



AIP Pescetarian and Vegetarian

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Grilled Cauliflower Steaks with Avocado Chimichurri

4 servings

30 minutes

Ingredients

- 120 milliliters Red Wine Vinegar
- 15 grams Cilantro (thick stems removed)
- 10 grams Fresh Oregano (stems removed)
- 4 Garlic (cloves, minced)
- 175 milliliters Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt
- 1 Avocado (peeled and cubed)
- 1 head Cauliflower (sliced into steaks)

Directions

- 1 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 Stir in the avocado until well coated and refrigerate.
- 3 Brush each side of the cauliflower steaks with the remaining olive oil. Preheat grill on medium heat. Cook the cauliflower steaks for about 5 to 6 minutes per side with the lid closed, or until tender and slightly charred.
- 4 Transfer to plates and top with your desired amount of avocado chimichurri. Enjoy!

Notes

Likes it Spicy: Add a chili pepper or red pepper flakes to the chimichurri.

Leftovers: Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

No Cilantro: Use parsley instead.

No Cauliflower: Use zucchini or portobello mushrooms instead.

No Grill: Roast cauliflower steaks in the oven at 400°F (204°C) for 30 minutes, flipping halfway.

No Food Processor: Use a blender or manually chop the cilantro, oregano, and garlic, then whisk together with the vinegar, oil, and salt.



Paleo Falafel Salad with Mint Tahini Sauce

4 servings

45 minutes

Ingredients

- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 80 grams Hemp Seeds
- 85 grams Sunflower Seeds (divided)
- 20 grams Parsley (packed)
- 3 tbsps Lemon Juice (divided)
- 1 tbsp Tapioca Flour
- 1 tsp Cumin
- 1/8 tsp Turmeric
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds (optional)
- 1 1/2 tbsps Tahini
- 3 tbsps Extra Virgin Olive Oil
- 5 grams Mint Leaves (packed)
- 1/8 tsp Sea Salt (or more to taste)
- 225 grams Mixed Greens
- 12 Heirloom Carrots (roasted)

Directions

- 1 Make a flax egg by combining the ground flax with water in a small bowl and set aside.
- 2 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
- 4 Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
- 5 Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
- 6 Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

Notes

Meal Prep: Make the falafels ahead and freeze for quick and easy meals down the road.

No Tapioca Flour: Use coconut flour instead.

Wet Falafels: If the falafel mix is a little too wet, add ½ tsp more flour to thicken.

Serving Size: One serving is equal to 3 falafels.



Slow Cooker Butternut Squash & Ginger Soup

5 servings

4 hours

Ingredients

1.1 kilograms Butternut Squash
(peeled, seeds removed and chopped)
1 1/2 tbsps Ginger (peeled and grated)
1 tbsp Curry Powder
715 milliliters Vegetable Broth
2 tbsps Apple Cider Vinegar
1 tsp Sea Salt

Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Leftovers: Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

Save Time: Use pre-sliced butternut squash cubes (fresh or frozen).

Optional Toppings: Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

No Curry Powder: Use turmeric instead.

No Vegetable Broth: Use bone broth or almond milk instead.



Sardine & Avocado Salad

2 servings

20 minutes

Ingredients

100 grams Sardines (packed in oil, drained)
1/2 Lemon (juiced and divided)
1 tbsp Parsley (finely chopped)
120 grams Baby Spinach (packed)
30 grams Radishes (thinly sliced)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)
1/8 tsp Sea Salt

Directions

- 1 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
- 2 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

Notes

No Sardines: Use tuna instead.



One Pan Sesame Trout & Bok Choy

2 servings

15 minutes

Ingredients

2 Rainbow Trout Fillet
280 grams Bok Choy (baby, halved)
2 tbsps Avocado Oil
1/4 tsp Sea Salt
1/2 tsp Sesame Seeds

Directions

- 1 Preheat the oven to 425°F (218°C). Line a baking sheet with aluminum foil.
- 2 Add the trout and bok choy to your baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes, or until the trout is cooked through.
- 3 Divide onto plates and enjoy!

Notes

Trout Fillets: Each fillet should be approximately 159 grams or 5.6 ounces in size.

No Trout: Use salmon instead.

Leftovers: Refrigerate in an airtight container up to 2 to 3 days.



