

Steamed White Fish with Tomato & Olive Sauce

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt (divided)
1/4 tsp Black Pepper (divided)
1 cup Cherry Tomatoes (cut in half)
1/4 cup Black Olives (pits removed)
1 stalk Green Onion (chopped)
1/4 cup Basil Leaves (chopped)
1/4 cup Water
2 Haddock Fillet

NUTRITION

AMOUNT PER SERVING

Calories	240	Carbs	5g
Fat	10g	Fiber	1g
Saturated	2g	Sugar	2g
Polyunsat...	1g	Protein	33g
Monounsa...	6g		

DIRECTIONS

- 01 Heat the oil in a medium-sized pan with a lid over medium heat. Season the fish with half of the salt and half of the pepper and set aside.
- 02 Add the cherry tomatoes to the pan and cook for about five minutes or until the tomatoes have softened and released their juices. Season the tomatoes with the remaining salt and pepper. Add the olives, green onions, basil and water. Stir to combine, bringing the mixture to a simmer.
- 03 Place the fish fillets on top of the tomato mixture and cover with a lid. Let the fish steam for 4 to 8 minutes or until the fish is cooked through and flakes easily.
- 04 Divide between bowls and enjoy!

Hawaiian BBQ Tofu Bowls

4 SERVINGS 30 MINUTES



INGREDIENTS

450 grams Tofu (cubed)
2 servings Cleaned Up BBQ Sauce (see our recipe)
2 Red Bell Pepper (sliced)
2 Zucchini (sliced)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 cup Quinoa (uncooked)
1 3/4 cups Water
2 cups Pineapple (sliced)
1/2 cup Cilantro (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	435	Carbs	59g
Fat	16g	Fiber	9g
Saturated	2g	Sugar	24g
Polyunsat...	5g	Protein	20g
Monounsat...	7g		

DIRECTIONS

- 01 Combine the tofu and BBQ sauce. Let sit for 10 to 15 minutes while you move on to the next tasks.
- 02 Preheat oven to 375°F (191°C) and line a sheet pan with parchment paper. Toss the bell peppers and zucchini with half of the olive oil. Lay in a single layer on the baking sheet and sprinkle with salt and pepper. Roast in the oven for 20 minutes.
- 03 Combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 04 While the veggies roast and quinoa cooks, heat remaining olive oil in a frying pan over medium heat. Add the tofu and BBQ sauce, cook for 5 to 10 minutes, turning often.
- 05 Divide quinoa into bowls and top with roasted veggies, pineapple, tofu and cilantro. Enjoy!

Turkey Stuffed Zucchini Boats

2 SERVINGS 40 MINUTES



INGREDIENTS

2 Zucchini (medium)
1 cup Tomato Sauce (divided)
1 1/2 tsps Extra Virgin Olive Oil
227 grams Extra Lean Ground Turkey
1 Garlic (clove, minced)
1 1/2 tsps Italian Seasoning
1/2 tsp Sea Salt
1/4 tsp Red Pepper Flakes
1/2 Red Bell Pepper (chopped)
2 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	280	Carbs	16g
Fat	14g	Fiber	5g
Saturated	3g	Sugar	11g
Polyunsat...	4g	Protein	26g
Monounsa...	6g		

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 03 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 04 Add the garlic, Italian seasoning, salt and red pepper flakes to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 05 Spoon the turkey mixture into the hollowed out zucchini boats.
- 06 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 07 Divide zucchini boats between plates and enjoy!

Spinach Salad with Tuna & Egg

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Egg
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
5 cups Baby Spinach
1 can Tuna (flaked and drained)
1/2 cup Pitted Kalamata Olives
1/8 tsp Sea Salt

DIRECTIONS

- 01 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
- 02 In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
- 03 Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	322	Carbs	6g
Fat	23g	Fiber	2g
Saturated	4g	Sugar	1g
Polyunsat...	3g	Protein	25g
Monounsa...	14g		

Tuna Salad Plate

1 SERVING 5 MINUTES



INGREDIENTS

1 can Tuna (drained, broken into chunks)
1/2 Avocado (pit removed)
1/4 cup Unsweetened Coconut Yogurt
1/4 Cucumber (sliced)
1/4 tsp Sea Salt

