



Low FODMAP Diet - Dinner Recipes

JOE LEECH

Slow Cooker Maple Mustard Chicken

1 SERVING 4 HOURS



INGREDIENTS

227 grams Chicken Thighs (skinless, boneless)
10 grams Maple Syrup
19 grams Dijon Mustard
175 milligrams Dried Basil
575 milligrams Paprika
750 milligrams Sea Salt
363 milligrams Black Pepper
200 grams Green Beans (washed and trimmed)
4 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 02 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 03 Divide green beans between plates and top with maple mustard chicken. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	414	Carbs	21g
Fat	13g	Fiber	6g
Saturated	3g	Sugar	13g
Polyunsat...	3g	Protein	48g
Monounsa...	6g		

One Pan Crispy Chicken with Potatoes & Greens

1 SERVING 35 MINUTES



INGREDIENTS

113 grams Chicken Thighs with Skin
150 grams Mini Potatoes (halved)
375 milligrams Sea Salt
850 milligrams Rosemary (chopped)
21 grams Kale Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	375	Carbs	28g
Fat	19g	Fiber	4g
Saturated	5g	Sugar	1g
Polyunsat...	4g	Protein	22g
Monounsa...	8g		

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 03 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 04 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 05 Divide the chicken, potatoes and kale onto plates and enjoy!

Juicy Baked Chicken Breast

1 SERVING 35 MINUTES



INGREDIENTS

142 grams Chicken Breast (boneless, skinless)

7 milliliters Extra Virgin Olive Oil

750 milligrams Sea Salt

250 milligrams Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	229	Carbs	0g
Fat	10g	Fiber	0g
Saturated	2g	Sugar	0g
Polyunsat...	1g	Protein	32g
Monounsa...	6g		

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking dish with parchment paper.
- 02 Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.
- 03 Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
- 04 Carefully remove the foil and slice the chicken before serving. Enjoy!

Roasted Chicken with Zucchini & Olives

1 SERVING 1 HOUR 20 MINUTES



INGREDIENTS

100 grams Chicken Leg, Boneless with Skin
500 milligrams Sea Salt
2/3 Zucchini (medium, sliced)
45 grams Green Olives (sliced)
1/3 Lemon (juiced)
15 milliliters Extra Virgin Olive Oil

DIRECTIONS

- 01 Preheat oven to 375F° (191°C).
- 02 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 03 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 04 Remove from oven and let stand 15 minutes before serving. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	411	Carbs	8g
Fat	35g	Fiber	2g
Saturated	7g	Sugar	4g
Polyunsat...	5g	Protein	18g
Monounsa...	20g		

Roasted Chicken

1 SERVING 2 HOURS



INGREDIENTS

454 grams Whole Roasting Chicken
4 milliliters Extra Virgin Olive Oil
2 grams Sea Salt
363 milligrams Black Pepper
1 gram Poultry Seasoning
1 gram Paprika

NUTRITION

AMOUNT PER SERVING

Calories	541	Carbs	2g
Fat	16g	Fiber	1g
Saturated	4g	Sugar	0g
Polyunsat...	4g	Protein	93g
Monounsa...	6g		

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 03 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 04 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

One Pan Chicken Fajita Bowls

1 SERVING 40 MINUTES



INGREDIENTS

1/2 Red Bell Pepper (sliced)
1/4 Orange Bell Pepper (sliced)
1/4 Green Bell Pepper (sliced)
7 milliliters Extra Virgin Olive Oil
113 grams Chicken Breast
2 grams Cumin
2 grams Chili Powder
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to a baking sheet and add the sliced chicken breast. Sprinkle with cumin, chilli powder, salt and pepper.
- 03 Bake for 30 minutes, or until chicken is cooked through.
- 04 Divide between bowls or containers. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	241	Carbs	10g
Fat	11g	Fiber	3g
Saturated	2g	Sugar	3g
Polyunsat...	2g	Protein	27g
Monounsa...	6g		

Maple Mustard Chicken with Green Beans

1 SERVING 25 MINUTES



INGREDIENTS

10 grams Maple Syrup
8 grams Dijon Mustard
4 milliliters Apple Cider Vinegar
9 grams Tamari
113 grams Chicken Breast
200 grams Green Beans (washed and trimmed)
4 milliliters Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	267	Carbs	21g
Fat	7g	Fiber	5g
Saturated	1g	Sugar	13g
Polyunsat...	1g	Protein	30g
Monounsa...	3g		