Citrus Glazed Salmon

2 servings

25 minutes

Ingredients

225 grams Salmon Fillet
1 tbsp Extra Virgin Olive Oil (divided)
1/4 tsp Sea Salt (divided)
5 stalks Green Onion (chopped, divided)
220 grams Shiitake Mushrooms (stems removed, sliced)
1 tbsp Orange Juice
1 1/2 tbsps Coconut Aminos
1 Lime (juiced, zested)

Directions

- 1 Preheat the oven to 350°F (177°C). Place the salmon in an oven-safe baking dish and drizzle with half of the extra virgin olive oil and season with half the sea salt. Bake for 13 to 16 minutes, until cooked through and flaky.
- 2 In a skillet over medium-high heat, add the remaining extra virgin olive oil. Add half of the green onions, mushrooms and the remaining sea salt. Cook for 5 to 6 minutes, until the mushrooms and green onion are lightly browned and cooked through.
- 3 In a small bowl, whisk together the orange juice, coconut aminos, lime juice and zest.
- 4 Add the salmon to a platter along with the mushroom mixture and remaining raw green onions. Drizzle the sauce over top. Serve and enjoy!

Notes

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

More Flavor: Add chili flakes.

Additional Toppings: Top with sesame seeds. Serve with rice, cauliflower rice, leafy greens or roasted veggies.

No Coconut Aminos: Use tamari or soy sauce instead.



Browned Mushrooms & Kale

2 servings

25 minutes

Ingredients

1/2 tsp Avocado Oil
170 grams Oyster Mushrooms (sliced)
1 tsp Ginger (fresh, thinly sliced)
40 grams Kale Leaves (chopped)
3 tbsps Coconut Aminos
1 tsp Sesame Oil
1 tsp Lime Juice
1/2 tsp Sesame Seeds (optional, for garnish)

Directions

- 1 In a skillet over medium heat, add the avocado oil and then the mushrooms. Cook the mushrooms for about 4 minutes, without stirring. This will allow them to brown on one side. After 4 minutes, stir the mushrooms and continue cooking for about 3 to 4 minutes more.
- 2 Add the ginger and sauté for 1 minute more. Add the kale leaves along with the coconut aminos and cook for 1 to 2 minutes more. Turn the heat off and add the sesame oil and lime juice. Stir to combine. Divide onto plates and sprinkle with sesame seeds, if using. Enjoy!

Notes

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

Serving Size: One serving is roughly 3/4 cup.

More Flavor: Add chili flakes or hot sauce.

No Coconut Aminos: Use tamari or soy sauce instead.



Pan Seared Cod with Cauliflower Rice

2 servings

20 minutes

Ingredients

- 2 Cod Fillet
- 1 1/2 tsps Ginger (fresh, minced)
- 2 tsps Coconut Aminos
- 2 tbsps Avocado Oil (divided)
- 255 grams Cauliflower Rice
- 1 1/2 tsps Lime Juice
- 3 stalks Green Onion (green and white parts divided, sliced)
- 1/4 tsp Sea Salt

Directions

- 1 In a small bowl, add the cod along with the ginger, coconut aminos and half of the avocado oil. Let it sit while you prepare the cauliflower rice.
- 2 In a skillet over medium heat. Add the remaining avocado oil and then the cauliflower rice. Sauté for 5 to 7 minutes. Add the lime juice to the rice and stir. Remove the rice and set aside.
- 3 In the same skillet over medium-high heat, add the cod along with the marinade. Ensure the cod is skin side down. Cook for 2 to 3 minutes until the bottom is browned. Add the white parts of the green onion and cook for an additional 3 to 4 minutes. Flip the cod over and cook for 1 minute more. Remove from heat.
- 4 Divide the cauliflower rice onto plates and top with the cod. Garnish with the sliced green part of the onion. Top with the salt and enjoy!

Notes

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

Additional Toppings: Add cooked veggies like mushrooms, bell peppers and/or broccoli. Top with sesame seeds.

More Flavor: Drizzle olive oil over the finished dish to highlight the flavors.

No Coconut Aminos: Use tamari or soy sauce instead.