DIRECTIONS

01 Assemble all the ingredients onto a plate or into a container if on-the-go.
Season with salt and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	342	Carbs	14g
Fat	18g	Fiber	8g
Saturated	4g	Sugar	2g
Polyunsat...	2g	Protein	35g
Monounsa...	10g		

Black Beans, Sweet Potato & Egg

2 SERVINGS 35 MINUTES



INGREDIENTS

- 2 Sweet Potato (medium, cubed)
- 1 tsp Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 4 Egg (whisked)
- 1 1/2 cups Black Beans (cooked)
- 1 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	608	Carbs	66g
Fat	27g	Fiber	22g
Saturated	6g	Sugar	7g
Polyunsat...	4g	Protein	28g
Monounsa...	15g		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- 02 Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- 03 Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. Enjoy!

Zucchini Noodles with Pesto & Tomatoes

1 SERVING 5 MINUTES



INGREDIENTS

1 Zucchini (medium)
1 cup Cherry Tomatoes (halved)
1 tbsp Pesto

DIRECTIONS

- 01 Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn into noodles.
- 02 In a bowl, combine the zucchini noodles, cherry tomatoes and pesto. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	126	Carbs	13g
Fat	7g	Fiber	4g
Saturated	1g	Sugar	10g
Polyunsat...	1g	Protein	5g
Monounsat...	4g		

Mushroom & Cauliflower Rice Bowl

1 SERVING 15 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
1 1/2 cups Cauliflower Rice
4 White Button Mushrooms (sliced)
2 cups Baby Spinach
1 1/2 tsps Coconut Aminos
1/2 Avocado (sliced)

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Sauté for 5 to 7 minutes, then remove and set aside.
- 02 In the same pan, over medium heat, add the mushrooms and cook for 4 to 5 minutes. Next, add the spinach and cook for 1 to 2 minutes or until wilted. Add the coconut aminos and stir to combine.
- 03 Add the cauliflower rice to a bowl and top with mushrooms, spinach and the sliced avocado. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	249	Carbs	21g
Fat	18g	Fiber	12g
Saturated	2g	Sugar	7g
Polyunsat...	2g	Protein	9g
Monounsa...	12g		

Sausage, Kale & Acorn Squash Mash

2 SERVINGS 40 MINUTES



INGREDIENTS

1 Acorn Squash (large, halved, seeds removed)
227 grams Pork Sausage
6 cups Kale Leaves (stems removed, roughly chopped)
2 tbsps Coconut Oil (melted)

NUTRITION

AMOUNT PER SERVING

Calories	591	Carbs	28g
Fat	47g	Fiber	6g
Saturated	22g	Sugar	1g
Polyunsat...	5g	Protein	17g
Monounsa...	15g		

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Place the acorn squash flesh-side down on a baking sheet. Bake in the oven for 15 minutes.
- 03 Flip over the squash and move it to the side of the baking sheet. Add the sausage to the sheet and bake for another 20 minutes or until cooked. Remove the squash and sausage from the oven.
- 04 Combine the kale and coconut oil on a separate baking sheet. Add to the oven for the remaining 10 minutes of cooking, until the edges are crispy.
- 05 Carefully remove the skin from the acorn squash and mash the flesh using the back of a fork. Slice the sausage.
- 06 Divide the the kale, sausage and mashed acorn squash onto plates. Enjoy!

Mason Jar Salmon Salad

1 SERVING 20 MINUTES



INGREDIENTS

1/4 tsp Sea Salt (divided)
142 grams Salmon Fillet
1 tbsp Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/2 tsp Dijon Mustard
1/2 Cucumber (sliced)
4 leaves Romaine (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add sea salt to the salmon and bake for 10 to 12 minutes or until cooked through and flaky. Once cooled, flake into pieces with a fork.
- 02 In the mason jar, whisk together the extra virgin olive oil, lemon juice, mustard and remaining sea salt. Add the cucumber, salmon and the romaine. Seal with a lid.
- 03 When ready to eat, shake well and dump into a bowl. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	370	Carbs	10g
Fat	23g	Fiber	3g
Saturated	3g	Sugar	4g
Polyunsat...	5g	Protein	30g
Monounsa...	13g		

