

Eating Fruits and Veggies Never Felt So Good!

Created by Christy Cater Wellness



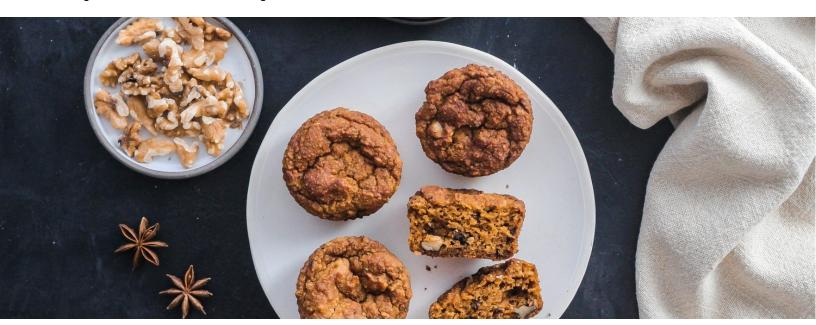
Eating Fruits and Veggies Never Felt So Good!

55 items

Fruits Vegetables		Bread, Fish, Meat & Cheese	
2 1/2 Avocado	2 tbsps Basil Leaves	1 1/16 lbs Chicken Thighs With Skin	
1 tbsp Lime Juice	3 Carrot	4 1/3 ozs Mozzarella Ball	
1 Peach	3/4 Cucumber		
2 cups Strawberries	1 Eggplant	Condiments & Oils	
	2 Garlic	1/4 cup Apple Cider Vinegar	
Breakfast	1/4 cup Mint Leaves		
4/2 aum Manla Cimin	8 cups Mixed Greens	1/4 cup Avocado Oil	
1/2 cup Maple Syrup	1 cup Radishes	2 thsps Coconut Aminos	
Seeds, Nuts & Spices	4 Red Bell Pepper	1/4 cup Coconut Oil	
	1/2 cup Red Onion	1/4 cup Extra Virgin Olive Oil	
1 Bay Leaf	1 Sweet Onion	3/4 cup Tomato Sauce	
1 tsp Black Pepper	1/4 tsp Thyme	Cold	
1/4 tsp Cayenne Pepper	1/8 oz Thyme Sprigs		
1 tsp Cinnamon	2 Tomato	1/3 cup Unsweetened Almond Milk	
1 1/2 tsps Dried Chives		1/4 cup Unsweetened Coconut Yogurt	
2 tbsps Ground Flax Seed	Boxed & Canned		
1/8 tsp Ground Ginger		Other	
1 1/2 cups Macadamia Nuts	1 cup Black Beans	4/9 Webs	
1/4 tsp Onion Powder	1 cup Corn	1/3 cup Water	
1/2 tsp Oregano	1/2 cup Organic Coconut Milk		
1/2 tsp Red Pepper Flakes	3 cups Organic Vegetable Broth		
1 1/4 tsps Sea Salt	1 can Tuna		
Sea Salt & Black Pepper	Dakina		
1/2 cup Walnuts	Baking		
	1 cup Almond Flour		
	1/2 tsp Baking Powder		
	1 tsp Baking Soda		
	1 1/2 cups Oat Flour		
	1 tsp Pumpkin Pie Spice		
	1 cup Pureed Pumpkin		

Pumpkin Muffins

14 ingredients · 40 minutes · 12 servings



Directions

- 1. Preheat the oven to 350°F (177°C) and line a muffin tin with liners.
- 2. In a small bowl mix the ground flax seed with water and set aside. In another small bowl add the almond milk and apple cider vinegar and set aside.
- 3. In a medium-sized bowl add the oat flour, almond flour, baking soda, baking powder, pumpkin pie spice and sea salt. Whisk to combine. In a separate large bowl add the pureed pumpkin, maple syrup, coconut oil, almond milk mixture and flax mixture. Whisk until combined.
- **4.** Add the dry ingredients to the wet and stir to combine. Fold in the chopped walnuts. Fill each muffin liner about 3/4 full and place in the oven to bake for 30 minutes.
- 5. Remove from oven and let cool before serving or storing. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to five days. Place in an airtight freezer bag for up to two months.