DIRECTIONS

- 01 In a small bowl, combine the maple syrup, dijon mustard, apple cider vinegar and tamari. Whisk well and pour it into a ziplock baggie with the chicken breasts. Shake well and store in the fridge while you prep the rest.
- 02 Toss your green beans in the extra virgin olive oil and season with sea salt and black pepper to taste. Set aside.
- 03 Preheat the grill to medium heat. Add the chicken breasts and cook for about 10 minutes per side, or until cooked through. At the halfway point, transfer the green beans into a grilling basket. Grill for about 10 minutes or until slightly charred, tossing periodically.
- 04 Remove chicken and beans from the grill and divide onto plates. Enjoy!

Pulled Chicken & Pesto Wraps

1 SERVING 1 HOUR 10 MINUTES



INGREDIENTS

113 grams Chicken Breast
59 milliliters Vegetable Broth
20 grams Walnuts
30 milliliters Extra Virgin Olive Oil
1/4 Lemon (juiced)
15 grams Baby Spinach
11 grams Basil Leaves
375 milligrams Sea Salt
363 milligrams Black Pepper
36 grams Collard Greens (washed and stems removed)

DIRECTIONS

- 01 Preheat oven to 325°F (163°C).
- 02 Place chicken breasts in a oven-safe glass dish and pour in vegetable broth. Tightly cover with foil. Bake in the oven for 60 minutes.
- 03 Meanwhile, create your pesto by combining walnuts, olive oil, lemon juice, spinach, basil, sea salt and black pepper in a food processor. Blend until smooth.
- 04 Remove chicken from oven. Use a fork to shred the chicken.
- 05 Place the pulled chicken in a bowl and toss with desired amount of pesto.
- 06 Drop a few spoonfuls into a collard green and wrap it up. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	529	Carbs	7g
Fat	43g	Fiber	3g
Saturated	6g	Sugar	1g
Polyunsat...	13g	Protein	31g
Monounsat...	22g		

One Pan Roasted Veggies & Chicken

1 SERVING 35 MINUTES



INGREDIENTS

113 grams Chicken Drumsticks
1/2 Yellow Potato (medium, chopped)
1/2 Zucchini (medium, chopped)
1/2 Red Bell Pepper (chopped)
50 grams Green Beans
15 milliliters Extra Virgin Olive Oil
2 grams Italian Seasoning
1 gram Paprika
2 grams Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the chicken in the center of the baking sheet and arrange the chopped potatoes, zucchini, bell pepper, and green beans in a single layer around the chicken. Drizzle oil over chicken and veggies then add the Italian seasoning, paprika and sea salt. Using your hands, toss or rub the spices evenly all over the veggies and the chicken.
- 03 Bake for 25 minutes or until the chicken is cooked through and the veggies are tender. Divide equally between plates and serve.

NUTRITION

AMOUNT PER SERVING

Calories	435	Carbs	29g
Fat	25g	Fiber	6g
Saturated	5g	Sugar	8g
Polyunsat...	4g	Protein	26g
Monounsa...	14g		

Shiratake Noodle Chicken Stir Fry

1 SERVING 20 MINUTES



INGREDIENTS

113 grams Shiratake Noodles
8 milliliters Avocado Oil
1/2 Orange Bell Pepper (sliced)
1/2 Zucchini (medium, sliced)
113 grams Chicken Breast (diced)
15 milliliters Coconut Aminos
8 milliliters Hot Sauce (or to taste)
5 grams Sesame Seeds

DIRECTIONS

- 01 Drain and rinse the shiratake noodles. Add them to a small saucepan and cover with water. Bring to a boil for about 5 minutes, then drain and rinse again.
- 02 In a large frying pan or wok, heat the avocado oil over medium-high heat. Add the sliced bell pepper, zucchini, and chicken. Cook for about 10 minutes, until the chicken is cooked through.
- 03 Add the coconut aminos, hot sauce, and shiratake noodles to the pan. Toss to coat, then transfer the stirfry to bowls. Sprinkle with sesame seeds and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	280	Carbs	14g
Fat	13g	Fiber	2g
Saturated	2g	Sugar	5g
Polyunsat...	2g	Protein	28g
Monounsa...	7g		