Rainbow Lettuce Wraps with Spicy Mango Dressing

4 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Purple Cabbage (thinly sliced)
1 Red Bell Pepper (thinly sliced)
1 Carrot (medium, grated)
2 stalks Green Onion (thinly sliced)
1 Mango (small, chopped)
3 tbsps Water
2 tbsps Apple Cider Vinegar
1 Garlic (clove, small, minced)
1/2 tsp Red Pepper Flakes
1/8 tsp Sea Salt
1 head Romaine Hearts (large leaves separated, washed and dried)
2 Avocado (diced)
2 tps Sesame Seeds
1/4 cup Cilantro

DIRECTIONS

- 01 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 02 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
- 03 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	252	Carbs	29g
Fat	16g	Fiber	10g
Saturated	2g	Sugar	16g
Polyunsat...	2g	Protein	4g
Monounsa...	10g		

Southwestern Coconut Ranch Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Organic Coconut Milk (full fat, refrigerated overnight)
2 tbsps Avocado Oil
1 tbsp Apple Cider Vinegar
1 1/2 tsps Dried Chives
1/4 tsp Onion Powder
1/2 tsp Sea Salt
8 cups Mixed Greens
1 cup Corn (cooked)
1 cup Black Beans (cooked)
2 Tomato (chopped)
2 Avocado (pit removed, chopped)

DIRECTIONS

- 01 Add the coconut milk, oil, vinegar, chives, onion powder and salt in a jar and shake until well combined.
- 02 Divide the mixed greens, corn, black beans and tomato into bowls or containers if on-the-go. Top with avocado and drizzle with your desired amount of dressing. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	393	Carbs	31g
Fat	28g	Fiber	13g
Saturated	8g	Sugar	3g
Polyunsat...	3g	Protein	9g
Monounsa...	15g		

Lemon Paprika Shrimp with Kale

3 SERVINGS 20 MINUTES



INGREDIENTS

3 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Maple Syrup
1 1/2 tsps Paprika
1 1/2 tsps Italian Seasoning
1/4 tsp Sea Salt
1/8 tsp Red Pepper Flakes (optional)
399 grams Shrimp (large, peeled, deveined and tails removed)
1 1/2 tbsps Water
1 tbsp Lemon Juice (divided)
5 cups Kale Leaves (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	268	Carbs	7g
Fat	15g	Fiber	2g
Saturated	2g	Sugar	5g
Polyunsat...	2g	Protein	28g
Monounsat...	10g		

DIRECTIONS

- 01 In a mixing bowl whisk half of the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss until the shrimp are well coated.
- 02 Heat a large non-stick pan or skillet over medium-high heat.
- 03 Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side, or until cooked through. Add the water and half of the lemon juice and stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from heat. Transfer shrimp to a bowl and season with additional salt and lemon juice if needed. Set aside.
- 04 To the same pan, add the remaining olive oil. Add the kale to the pan and cook until wilted and tender, stirring frequently, for about 5 minutes. Remove from heat and stir in the remaining lemon juice.
- 05 Divide the shrimp and kale between plates and serve immediately. Enjoy!

Tofu Cabbage Wraps with Peanut Sauce

3 SERVINGS 50 MINUTES



INGREDIENTS

447 grams Tofu (extra firm, drained)
1 tbsp Avocado Oil
2 tsps Arrowroot Powder
3 tsps Tamari (divided)
1/4 cup All Natural Peanut Butter
2 tsps Lime Juice
1 tbsp Coconut Sugar
2 tsps Sesame Oil
2 tsps Water
1 Mango (diced)
1 Red Bell Pepper (chopped)
2 cups Green Cabbage (pulled apart into leaves)
1/3 cup Cilantro (optional, chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, arrowroot powder and half the tamari. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
- 02 While the tofu is cooking, add the remaining tamari, peanut butter, lime juice, coconut sugar, sesame oil and water to a blender and process until smooth.
- 03 Place the tofu, along with the mango and pepper into the cabbage leaves. Top with the peanut sauce and cilantro, if using. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	443	Carbs	36g
Fat	27g	Fiber	7g
Saturated	5g	Sugar	26g
Polyunsat...	9g	Protein	24g
Monounsa...	12g		