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



Coconut Cod Chowder

4 servings

30 minutes

Ingredients

1 tsp Coconut Oil
55 grams Shallot (chopped in large chunks)
1 tsp Ginger (minced)
2 Garlic (cloves, minced)
2 Sweet Potato (cut into large cubes)
425 milliliters Canned Coconut Milk
120 milliliters Water
1/2 tsp Sea Salt
1/2 tsp Turmeric
2 Cod Fillet
2 stalks Celery (sliced)
2 tbsps Lime Juice
4 grams Cilantro (optional, for topping, chopped)

Directions

- 1 In a large pot over medium heat, add the oil and the shallot and cook for 2 to 3 minutes, until just cooked through. Then add the ginger and garlic and cook for 30 seconds, until fragrant. Add the potatoes, coconut milk, water, salt and turmeric. Bring to a boil, and then reduce to a simmer. Cook for 8 to 10 minutes, until the potatoes are fork-tender.
- 2 Add the cod and simmer for 4 minutes. Add the celery and cook for an additional 4 to 5 minutes, until the cod is cooked through and flaky. Remove from the heat and stir in the lime juice. Divide between bowls and top with cilantro, if using. Enjoy!

Notes

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

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

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

More Flavor: Add chili flakes on top.

No Cod: Use halibut instead.



Coconut Turmeric Cauliflower

4 servings

30 minutes

Ingredients

- 480 milliliters Plain Coconut Milk (from the carton)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 head Cauliflower (chopped into florets)
- 4 grams Cilantro (chopped)

Directions

- 1 Heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
- 2 Once bubbles start to appear in the sauce, add the cauliflower florets and reduce the heat slightly. Cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
- 3 Divide the cauliflower mixture between bowls. Top with cilantro and enjoy!

Notes

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

More Flavor: Add garlic powder or chilli flakes to the sauce.

Additional Toppings: Top with sesame seeds.



Salmon with Herb Sauce

2 servings

20 minutes

Ingredients

1 Anchovy
30 grams Parsley (finely chopped)
1 1/2 tbsps Lemon Juice
1/4 tsp Sea Salt
60 milliliters Extra Virgin Olive Oil (divided)
285 grams Salmon Fillet
265 grams Purple Cabbage (sliced into thin wedges)

Directions

- 1 In a small bowl, mash the anchovy with a fork and add the parsley, lemon, salt and 3/4 of the oil. Stir to combine and set aside.
- 2 Add the remaining oil to a skillet and place the salmon skin side down on a cold skillet. Turn the heat up to medium, allowing it to cook slowly for about 4 minutes. Continue cooking over medium heat for about 8 to 12 minutes, depending on the thickness of the salmon.
- 3 Turn the salmon over and cook for one minute more. Remove and set aside. In the same skillet, add the cabbage and cook for about 2 to 3 minutes, until lightly browned.
- 4 Divide the cabbage onto plates, and top with the salmon. Drizzle the herb sauce over top. Enjoy!

Notes

Leftovers: For best results, store the salmon and sauce separately in sealed containers. Refrigerate the fish for up to three days. Refrigerate the sauce for up to five days.

More Flavor: Add minced garlic to the herb sauce.

No Anchovy: Leave it out and add more sea salt if needed.



Charred Kale Salad with Tahini Dressing

2 servings

15 minutes

Ingredients

- 2 tbsps Lime Juice
- 2 tbsps Tahini
- 60 milliliters Extra Virgin Olive Oil (divided)
- 10 grams Cilantro (roughly chopped)
- 1/4 tsp Sea Salt
- 1 tbsp Water
- 85 grams Kale Leaves (stem removed, roughly torn)
- 2 tbsps Sesame Seeds (toasted)
- 1 Blood Orange (peeled, roughly chopped into segments)
- 2 tbsps Pumpkin Seeds (optional)

Directions

- 1 In a blender or food processor, add the lime juice, tahini, 3/4 of the oil, cilantro, salt and water. Blend until smooth and creamy and the sauce is a nice pale green color.
- 2 Heat a cast-iron pan over medium heat. Once the pan is hot, add the remaining oil and half the kale. Let it cook undisturbed for about 1 minute. Continue cooking while tossing the kale around until it is lightly charred. Remove and repeat the process until all of the kale is lightly charred.
- 3 Add the kale to a plate and drizzle with the tahini dressing, top with sesame seeds, orange segments and pumpkin seeds, if using. Enjoy!

Notes

Leftovers: The charred kale is best enjoyed the same day. Refrigerate the leftover dressing in an airtight container for up to five days.

No Blood Orange: Use a regular orange or grapefruit.