Turkey Pineapple Quinoa Bowl

1 SERVING 30 MINUTES



INGREDIENTS

21 grams Quinoa
59 milliliters Water
4 milliliters Extra Virgin Olive Oil
113 grams Extra Lean Ground Turkey
2 grams Curry Powder
56 milligrams Cayenne Pepper
Sea Salt & Black Pepper (to taste)
2 grams Ginger (peeled and grated)
41 grams Pineapple (cored and sliced into chunks)
1/4 Carrot (grated)
1/4 Zucchini (grated)
5 grams Tamari
8 grams Baby Spinach

DIRECTIONS

- 01 Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
- 02 In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
- 03 When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
- 04 Spoon into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	324	Carbs	24g
Fat	15g	Fiber	4g
Saturated	3g	Sugar	6g
Polyunsat...	4g	Protein	26g
Monounsat...	6g		

Turkey & Spinach Roasted Acorn Squash Bowls

1 SERVING 50 MINUTES



INGREDIENTS

1/2 Acorn Squash
4 milliliters Extra Virgin Olive Oil
4 milliliters Coconut Oil
113 grams Extra Lean Ground Turkey
4 grams Chili Powder
250 milligrams Oregano
525 milligrams Cumin
375 milligrams Sea Salt
15 milliliters Water
30 grams Baby Spinach (chopped and packed)

NUTRITION

AMOUNT PER SERVING

Calories	337	Carbs	26g
Fat	17g	Fiber	5g
Saturated	6g	Sugar	0g
Polyunsat...	4g	Protein	24g
Monounsa...	6g		

DIRECTIONS

- 01 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 02 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from oven and stuff each half with the turkey/spinach mix. Top with hot sauce or salsa if you like. Enjoy!

Turkey Quinoa Swiss Chard Rolls

1 SERVING 1 HOUR



INGREDIENTS

28 grams Quinoa (uncooked)
59 milliliters Water
113 grams Extra Lean Ground Turkey
2 grams Italian Seasoning
144 milligrams Paprika
Sea Salt & Black Pepper (to taste)
182 grams Crushed Tomatoes
36 grams Swiss Chard (washed and stems cut off)

NUTRITION

AMOUNT PER SERVING

Calories	339	Carbs	33g
Fat	12g	Fiber	6g
Saturated	3g	Sugar	8g
Polyunsat...	4g	Protein	29g
Monounsat...	4g		

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 03 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 04 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 05 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 06 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

Slow Cooker Dijon Pork Tenderloin

1 SERVING 2 HOURS 15 MINUTES



INGREDIENTS

178 milliliters Vegetable Broth
8 grams Dijon Mustard (grainy)
250 milligrams Italian Seasoning
750 milligrams Sea Salt
113 grams Pork Tenderloin
4 milliliters Lemon Juice
4 grams Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	142	Carbs	2g
Fat	3g	Fiber	0g
Saturated	1g	Sugar	1g
Polyunsat...	0g	Protein	24g
Monounsa...	1g		

DIRECTIONS

- 01 Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.
- 02 Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.
- 03 To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

One Pan Steak & Potatoes with Chive Butter Sauce

1 SERVING 30 MINUTES



INGREDIENTS

150 grams Mini Potatoes (halved)
1/2 Red Bell Pepper (chopped)
113 grams Top Sirloin Steak (cut into 1-inch cubes)
8 milliliters Avocado Oil
2 grams Sea Salt
14 grams Butter (melted)
2 grams Chives (finely chopped)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
- 02 In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
- 03 Divide the steak, potatoes and peppers onto plates.
- 04 Combine the melted butter and chives. Drizzle ovetop the steak and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	538	Carbs	30g
Fat	35g	Fiber	4g
Saturated	15g	Sugar	4g
Polyunsat...	2g	Protein	26g
Monounsa...	15g		

Turmeric Beef Stew

1 SERVING 55 MINUTES



INGREDIENTS

113 grams Top Sirloin Steak
2 grams Tapioca Flour
2 grams Sea Salt
363 milligrams Black Pepper
6 milliliters Extra Virgin Olive Oil
1/2 Carrot (medium, chopped)
1/4 Yellow Potato (large, chopped)
750 milligrams Turmeric (ground)
450 milligrams Coriander (ground)
525 milligrams Cumin (ground)
450 milligrams Ground Ginger
118 milliliters Beef Broth
1 stalk Green Onion (green parts only, chopped)
2 grams Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	366	Carbs	16g
Fat	22g	Fiber	3g
Saturated	7g	Sugar	3g
Polyunsat...	1g	Protein	26g
Monounsat...	11g		

DIRECTIONS

- 01 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 02 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 03 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 04 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 05 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 06 Divide into bowls and enjoy!