Serving Size

One serving is equal to one muffin.

No Walnuts

Use chocolate chips instead of walnuts.

Ingredients

2 tbsps Ground Flax Seed

1/3 cup Water

1/3 cup Unsweetened Almond Milk

1 tsp Apple Cider Vinegar

1 1/2 cups Oat Flour

1 cup Almond Flour

1 tsp Baking Soda

1/2 tsp Baking Powder

1 tsp Pumpkin Pie Spice

1/4 tsp Sea Salt

1 cup Pureed Pumpkin

1/2 cup Maple Syrup

2 tbsps Coconut Oil (melted)

1/2 cup Walnuts (roughly chopped)

Nutrition		Amount per serving	
Calories	215	Vitamin A	3193IU
Fat	12g	Vitamin C	1mg
Carbs	24g	Calcium	78mg
Fiber	4g	Iron	2mg
Sugar	9g	Vitamin D	3IU
Protein	6g	Vitamin E	0mg
Cholesterol	0mg	Vitamin B6	0mg



43mg

Strawberries with Macadamia Dip

3 ingredients · 5 minutes · 6 servings



Directions

- Combine the macadamia nuts and coconut oil in a food processor or high-speed blender. Blend until smooth, adding a bit of water if needed until your desired consistency is reached.
- 2. Transfer to a bowl. Serve with strawberries and enjoy!

Notes

Leftovers

Refrigerate the macadamia dip separately in an airtight container for up to two weeks.

Nut-Free

Use sunflower seed butter instead of macadamia nuts.

Additional Toppings

Top with hemp seeds, shredded coconut, dark chocolate chips or crushed nuts.

More Flavor

Use roasted macadamia nuts, and/or combine with cashews or hazelnuts.

Save Time

Use store-bought macadamia nut butter instead, or skip the soaking time and add more water or milk instead.

Ingredients

1 1/2 cups Macadamia Nuts (soaked at least 30 minutes)

2 tbsps Coconut Oil (melted)

2 cups Strawberries

Nutrition		Amount per serving	
Calories	297	Vitamin A	6IU
Fat	30g	Vitamin C	30mg
Carbs	9g	Calcium	37mg
Fiber	4g	Iron	1mg
Sugar	4g	Vitamin D	0IU
Protein	3g	Vitamin E	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	2mg	Magnesium	50mg

Peaches with Cinnamon

2 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl or container, sprinkle the cinnamon over the peach slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. To prevent browning, squeeze lemon juice over the peaches before refrigerating.

Additional Toppings

Top with yogurt, coconut cream, whipped aquafaba, shredded coconut or hemp seeds.

Ingredients

- 1 tsp Cinnamon
- 1 Peach (sliced, pit removed)

Nutrition		Amount per serving	
Calories	64	Vitamin A	497IU
Fat	0g	Vitamin C	10mg
Carbs	16g	Calcium	35mg
Fiber	4g	Iron	1mg
Sugar	13g	Vitamin D	0IU
Protein	1g	Vitamin E	1mg
Cholesterol	0mg	Vitamin B6	0mg
Sodium	0mg	Magnesium	16mg

Tuna Salad Plate

5 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add pepper, paprika and/or lemon juice.

Additional Toppings

Top with sliced green onions, red onion or red pepper flakes.

No Tuna

Use sardines or salmon instead.

No Coconut Yogurt

Use mayonnaise or Greek yogurt instead.