Sauerkraut Crusted Salmon with Greens

2 servings

20 minutes

Ingredients

- 35 grams Sauerkraut
- 2 tbsps Whole Grain Mustard
- 340 grams Salmon Fillet
- 2 tsps Avocado Oil
- 115 grams Mixed Greens
- 1/2 Cucumber (sliced)

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a bowl, mix together the sauerkraut and mustard. Spread over the flesh side of the salmon and press down firmly.
- 3 Heat the oil in a cast-iron or oven-safe pan over medium-high heat. Cook the salmon flesh side down for eight minutes. Flip the salmon over. Transfer the pan to the oven and bake for an additional eight minutes.
- 4 Divide the mixed greens and cucumbers onto plates. Top with the salmon and enjoy!

Notes

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

Serving Size: One serving is equal to approximately six ounces of salmon and two and a half cups of veggies.

More Flavor: Top the greens with your favorite dressing.



Lemon Garlic Salmon, Broccoli & Sweet Potatoes

2 servings

30 minutes

Ingredients

2 Sweet Potato (small, cut into cubes)
180 grams Broccoli (cut into florets)
1 1/2 tbsps Extra Virgin Olive Oil
(divided)
1/4 tsp Sea Salt
1 tbsp Lemon Juice
1 Garlic (clove, minced)
1 tbsp Parsley (finely chopped)
340 grams Salmon Fillet

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
- 3 Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
- 4 Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
- 5 Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

Notes

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

Serving Size: One serving equals approximately six ounces of salmon, two cups of sweet potatoes, and one cup of broccoli.

More Flavor: Use other fresh herbs like chives or basil.

Additional Toppings: Fresh herbs or lemon wedges.

No Broccoli: Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.



Coconut Curried Shrimp with Broccoli

2 servings

25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (minced or grated)
- 1 tbsp Curry Powder
- 1/4 tsp Sea Salt
- 240 milliliters Canned Coconut Milk
- 180 grams Broccoli (cut into florets)
- 340 grams Shrimp (raw, deveined, peeled and tails removed)
- 1/2 Lime (optional)

Directions

- 1 Heat the coconut oil over medium heat. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic, ginger, and curry powder and cook for another minute. Stir in the coconut milk.
- 2 Bring the sauce to simmer then add the broccoli. Cook for five to seven minutes or until the broccoli is fork tender.
- 3 Add in the shrimp and cook for two to three minutes more until the shrimp are opaque and cooked through.
- 4 Remove the pot from the heat and stir in the lime juice (if using) and season with additional salt if needed. Divide between plates or bowls and enjoy!

Notes

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

More Flavor: Add other dried herbs and spices like cumin, chili powder, or coriander.

Additional Toppings: Serve with cilantro, red pepper flakes, or extra lime wedges.

More Veggies: Add carrots and spinach.

Serve it With: Cauliflower rice, brown rice, jasmine rice, or quinoa.



Pan Seared Salmon with Lemony Cabbage & Carrots

2 servings

25 minutes

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
(divided)
355 grams Green Cabbage (thinly
sliced)
1 Carrot (medium, cut into matchsticks)
2 tbsps Water
1/4 tsp Sea Salt (divided)
1 Lemon (large, divided)
340 grams Salmon Fillet (boneless,
skinless)
1/2 tsp Garlic Powder

Directions

- 1 Heat 2/3 of the oil in a skillet over medium heat.
- 2 Add cabbage and carrot. Stir to coat in the oil and saute for a minute then add the water and cover with the lid. Steam for five to eight minutes or until the cabbage wilts down and the carrot is just tender, stirring once if needed. Season with half of the salt and the juice from half of the lemon. Transfer to a bowl to keep warm.
- 3 Meanwhile, pat the salmon fillets dry and season both sides with the garlic powder and the remaining salt. Cut the remaining lemon into wedges and set aside.
- 4 Carefully wipe the skillet clean with a paper towel then add the remaining oil. Add the seasoned salmon fillets to the pan and cook for four to five minutes per side or until the salmon is cooked through and browned. Season with additional salt if needed.
- 5 Divide the cabbage, salmon, and lemon wedges between plates. Squeeze the lemon wedges over top just before serving. Enjoy!

Notes

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

More Flavor: Season the salmon with other dried herbs and spices, like onion powder or smoked paprika.

No Salmon: Use another fish like trout or cod instead.

No Green Cabbage: Use purple cabbage instead.