Mango & Chickpea Quinoa Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

1/3 cup Quinoa (uncooked)
2/3 cup Water
1/4 cup Cilantro (chopped)
1/2 cup Chickpeas (cooked)
170 grams Tofu (extra firm, patted dry, cubed)
1/2 tsp Sea Salt
1 Lime (juiced)
1 Avocado (sliced)
1 Mango (sliced)

DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 02 Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	255	Carbs	33g
Fat	11g	Fiber	8g
Saturated	2g	Sugar	13g
Polyunsat...	3g	Protein	10g
Monounsa...	6g		

Chopped Salad Pitas

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Chickpeas (cooked)
1 cup Cherry Tomatoes (sliced into quarters)
1/4 Cucumber (chopped)
1/4 tsp Sea Salt
1 Whole Wheat Pita (halved)
1/4 cup Unsweetened Coconut Yogurt

DIRECTIONS

- 01 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 02 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 03 Stuff the pita pockets with the chickpea mixture. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	251	Carbs	46g
Fat	4g	Fiber	10g
Saturated	1g	Sugar	8g
Polyunsat...	1g	Protein	11g
Monounsa...	1g		

Chopped Veggie Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Broccoli (chopped)
1 cup Cherry Tomatoes (chopped)
1/2 Red Bell Pepper (chopped)
1/2 Cucumber (chopped)
2 1/2 tbsps Extra Virgin Olive Oil
2 1/2 tbsps Balsamic Vinegar
1/2 cup Parsley (chopped)
Sea Salt & Black Pepper

DIRECTIONS

- 01 Add broccoli, tomatoes, bell pepper and cucumber to a large mixing bowl. Toss with the oil, vinegar and parsley. Season liberally with sea salt and black pepper to taste. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	118	Carbs	9g
Fat	9g	Fiber	2g
Saturated	1g	Sugar	5g
Polyunsat...	1g	Protein	2g
Monounsa...	6g		

Summer Buddha Bowl

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tbsps Tahini
1 1/2 tbsps Lemon Juice
1 tbsp Extra Virgin Olive Oil
1/2 tsp Maple Syrup
3 tbsps Water
1/8 tsp Sea Salt
3 cups Arugula
1 Carrot (large, shredded)
1/2 cup Strawberries (halved)
1 Avocado
1/2 cup Chickpeas (roasted)

DIRECTIONS

- 01 Add tahini, lemon juice, extra virgin olive oil, maple syrup, water and sea salt to a blender or food processor. Blend until smooth and creamy.
- 02 Divide arugula between bowls and top with shredded carrot, strawberries, avocado and chickpeas. Drizzle with tahini dressing. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	393	Carbs	31g
Fat	29g	Fiber	13g
Saturated	4g	Sugar	8g
Polyunsat...	6g	Protein	9g
Monounsa...	17g		

Burrito Bowl with Quinoa Tofu Taco Filling

4 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
227 grams Tofu (extra firm, crumbled)
2 tbsps Extra Virgin Olive Oil
2 1/2 tps Chili Powder
1 1/2 tps Cumin
1 tsp Oregano
1 tsp Garlic Powder
1/2 tsp Sea Salt
1 cup Organic Salsa (divided)
1 tbsp Lime Juice
1 tsp Nutritional Yeast
2 Red Bell Pepper (sliced)
1/2 head Romaine Hearts (chopped)
1 cup Black Beans (cooked)
2 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	452	Carbs	43g
Fat	27g	Fiber	16g
Saturated	4g	Sugar	7g
Polyunsat...	5g	Protein	17g
Monounsa...	16g		

DIRECTIONS

- 01 Cook quinoa according to package directions.
- 02 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 03 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 04 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 05 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 06 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Raw Walnut Tacos

4 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Walnuts (raw)
2 tsp Cumin
1 tbsp Balsamic Vinegar
1/4 tsp Chili Powder
1 1/2 tsp Tamari
1/8 tsp Garlic Powder
1 head Romaine Hearts (leaves separated, washed and dried)
3/4 cup Cherry Tomatoes (halved)
1 Jalapeno Pepper (thinly sliced)
1/4 cup Red Onion (thinly sliced)
1 Avocado (cubed)