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

Nutrition		Amount per serving	
Calories	342	Vitamin A	320IU
Fat	18g	Vitamin C	12mg
Carbs	14g	Calcium	177mg
Fiber	8g	Iron	4mg
Sugar	2g	Vitamin D	78IU
Protein	35g	Vitamin E	3mg
Cholesterol	59mg	Vitamin B6	0.8mg
Sodium	1019mg	Magnesium	77mg

Mini Eggplant Pizzas

8 ingredients · 30 minutes · 4 servings



Directions

- 1. Cut the eggplant into equal slices about 1/2 inch thick. Generously brush each side of the eggplant with the oil and season with sea salt and black pepper.
- 2. Heat a large non-stick pan over medium heat. Cook eggplant in batches until tender and browned about 3 to 5 minutes per side.
- 3. Meanwhile, turn the broiler on high.
- 4. Transfer the browned eggplant slices to a baking sheet and top each with tomato sauce, dried oregano and shredded cheese. Broil the eggplant pizzas for 3 to 5 minutes until the cheese is melted, bubbly and browned.
- 5. Top with red pepper flakes and fresh basil. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Reheat in the microwave or oven until warmed through.

Serving Size

One serving is approximately three eggplant pizzas.

Dairy-Free

Use a dairy-free shredded cheese instead.

More Flavor

Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings

Top eggplant pizza with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or mushrooms.

Ingredients

1 Eggplant (medium)

1/4 cup Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

3/4 cup Tomato Sauce

1/2 tsp Oregano

4 1/3 ozs Mozzarella Ball (grated)

1/2 tsp Red Pepper Flakes (Optional)

2 tbsps Basil Leaves (finely chopped)

Nutrition		Amount per serving	
Calories	254	Vitamin A	603IL
Fat	21g	Vitamin C	6mg
Carbs	10g	Calcium	179mg
Fiber	4g	Iron	1mg
Sugar	6g	Vitamin D	5IL
Protein	9g	Vitamin E	3mg
Cholesterol	25mg	Vitamin B6	0.2mg
Sodium	159mg	Magnesium	31mg



Spicy Roasted Red Pepper Soup

10 ingredients · 1 hour · 4 servings



Directions

- Preheat oven to broil. Cut bell peppers in half lengthwise and discard seeds. Place pepper halves skin side down on a parchment paper-lined baking sheet. Broil for 15 minutes or until blackened.
- Place roasted peppers in a zip-lock bag and seal. Let sit for 15 minutes. This allows you to peel the skin off more easily. Remove peppers from bag and peel away the skin. Throw the skin away and coarsely chop the remaining pepper.
- Heat the oil in a large pot over medium heat. Add onion and sauté for 5 minutes or until golden. Then add garlic and sauté for another minute.
- 4. Add bell peppers, fresh ground pepper, bay leaf, thyme, broth, vinegar and cayenne. Bring to a boil then cover and reduce heat to simmer for 10 minutes. After 10 minutes, remove the bay leaf and thyme sprigs from the soup and discard.
- 5. Puree soup. You can do this with a blender, magic bullet or hand/immersion blender. If you are blending with a normal blender, ensure you remove the centerpiece of the lid to allow a place for steam to escape. Otherwise the steam will pop the lid off when blending, which is super dangerous.
- **6.** Pour soup back into pot and warm over medium heat. Ladle into soup bowls when ready to eat. Season with a pinch of cayenne for a spicier soup. Enjoy!

Ingredients

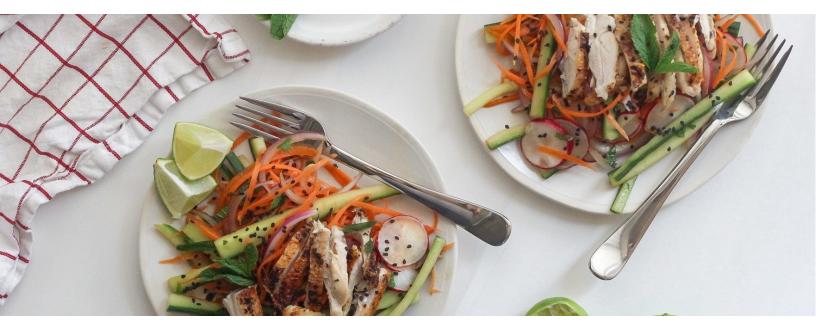
- 4 Red Bell Pepper
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Sweet Onion (diced)
- 2 Garlic (cloves, minced)
- 1 tsp Black Pepper (fresh ground)
- 1/8 oz Thyme Sprigs
- 1 Bay Leaf
- 3 cups Organic Vegetable Broth
- 3 tbsps Apple Cider Vinegar
- **1/4 tsp** Cayenne Pepper (less if you don't like it spicy)