Serving Size: One serving is equal to 6 ounces of salmon and 1.5 cups of the cabbage and carrot mix.



One Pan Lemon Garlic Shrimp, Broccoli & Cauliflower Rice

2 servings

30 minutes

Ingredients

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

Directions

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

Notes

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

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

No Fresh Shrimp: Use frozen.

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

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



Pesto Shrimp

2 servings

10 minutes

Ingredients

1 1/2 tps Extra Virgin Olive Oil
300 grams Shrimp (peeled & deveined)
65 grams Pesto
1/4 Lemon (juiced, or to taste)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 2 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 3 Divide between plates and serve with additional lemon juice if needed. Enjoy!

Notes

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

More Flavor: Season the shrimp with dried herbs and spices to taste.

Additional Toppings: Fresh herbs or red pepper flakes.

Serve it With: Noodles, rice, cauliflower rice or salad.

Dairy-Free: Use a dairy-free pesto.



Garlic Shrimp, Watercress & Cauliflower Rice

2 servings

15 minutes

Ingredients

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

Directions

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

Notes

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

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

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

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



Roasted Salmon with Avocado Salsa

2 servings

30 minutes

Ingredients

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

Directions

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

Notes

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

Avocado salsa is best made fresh just before serving.

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

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



Grilled Cod & Asparagus

2 servings

25 minutes

Ingredients

- 2 Cod Fillet
- 2 tbsps Avocado Oil (divided)
- 2 Garlic (cloves, minced)
- 3/4 tsp Sea Salt (divided)
- 270 grams Asparagus (trimmed)
- 1/2 Lemon (juiced)

Directions

- 1 Preheat the grill to medium heat.
- 2 Add the cod fillets to a bowl. Coat with half of the oil then season with half of the salt. Add the minced garlic and rub all over the cod and into the crevices.
- 3 Coat the asparagus with the remaining oil and season with the remaining salt.
- 4 Place the cod on one side of the grill and the asparagus on the other side. Grill cod fillets on each side for six to seven minutes or until flaky. Roll the asparagus at the half way point.
- 5 Divide onto plates and then squeeze lemon on top. Enjoy!

Notes

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

Serving Size: One serving is one cod fillet and six asparagus spears.

Asparagus: Two cups of asparagus is equal to approximately 12 spears.

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



Mango Shrimp Skewers

4 servings

20 minutes

Ingredients

- 8 Barbecue Skewers (10-inch, wood, soaked)
- 455 grams Shrimp (peeled, deveined)
- 2 Mango (peeled and cubed)
- 1 tbsp Avocado Oil
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 2 tbsps Cilantro (chopped)

Directions

- 1 Preheat oven to 450°F (230°C) or preheat grill.
- 2 Thread shrimp and mango evenly onto skewers.
- 3 Brush shrimp skewers with oil and season with salt.
- 4 Bake at 450°F (230°C) for five to seven minutes, until the shrimp are cooked through. Alternatively, place skewers on the grill and cook for two to three minutes per side.
- 5 Top with lime juice and cilantro. Enjoy!

Notes

Leftovers: Refrigerate in a resealable container for up to three days.

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

More Flavor: Season with garlic powder before cooking for extra flavor.



Salmon & Avocado Salad

2 servings

5 minutes

Ingredients

1 Avocado
215 grams Canned Wild Salmon
(drained)
2 tbsps Lemon Juice
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a bowl, mash together the avocado, salmon, and lemon juice. Season with salt and pepper to taste. Enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup.

Additional Toppings: Add sliced celery, minced garlic, red onion, and/or fresh herbs.

No Canned Salmon: Use tuna instead.



Garlic Lemon Tuna Steaks

2 servings

15 minutes

Ingredients

- 1 Garlic (small clove, minced)
- 1/2 tsp Dried Parsley
- 1/4 tsp Onion Powder
- 1/8 tsp Sea Salt
- 1 1/2 tbsps Lemon Juice
- 1 1/2 tbsps Avocado Oil (divided)
- 285 grams Tuna Steak

Directions

- 1 Combine garlic, dried parsley, onion powder, salt, lemon juice, and 2/3 of the oil in a zipper-lock bag or shallow bowl.
- 2 Pat the tuna steaks dry with a paper towel then add them to the marinade. And let them marinate for five to 10 minutes.
- 3 Meanwhile, heat a heavy-bottom skillet over medium-high heat then add the remaining oil. Shake off any excess marinade from the tuna steak before placing it in the pan. Cook for two to four minutes per side. This timing will depend on the thickness of the steak and desired doneness.
- 4 Let the steak rest for a few minutes before seasoning with additional salt and lemon juice if desired. Enjoy!