DIRECTIONS

- 01 In a food processor, add the walnuts, cumin, balsamic vinegar, chili powder, tamari and garlic. Pulse to combine until the walnuts are crumbly like ground meat.
- 02 Add the ground mixture to romaine leaves and top with tomatoes, jalapeno, red onion, and avocado. Serve and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	388	Carbs	14g
Fat	36g	Fiber	7g
Saturated	4g	Sugar	4g
Polyunsat...	22g	Protein	9g
Monounsa...	9g		

Garlicky Broccoli & Chickpea Pasta

2 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Broccoli (finely chopped)
1 cup Chickpeas (cooked, patted dry)
1 tbsp Avocado Oil
1/2 tsp Sea Salt (divided)
1 1/2 cups Whole Wheat Penne
3 tbsps Extra Virgin Olive Oil (divided)
2 Garlic (cloves, minced and divided)
1 tbsp Nutritional Yeast
1/4 cup Water
2 tsps Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	650	Carbs	79g
Fat	31g	Fiber	15g
Saturated	4g	Sugar	8g
Polyunsat...	4g	Protein	19g
Monounsat...	20g		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Place broccoli and chickpeas on the baking sheet. Season with avocado oil and half of the salt. Roast for 20 minutes until broccoli is tender and chickpeas are slightly crispy. Set aside.
- 03 Meanwhile, cook the pasta according to package directions.
- 04 In a large skillet over medium heat, add half of the olive oil and half of the garlic. Cook until the garlic is foamy and golden brown, about 3 to 5 minutes. Remove from the heat and immediately add the remaining garlic, salt, olive oil, nutritional yeast and water. Stir to combine.
- 05 Add the cooked pasta, roasted broccoli and chickpeas to the skillet and stir in the lemon juice. Toss to evenly coat the pasta. If the pasta is too dry, add an additional tablespoon of water or oil at a time until desired consistency is reached. Season with additional salt, and lemon juice, if needed.
- 06 Divide between plates and serve immediately. Enjoy!

Hummus & Veggie Wrap

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Whole Wheat Tortilla (large)
1/2 cup Hummus
4 leaves Romaine (large, whole)
1/2 Avocado (sliced)
1/2 Cucumber (sliced)
1/2 Red Bell Pepper (sliced)

DIRECTIONS

- 01 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 02 Serve immediately and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	382	Carbs	39g
Fat	23g	Fiber	13g
Saturated	5g	Sugar	5g
Polyunsat...	7g	Protein	11g
Monounsa...	9g		

Warm Farro & Sweet Potato Salad

4 SERVINGS 40 MINUTES



INGREDIENTS

1 cup Farro (rinsed)
3 cups Water
1/2 tsp Sea Salt (divided)
4 cups Baby Spinach
1 Sweet Potato (large, cubed)
1/4 cup Extra Virgin Olive Oil
2 tbsps Lemon Juice
1/2 cup Walnuts (chopped)
1/3 cup Parsley (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	424	Carbs	42g
Fat	24g	Fiber	6g
Saturated	3g	Sugar	3g
Polyunsat...	8g	Protein	11g
Monounsa...	11g		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Add the farro to a medium sized pot with water and half the sea salt. Bring to a boil. Once water has boiled, reduce heat to low and simmer for 30 minutes. When the farro is done cooking, add the spinach to the pot. Stir and cover until the spinach is wilted.
- 03 While the farro cooks, line a baking sheet with parchment paper and add the sweet potato. Cook in the oven for 20 to 25 minutes or until cooked through. Remove and set aside.
- 04 In a small bowl, mix the extra virgin olive oil, lemon juice and remaining sea salt.
- 05 Divide the farro and spinach mixture between plates. Top with sweet potato, walnuts and parsley. Drizzle the lemon dressing on top. Serve and enjoy!

Crispy Pork with Arugula & Cucumber

4 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Dijon Mustard
454 grams Pork Tenderloin (fat trimmed, patted dry)
2 tbsps Brown Rice Flour
1 tsp Sea Salt
1 tsp Ground Sage
2 tbsps Extra Virgin Olive Oil
6 cups Arugula
1 Cucumber (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	223	Carbs	8g
Fat	10g	Fiber	1g
Saturated	2g	Sugar	2g
Polyunsat...	1g	Protein	25g
Monounsa...	6g		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Spread the mustard over the pork tenderloin until evenly coated.
- 03 In a shallow bowl, combine the flour, salt and sage. Press the pork tenderloin into the flour mixture until completely covered.
- 04 Heat the oil in a large skillet over medium-high heat. Sear the pork tenderloin for about 2 to 3 minutes per side, or until golden brown.
- 05 Transfer the skillet to the oven and continue baking for 15 to 20 minutes.
- 06 Remove from the oven, cover with foil and let sit for 5 to 10 minutes before serving.
- 07 Slice the pork tenderloin. Serve with arugula and cucumber. Enjoy!