Salsa Verde Salmon with Tomatoes & Brown Rice

1 SERVING 45 MINUTES



INGREDIENTS

46 grams Brown Rice (dry, uncooked)
15 milliliters Extra Virgin Olive Oil (divided)
142 grams Salmon Fillet
149 grams Cherry Tomatoes (halved)
2 grams Sea Salt
4 grams Capers
8 grams Parsley (finely chopped)
7 milliliters Apple Cider Vinegar

DIRECTIONS

- 01 Cook the brown rice according to the directions on the package.
- 02 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 03 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 04 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	522	Carbs	42g
Fat	24g	Fiber	4g
Saturated	4g	Sugar	4g
Polyunsat...	6g	Protein	33g
Monounsa...	13g		

Massaged Kale Salad with Salmon

1 SERVING 20 MINUTES



INGREDIENTS

63 grams Kale Leaves (chopped)
1/2 Lemon (juiced)
10 grams Hemp Seeds
Sea Salt & Black Pepper (to taste)
30 milliliters Extra Virgin Olive Oil (divided)
113 grams Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	482	Carbs	5g
Fat	40g	Fiber	3g
Saturated	5g	Sugar	1g
Polyunsat...	10g	Protein	28g
Monounsa...	23g		

DIRECTIONS

- 01 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 02 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 03 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!

Salmon with Coconut Kale

1 SERVING 20 MINUTES



INGREDIENTS

113 grams Salmon Fillet
22 milliliters Coconut Oil (divided)
2 grams Sea Salt
84 grams Kale Leaves (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	372	Carbs	4g
Fat	29g	Fiber	3g
Saturated	18g	Sugar	1g
Polyunsat...	4g	Protein	25g
Monounsa...	4g		

DIRECTIONS

- 01 Preheat oven to 320°F (160°C).
- 02 Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the coconut oil and season with salt.
- 03 Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.
- 04 Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted. Drain any excess water. Toss kale with remaining coconut oil and season with salt to taste. Divide onto plates and top with the salmon. Enjoy!

One Pan Hawaiian Salmon

1 SERVING 35 MINUTES



INGREDIENTS

1 Red Bell Pepper (sliced)
4 milliliters Extra Virgin Olive Oil
113 grams Salmon Fillet
Sea Salt & Black Pepper (to taste)
83 grams Pineapple (cored and sliced into rounds)

NUTRITION

AMOUNT PER SERVING

Calories	263	Carbs	18g
Fat	11g	Fiber	4g
Saturated	2g	Sugar	13g
Polyunsat...	3g	Protein	24g
Monounsa...	5g		

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the sliced bell peppers with the olive oil. Transfer to the perimeter of a baking sheet, and add the salmon fillets to the middle.
- 03 Sprinkle the salmon with salt and pepper, then top with the pineapple slices. Place the baking sheet in the oven for 30 minutes.
- 04 After 30 minutes, divide the peppers, salmon, and pineapple between plates. Enjoy!

One Pan Salmon with Green Beans & Roasted Tomato

1 SERVING 25 MINUTES



INGREDIENTS

100 grams Green Beans (washed and trimmed)

75 grams Cherry Tomatoes

4 milliliters Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

142 grams Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	275	Carbs	10g
Fat	13g	Fiber	4g
Saturated	2g	Sugar	5g
Polyunsat...	4g	Protein	31g
Monounsa...	5g		

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

Hemp Seed Crusted Trout

1 SERVING 20 MINUTES



INGREDIENTS

20 grams Hemp Seeds
1 gram Italian Seasoning
2 grams Nutritional Yeast
750 milligrams Sea Salt
1 Rainbow Trout Fillet
15 grams Dijon Mustard
1/4 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	323	Carbs	3g
Fat	15g	Fiber	1g
Saturated	2g	Sugar	1g
Polyunsat...	10g	Protein	40g
Monounsa...	3g		

DIRECTIONS

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

Coconut Cod & Spinach with Rice

1 SERVING 15 MINUTES



INGREDIENTS

46 grams Jasmine Rice (dry)
121 milliliters Canned Coconut Milk
59 milliliters Water
9 grams Tamari
8 milliliters Rice Vinegar
1 Bay Leaf
375 milligrams Sea Salt (or more to taste)
1 Cod Fillet
30 grams Baby Spinach (chopped)