Notes

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

Serving Size: One serving is equal to 140 grams or five ounces of tuna.

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

Additional Toppings: Fresh herbs, green onion, additional lemon wedges or fresh ground pepper.



Mushroom & Leek Soup

2 servings

40 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
1/2 Yellow Onion (medium, diced)
1 Leeks (medium, trimmed and chopped)
10 Cremini Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)
485 milliliters Canned Coconut Milk (plus more for garnish)
2 tbsps Fresh Dill

Directions

- 1 Heat the oil in a pot over medium-high heat. Add the onion and sauté for four to five minutes or until soft and translucent.
- 2 Add the leeks and mushrooms. Continue cooking for another five minutes. Season with salt and pepper.
- 3 Add the coconut milk, stir and cover the pot with a lid. Turn the heat down to simmer and cook for 20 to 25 minutes.
- 4 Use a hand blender or carefully transfer to your blender and blend the soup until smooth. Divide evenly between bowls and garnish with coconut milk and dill. Enjoy!

Notes

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

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

More Flavor: Add potatoes and/or beans.

Additional Toppings: Squeeze some lemon juice and/or parsley.

Soup Consistency: This soup is a thick purée. For a thinner consistency, add water during cooking to achieve your desired consistency.



Salmon Sushi Cauliflower Rice Bowl

4 servings

20 minutes

Ingredients

340 grams Cauliflower Rice
3 tbsps Avocado Oil (divided)
60 milliliters Coconut Aminos
1 Garlic (clove, minced)
1/2 tsp Ginger (minced)
1 Cucumber (medium, julienned)
4 Carrot (small, julienned)
1 Avocado (small, sliced)
285 grams Canned Wild Salmon (drained)
4 Nori Sheets (quartered)

Directions

- 1 Sauté the cauliflower rice in a large pan with 1/3 of the oil for seven to 10 minutes. Divide the cauliflower rice between bowls or containers if meal prepping.
- 2 In a small bowl, whisk the remaining oil with the coconut aminos, garlic, and ginger to make a dressing.
- 3 Divide the remaining ingredients evenly between bowls on top of the cauliflower rice and serve with the dressing. Enjoy!

Notes

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

Meal prep: Divide all of the servings between your containers and add the avocado just before serving.



Creamy Citrus Shrimp & Mango Salad

4 servings

15 minutes

Ingredients

240 milliliters Canned Coconut Milk
3 tbsps Lemon Juice (divided)
3 tbsps Orange Juice (freshly squeezed, divided)
1/4 tsp Sea Salt (divided)
160 grams Red Onion (medium, thinly sliced)
455 grams Shrimp (peeled, deveined)
2 tbsps Extra Virgin Olive Oil
2 heads Romaine Hearts (halved lengthwise, stem removed)
1 Mango (large, peeled and diced)
4 grams Cilantro (leaves)

Directions

- 1 In a small bowl, whisk together the coconut milk, and 2/3 of each lemon juice and orange juice. Season with half of the salt. Set aside.
- 2 In another bowl, combine the onions, shrimp, oil, the remaining lemon juice, and the remaining orange juice. Season with the remaining salt. Marinate for five minutes.
- 3 Preheat a large non-stick pan over medium heat. Add the marinated shrimp, along with the marinade, to the hot pan and cook for about two to four minutes or until the shrimp turns pink. Flip and stir as needed. Remove from the pan and set aside.
- 4 Divide the lettuce, shrimp, and onion between plates. Garnish with the mango and cilantro. Top with the dressing and serve. Enjoy!

Notes

Leftovers: Refrigerate the shrimp separate from the salad ingredients for up to two days. The dressing can be refrigerated for up to five days.

No Shrimp: Use chickpeas, tofu, tempeh, or small cubed chicken.