Easy Chicken Fajitas

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Avocado Oil
397 grams Chicken Breast (sliced into strips)
1 tbsp Chili Powder
1 1/2 tsps Cumin
1/2 tsp Sea Salt
1 Green Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
1 Yellow Onion (sliced)
8 Corn Tortillas

DIRECTIONS

- 01 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.
- 02 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.
- 03 Divide chicken and peppers between tortillas. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	359	Carbs	36g
Fat	11g	Fiber	4g
Saturated	1g	Sugar	3g
Polyunsat...	2g	Protein	26g
Monounsa...	6g		

Veggie Pita Pizza with Hummus

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1/2 Red Bell Pepper (thinly sliced)
1/2 Zucchini (medium, sliced)
1/2 cup Hummus
2 Whole Wheat Pita

NUTRITION

AMOUNT PER SERVING

Calories	360	Carbs	48g
Fat	16g	Fiber	8g
Saturated	2g	Sugar	5g
Polyunsat...	7g	Protein	12g
Monounsa...	6g		

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
- 03 Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
- 04 Let cool slightly and slice. Enjoy!

Chicken Shawarma Salad Bowls

4 SERVINGS 30 MINUTES



INGREDIENTS

567 grams Chicken Breast (diced into cubes)

1/2 tsp Sea Salt

1/2 tsp Black Pepper

1/2 tsp Cinnamon

1/2 tsp Turmeric

1 tbsp Cumin

2 tbsps Extra Virgin Olive Oil

1/4 cup Tahini

2 tbsps Water

1/2 Lemon (juiced)

8 leaves Romaine (chopped)

2 Tomato (diced)

1 Cucumber (diced)

1/4 cup Parsley (chopped)

DIRECTIONS

- 01 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 02 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 03 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 04 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	360	Carbs	12g
Fat	19g	Fiber	4g
Saturated	3g	Sugar	2g
Polyunsat...	5g	Protein	37g
Monounsa...	9g		

Kale & Red Pepper Frittata

4 SERVINGS 30 MINUTES



INGREDIENTS

8 Egg
1/2 cup Unsweetened Almond Milk
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Extra Virgin Olive Oil
2 cups Kale Leaves (chopped)
1 Red Bell Pepper (chopped)
1 cup Cherry Tomatoes (halved)

NUTRITION

AMOUNT PER SERVING

Calories	196	Carbs	5g
Fat	14g	Fiber	2g
Saturated	4g	Sugar	3g
Polyunsat...	2g	Protein	14g
Monounsa...	6g		

DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 03 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 04 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 05 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

Slow Cooker Caribbean Carrot Soup

4 SERVINGS 5 HOURS



INGREDIENTS

- 8 Carrot (medium, chopped)
- 2 Yellow Potato (medium, chopped)
- 6 stalks Green Onion (green parts only)
- 2 tsps Dried Thyme
- 1 1/2 tsps Ground Ginger
- 1 tsp Ground Allspice
- 3/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Cumin (ground)
- 1/4 tsp Nutmeg (ground)
- 4 cups Organic Vegetable Broth
- 2 tbsps Maple Syrup
- 1 Lime (juiced)
- 1 cup Organic Coconut Milk (full fat, from the can)
- 1/4 cup Cilantro (optional, chopped)

DIRECTIONS

- 01 Add carrots, potato, green onion tops, thyme, ginger, allspice, sea salt, cumin, nutmeg, vegetable broth and maple syrup to the slow cooker and stir to combine. Cook on high for 4 hours, or on low for 6 to 8 hours.
- 02 Use a handheld immersion blender to blend the soup until smooth and creamy. Add more broth or water if needed to achieve desired consistency. Stir in lime juice and coconut milk.
- 03 Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	263	Carbs	38g
Fat	11g	Fiber	5g
Saturated	9g	Sugar	15g
Polyunsat...	0g	Protein	4g
Monounsa...	0g		

