmon & Edamame Salad

2 servings

15 minutes

Ingredients

- 1 tbsp Rice Vinegar
- 1 tbsp Tamari
- 1 1/2 tsps 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.



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.



Turmeric Chicken with Beans & Kale

2 servings

30 minutes

Ingredients

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

Directions

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

Notes

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

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

No Lima Beans: Use any other beans you desire.



Tuna & White Bean Grain Bowl

2 servings

45 minutes

Ingredients

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

Directions

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

Notes

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

Serving Size: One serving is approximately three cups.

More Flavor: Add fresh garlic and/or ginger to the sauce.

Additional Toppings: Fresh herbs like cilantro and chives.



One Pan Cherry Chicken

3 servings

25 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil (divided)
510 grams Chicken Breast (boneless, skinless)
310 grams Cherries (pitted, halved)
55 grams Shallot (chopped)
2 Garlic (clove, large, minced)
235 milliliters Chicken Broth
1 tbsp Lemon Juice
2 tbsps Fresh Oregano (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a large skillet, heat half of the oil over medium-high heat. Add the chicken to the skillet and cook for four to six minutes per side until golden brown. The chicken won't be cooked through. Set it aside.
- 2 In the same skillet, sauté the cherries and the shallot for two to three minutes until tender and juicy. Transfer to a plate.
- 3 Add the remaining oil to the skillet and sauté the garlic for 30 seconds, until fragrant. Add the broth and the lemon juice to the skillet. Bring to a simmer and then reduce the heat to medium-low. Let the sauce simmer for three to five minutes until slightly reduced.
- 4 Return the chicken and cherries to the skillet, and simmer for an additional five to seven minutes, until the chicken is cooked through. Season with salt and pepper.
- 5 Garnish with oregano and enjoy!

Notes

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

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

More Flavor: Serve with rice, your favorite grain, and/or mixed greens.