Curried Salmon Steak & Kale Salad

4 servings

20 minutes

Ingredients

1 1/3 tbsps Extra Virgin Olive Oil
(divided)
1/4 tsp Sea Salt
1/2 tsp Curry Powder
455 grams Salmon Steak
170 grams Kale Leaves (chopped)
2 tsps Lemon Juice
1 Carrot (grated)
40 grams Radishes (sliced)
2 tbsps Nutritional Yeast
30 grams Dried Unsweetened
Cranberries

Directions

- 1 Whisk together half of the oil, the salt, and the curry powder to make a marinade. Rub all over the salmon.
- 2 Heat a cast-iron pan over medium heat and sear the salmon, cooking it for about four to five minutes on each side. The time will depend on the thickness of the salmon steak.
- 3 Meanwhile, add the kale, lemon juice, and remaining oil to a large bowl. Massage the kale to soften it for about a minute. Add the carrot, radishes, nutritional yeast, and cranberries and toss.
- 4 Serve the salmon with the kale salad and enjoy!

Notes

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

Serving Size: One serving is roughly two cups of salad.

More Flavor: Add chopped mint or cilantro to the salad. Add minced garlic and/or ginger to the salmon marinade.



Air Fryer Lemon Pepper Shrimp

2 servings

10 minutes

Ingredients

285 grams Shrimp (peeled, deveined)
1 gram Avocado Oil Spray
3/4 tsp Lemon Pepper Seasoning

Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a bowl, spray the shrimp with the oil. Add the seasoning and toss to combine.
- 3 Transfer the shrimp to the air fryer basket and bake for eight minutes, until cooked through. Remove and enjoy!

Notes

Leftovers: Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is about five to six shrimp.

Additional Toppings: Top with chopped parsley or cilantro.

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



Coconut Crusted Haddock

1 serving
15 minutes

Ingredients

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

Directions

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

Notes

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

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



Parchment Baked Cod with Olive Chimichurri

2 servings

25 minutes

Ingredients

- 1 Lemon (sliced)
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 45 grams Green Olives (pitted, chopped)
- 2 tbsps Parsley (finely chopped)
- 1 Garlic (clove, finely chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tpsps Lemon Juice

Directions

- 1 Preheat the oven to 400°F (205°C). Cut pieces of parchment paper, about 18-inches (45 cm) long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Divide the lemon slices between parchment pieces into a single layer. Season each fillet with salt and pepper and place them on top of the lemons.
- 3 Fold the other side of the parchment paper over the fish. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet. Bake in the oven for 15 to 16 minutes or until fish is cooked.
- 4 Meanwhile, in a small bowl combine together the olives, parsley, garlic, oil, and lemon juice. Season with salt and pepper.
- 5 Top the cooked fish with the olive chimichurri and enjoy!

Notes

Leftovers: Refrigerate the fish and chimichurri in separate containers for up to two days.

Serving Size: One serving is equal to one cod fillet and approximately 1/4 cup olive chimichurri.

More Flavor: Add cilantro and chili flakes to the chimichurri.

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



Carrot & Beet Soup

2 servings

10 minutes

Ingredients

2 Carrot (medium, sliced)
945 milliliters Bone Broth
235 grams Canned Beets (cooked)
1/2 tsp Sea Salt

Directions

- 1 Place the carrots and the broth in a saucepan. Bring to a boil, then reduce the heat and cook on medium-low, covered, until the carrots are tender, for about five minutes.
- 2 Add the beets and the salt and cook until heated through, about two minutes.
- 3 Use an immersion blender or carefully transfer to a blender. Purée the soup until it is smooth.
- 4 Divide evenly between bowls 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 two cups.

Make it Vegan: Use vegetable broth.

More Flavor: Add ginger and/or garlic. Roast fresh beets until cooked through and purée with the carrots.

Additional Toppings: Add fresh herbs like chives and/or parsley.



Pressure Cooker Vegetable Broth

6 servings

1 hour 15 minutes

Ingredients

- 2 stalks Celery (roughly chopped)
- 2 Carrot (skin on, roughly chopped)
- 1 Yellow Onion (skin on, cut in half)
- 50 grams Mushrooms
- 3 Garlic (cloves, skin on, cut in half)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 30 grams Parsley (fresh, roughly chopped)
- 2.8 liters Water

Directions

- 1 Add all of the ingredients to the pressure cooker. Close the lid and set to "sealing", then press manual/pressure cooker and cook for 30 minutes on high pressure. Once it is done, allow the pressure to release naturally.
- 2 Remove the lid carefully and strain the liquid through a fine mesh strainer. Discard the vegetables. Divide the broth into jars. Enjoy!