BLT Salad Bowls

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Egg
4 slices Organic Bacon
4 cups Arugula
1 cup Cherry Tomatoes (halved)
1/2 Avocado (sliced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	514	Carbs	9g
Fat	47g	Fiber	5g
Saturated	12g	Sugar	3g
Polyunsat...	7g	Protein	17g
Monounsa...	26g		

DIRECTIONS

- 01 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 02 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 03 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Grilled Mediterranean Chicken Kabobs

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 454 grams Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

DIRECTIONS

- 01 Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 02 Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 03 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 04 Preheat the grill to medium heat.
- 05 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 06 Remove the kabobs from the grill and divide onto plates. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	252	Carbs	12g
Fat	10g	Fiber	3g
Saturated	2g	Sugar	5g
Polyunsat...	1g	Protein	28g
Monounsa...	6g		

Simple Tuna Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cans Tuna (drained)
1 Green Apple (chopped)
2 stalks Green Onion (finely sliced)
2 tbsps Mayonnaise
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Add all ingredients to a large bowl and mix until well combined. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	288	Carbs	12g
Fat	12g	Fiber	3g
Saturated	2g	Sugar	9g
Polyunsat...	7g	Protein	33g
Monounsa...	3g		

Spinach Lentil Curry

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 cup Organic Vegetable Broth
- 1 cup Organic Coconut Milk (from the can)
- 2 cups Lentils (cooked)
- 1/2 cup Cilantro (optional, roughly chopped)
- 6 cups Baby Spinach
- 1 cup Jasmine Rice (dry)
- 2 tsps Maple Syrup

DIRECTIONS

- 01 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 02 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 03 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 04 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 05 When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	463	Carbs	70g
Fat	15g	Fiber	13g
Saturated	10g	Sugar	8g
Polyunsat...	1g	Protein	15g
Monounsat...	3g		

Creamy Roasted Garlic and Kale Soup with Cauliflower

4 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

12 Garlic (cloves, peeled and trimmed)
1 Yellow Onion (large, roughly chopped)
1 head Cauliflower (sliced into florets)
3 tbsps Extra Virgin Olive Oil (divided)
1 1/3 tbsps Italian Seasoning
1 tsp Sea Salt
8 cups Kale Leaves (packed)
3 3/4 cups Organic Vegetable Broth (divided)

NUTRITION

AMOUNT PER SERVING

Calories	174	Carbs	17g
Fat	11g	Fiber	6g
Saturated	2g	Sugar	7g
Polyunsat...	1g	Protein	5g
Monounsa...	7g		

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 03 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 04 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 05 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Mediterranean Buddha Bowl

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Quinoa (dry, uncooked)
- 1 head Romaine Hearts (chopped)
- 1 cup Chickpeas (cooked, from the can)
- 1 Cucumber (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 cup Red Onion (finely chopped)
- 1/2 cup Hummus
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Extra Virgin Olive Oil
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Italian Seasoning
- 1/8 tsp Sea Salt

DIRECTIONS

- 01 Cook the quinoa according to the directions on the package, and set aside.
- 02 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 03 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 04 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	469	Carbs	52g
Fat	25g	Fiber	9g
Saturated	3g	Sugar	6g
Polyunsat...	6g	Protein	13g
Monounsa...	14g		

Mexican Street Corn Soup

4 SERVINGS 45 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
8 cups Frozen Corn (thawed)
1 Yellow Onion (large, diced)
1 tbsp Chili Powder
1 tsp Sea Salt
6 cups Water
1/4 cup Nutritional Yeast
1/4 Lime (juiced)
1/4 cup Cilantro

DIRECTIONS

- 01 Heat oil in a large pot over medium-high heat. Add corn, onion, chili powder and salt. Stir occasionally for 6 to 8 minutes, or until onion is soft.
- 02 Scoop out 1/3 of the mixture and set aside. Add water to the pot. Bring to a boil and reduce to a simmer for 20 minutes.
- 03 Use a handheld immersion blender to puree until smooth (or carefully transfer to a blender). Stir in nutritional yeast, lime juice and half the reserved corn mixture. Adjust seasoning as needed.
- 04 Divide the soup into bowls and garnish with the remaining corn mixture, cilantro and additional chili powder (optional).