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	574	Carbs	43g
Fat	23g	Fiber	2g
Saturated	20g	Sugar	2g
Polyunsat...	1g	Protein	47g
Monounsa...	0g		

Ginger Steamed Cod Fillets

1 SERVING 15 MINUTES



INGREDIENTS

18 grams Tamari
15 milliliters Apple Cider Vinegar
15 milliliters Water
3 grams Ginger (grated)
1 Cod Fillet
Sea Salt & Black Pepper (to taste)
1 1/2 stalks Green Onion

NUTRITION

AMOUNT PER SERVING

Calories	211	Carbs	3g
Fat	2g	Fiber	1g
Saturated	0g	Sugar	1g
Polyunsat...	1g	Protein	43g
Monounsa...	0g		

DIRECTIONS

- 01 In a large skillet, add tamari, apple cider vinegar, water and grated ginger and stir until combined. Season cod fillets with salt and pepper each side, and place in skillet.
- 02 Bring to a boil then reduce heat to simmer. Cover for 8 minutes or until fish is mostly opaque.
- 03 Meanwhile, thinly slice green onions diagonally or into 3-inch lengths. Spread over fish and cook for additional 2 minutes or until fish is completely cooked through.
- 04 Divide fish and broth into bowls. Enjoy!

15 Minute Tilapia

1 SERVING 15 MINUTES



INGREDIENTS

59 milliliters Water
112 grams Cherry Tomatoes
450 milligrams Red Pepper Flakes
1 Tilapia Fillet
Sea Salt & Black Pepper (to taste)
90 grams Baby Spinach
7 milliliters Extra Virgin Olive Oil
1/4 Lemon (juiced)
9 grams Capers

NUTRITION

AMOUNT PER SERVING

Calories	218	Carbs	9g
Fat	9g	Fiber	4g
Saturated	2g	Sugar	4g
Polyunsat...	1g	Protein	27g
Monounsa...	6g		

DIRECTIONS

- 01 Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
- 02 Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
- 03 In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
- 04 Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

Parchment Baked Haddock with Veggies

1 SERVING 35 MINUTES



INGREDIENTS

100 grams Green Beans (trimmed)
1/2 Red Bell Pepper (thinly sliced)
1 1/2 stalks Green Onion (green parts only, chopped)
1 Haddock Fillet (5 ounces each)
7 milliliters Extra Virgin Olive Oil
1/2 Lemon (zested and juiced)
750 milligrams Sea Salt
363 milligrams Black Pepper
278 milligrams Fresh Dill

NUTRITION

AMOUNT PER SERVING

Calories	260	Carbs	14g
Fat	8g	Fiber	4g
Saturated	1g	Sugar	7g
Polyunsat...	1g	Protein	34g
Monounsat...	5g		

DIRECTIONS

- 01 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 02 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 03 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 04 Fold the other side of the parchment paper over the fish and the veggies. 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.
- 05 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 06 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

Shrimp & Green Beans

1 SERVING 20 MINUTES



INGREDIENTS

4 milliliters Avocado Oil (divided)
63 grams Green Beans (trimmed)
227 grams Shrimp (raw, peeled and deveined)
188 milligrams Sea Salt
5 grams Tamari
225 milligrams Red Pepper Flakes

DIRECTIONS

- 01 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 02 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	247	Carbs	5g
Fat	5g	Fiber	2g
Saturated	1g	Sugar	2g
Polyunsat...	1g	Protein	47g
Monounsa...	3g		

Shrimp, Kale & Quinoa Salad

1 SERVING 20 MINUTES



INGREDIENTS

21 grams Quinoa (uncooked)
59 milliliters Water
Sea Salt & Black Pepper (to taste)
113 grams Shrimp (peeled, deveined)
1 gram Cumin
15 milliliters Extra Virgin Olive Oil (divided)
4 milliliters Apple Cider Vinegar
3 grams Maple Syrup
53 grams Kale Leaves (stems removed and chopped)
1/2 Carrot (medium, grated or sliced)

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

Calories	336	Carbs	21g
Fat	16g	Fiber	5g
Saturated	2g	Sugar	4g
Polyunsat...	3g	Protein	28g
Monounsat...	10g		