Notes

Leftovers: Once the broth has cooled, store it in the fridge for up to four days. To freeze, store in freezer-friendly jars for up to three months.

Serving Size: One serving is approximately two cups.

Save Vegetable Scraps: You can save any vegetable scraps from previous meals and freeze in a zipper-lock bag. Once it's full, use your vegetable scraps to make your broth.



Shrimp & Mango Salsa Bowl

2 servings

20 minutes

Ingredients

- 1 Mango (diced)
- 1 Avocado (diced)
- 55 grams Red Onion (diced)
- 3 tbsps Cilantro (finely chopped)
- 2 tbsps Mint Leaves (finely chopped)
- 1 Lime (juiced)
- 3/4 tsp Sea Salt (divided)
- 2 tps Avocado Oil (divided)
- 255 grams Cauliflower Rice
- 225 grams Shrimp (peeled, deveined, tails removed)

Directions

- 1 In a bowl, mix together the mango, avocado, onion, cilantro, mint, lime juice and, a 1/4 of the salt. Set aside.
- 2 Warm half of the oil in a pan over medium heat and add the cauliflower rice. Season with a 1/4 of the salt. Sauté for two to three minutes or until the cauliflower is warmed through. Divide evenly between bowls.
- 3 Warm the remaining oil in the same pan and add the shrimp. Season with the remaining salt. Cook on each side for two to three minutes or until pink and cooked through.
- 4 Evenly divide the shrimp and mango salsa on top of the cauliflower rice. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cup of cauliflower rice with shrimp and salsa.

More Flavor: Add minced garlic.



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.



Chermoula Trout

3 servings

20 minutes

Ingredients

- 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 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Add all of the ingredients except for the trout to a food processor and blend until you get a somewhat smooth yet still textured mixture.
- 3 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.
- 4 Serve the trout with the reserved chermoula and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for two days.

Serving Size: One serving is one fillet.

More Flavor: Add crushed chili peppers.

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



Salmon, Asparagus & Capers

2 servings

25 minutes

Ingredients

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

Directions

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

Notes

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

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

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



One Pan Turmeric Salmon with Cauliflower & Sweet Potato

2 servings

45 minutes

Ingredients

- 1 Sweet Potato (medium, chopped)
- 1/4 head Cauliflower (cut into florets)
- 2 tsps Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Garlic Powder
- 2 tbsps Lemon Juice
- 340 grams Salmon Fillet

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the sweet potato and cauliflower on the baking sheet.
- 2 Mix the oil, turmeric, garlic powder, and lemon juice. Brush the marinade onto the salmon fillets and set aside at room temperature.
- 3 Add the remaining marinade to the cauliflower and sweet potato and toss to coat. Bake for 20 minutes.
- 4 Add the salmon to the baking sheet and bake everything for another 20 minutes or until the salmon is cooked through and the vegetables are soft and browning around the edges.
- 5 Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for two days.

Serving Size: One serving is 6 oz of salmon, approximately one cup of sweet potato, and one cup of cauliflower.

More Flavor: Add minced garlic and shallot to the marinade.

Additional Toppings: Chopped cilantro, dill, and/or sesame seeds.



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.



Salmon, Collard Greens & Cauliflower

2 servings

20 minutes

Ingredients

1/2 head Cauliflower (cut into florets)
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Extra Virgin Olive Oil
(divided)
1 Garlic (clove, large, minced)
340 grams Salmon Fillet
2 tsps Water
110 grams Collard Greens (thinly
sliced)
1 1/2 tsps Coconut Aminos

Directions

- 1 Boil the cauliflower in a large pot of water until tender, about five to ten minutes. Drain and add salt and pepper to taste.
- 2 Meanwhile, heat a large skillet over medium heat and add half of the oil. Add the garlic and salmon. Cook the salmon for four minutes and then flip it.
- 3 Add the remaining oil, water, collard greens, and coconut aminos to the skillet around the salmon. Season with salt and pepper. Cover and cook for three minutes or until the collard greens are softened and the salmon is cooked through.
- 4 Divide the salmon, collard greens, and cauliflower between plates and enjoy!

Notes

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

Serving Size: One serving is six ounces of salmon, one cup of cooked collard greens, and one cup of cauliflower.

More Flavor: Add minced shallot, ginger, and green onions to the salmon while it cooks. Toss the cauliflower in butter and chives.