NUTRITION

AMOUNT PER SERVING

Calories	366	Carbs	70g
Fat	9g	Fiber	10g
Saturated	1g	Sugar	13g
Polyunsat...	2g	Protein	11g
Monounsa...	6g		

Hummus Beef Platter with Chips

4 SERVINGS 20 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (chopped)
227 grams Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
4 Brown Rice Tortillas (thawed and sliced into triangle chips)
1 cup Hummus
1 cup Cherry Tomatoes (quartered)
1/2 Cucumber (diced)

DIRECTIONS

- 01 Preheat oven to 415F and line a baking sheet with parchment paper.
- 02 Heat olive oil in a large pan over medium heat. Add the onion and beef. Cook for 10-15 minutes, stirring occasionally until cooked through. Season with salt and pepper.
- 03 Transfer tortilla slices to the baking sheet and bake for 5 minutes.
- 04 Spread hummus onto a serving plate and top with the cooked beef, tomatoes and cucumber. Serve with the brown rice tortilla chips. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	449	Carbs	42g
Fat	23g	Fiber	8g
Saturated	4g	Sugar	7g
Polyunsat...	6g	Protein	20g
Monounsa...	8g		

Pumpkin Mac n' Cheese

4 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Brown Rice Macaroni (dry)
1 cup Unsweetened Almond Milk
1 tbsp Arrowroot Powder
1 tsp Garlic Powder
1/3 cup Nutritional Yeast
1 1/2 tps Dijon Mustard
1 cup Pureed Pumpkin
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 02 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 03 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 04 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	292	Carbs	57g
Fat	3g	Fiber	7g
Saturated	0g	Sugar	5g
Polyunsat...	1g	Protein	8g
Monounsa...	1g		

Meal Prep Black Bean & Sweet Potato Burritos

10 SERVINGS 45 MINUTES



INGREDIENTS

- 6 Sweet Potato (large, peeled and sliced)
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (medium, diced)
- 4 Garlic (cloves, minced)
- 4 cups Black Beans (cooked, from the can)
- 1 cup Frozen Corn
- 1 Green Bell Pepper (diced)
- 1 cup Water
- 1/4 cup Dijon Mustard
- 2 tsps Cumin
- 3 tbsps Tamari
- 1/4 tsp Sea Salt (or more to taste)
- 10 Brown Rice Tortillas (11 inches)

DIRECTIONS

- 01 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 02 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 03 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 04 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 05 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

NUTRITION

AMOUNT PER SERVING

Calories	369	Carbs	66g
Fat	6g	Fiber	13g
Saturated	1g	Sugar	9g
Polyunsat...	1g	Protein	12g
Monounsa...	2g		

Cheezy Broccoli Quinoa

4 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Quinoa (uncooked)
1 3/4 cups Water
2 cups Broccoli (chopped into florets)
1 tbsp Nutritional Yeast
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	177	Carbs	31g
Fat	3g	Fiber	4g
Saturated	0g	Sugar	1g
Polyunsat...	1g	Protein	8g
Monounsa...	1g		

DIRECTIONS

- 01 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 02 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsley chop.
- 03 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

Smoked Salmon Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Egg
3 cups Mixed Greens
100 grams Smoked Salmon (sliced)
1/2 Avocado (sliced)
2 tbsps Avocado Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 02 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	345	Carbs	6g
Fat	28g	Fiber	4g
Saturated	5g	Sugar	1g
Polyunsat...	4g	Protein	17g
Monounsa...	18g		

Beef Burrito Bowl with Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil (divided)
4 Garlic (cloves, minced)
1 Yellow Onion (small, finely diced)
454 grams Extra Lean Ground Beef
1 tbsp Cumin (ground)
1 tbsp Coriander (ground)
1 tbsp Oregano (dried)
1 1/2 tps Sea Salt (divided)
1 Lime (juiced)
4 cups Cauliflower Rice
2 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	470	Carbs	19g
Fat	33g	Fiber	11g
Saturated	8g	Sugar	5g
Polyunsat...	3g	Protein	28g
Monounsa...	20g		

DIRECTIONS

- 01 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 02 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 03 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 04 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 05 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!