Nutrition		Amount per serving	
Calories	89	Vitamin A	4207IU
Fat	2g	Vitamin C	158mg
Carbs	17g	Calcium	38mg
Fiber	4g	Iron	1mg
Sugar	11g	Vitamin D	0IU
Protein	2g	Vitamin E	2mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	503mg	Magnesium	26mg



Chicken Thigh Shredded Salad

12 ingredients · 40 minutes · 4 servings



Directions

- 1. Preheat the oven to 375°F (191°C). Season the chicken with sea salt and thyme.
- In a large cast-iron skillet over medium-high heat, add the chicken thighs and cook skin side down for 6 to 8 minutes. Flip the chicken over and transfer to the oven to cook for 16 to 18 minutes or until cooked through. Remove, let cool and then shred. Set aside.
- 3. In a large bowl, add the red onion, carrots, cucumber, radishes and mint. Add the avocado oil, lime juice, ginger and coconut aminos and toss to combine.
- 4. Serve the salad with the shredded chicken on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, store the dressing separately.

More Flavor

Add additional herbs such as cilantro or seasoning such as chili flakes. Top with sesame seeds.

Make it Vegan

Omit the chicken and use tofu or roasted chickpeas instead.

No Avocado Oil

Use extra virgin olive oil instead.

Meal Prep

Save time by slicing the veggies ahead of time and cooking the chicken.

No Coconut Aminos

Use tamari or soy sauce instead.

Ingredients

1 1/16 lbs Chicken Thighs with Skin

1/4 tsp Sea Salt

1/4 tsp Thyme (dried)

1/2 cup Red Onion (thinly sliced)

3 Carrot (shredded)

1/2 Cucumber (large, julienned)

1 cup Radishes (thinly sliced)

1/4 cup Mint Leaves (finely chopped)

2 tbsps Avocado Oil

1 tbsp Lime Juice

1/8 tsp Ground Ginger

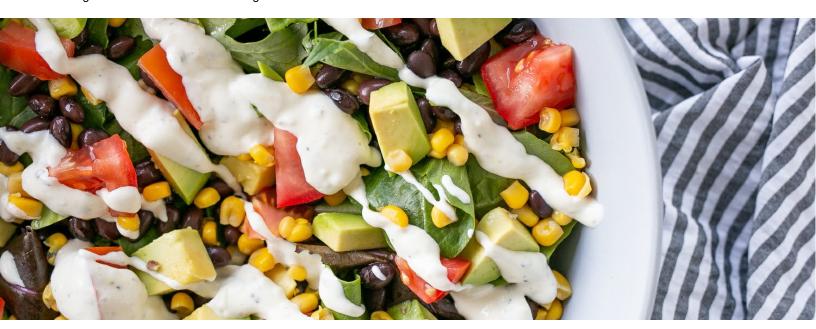
2 tbsps Coconut Aminos

Nutrition		Amount per serving	
Calories	372	Vitamin A	7819IU
Fat	24g	Vitamin C	11mg
Carbs	11g	Calcium	47mg
Fiber	3g	Iron	2mg
Sugar	6g	Vitamin D	8IU
Protein	28g	Vitamin E	1mg
Cholesterol	151mg	Vitamin B6	0.6mg
Sodium	442mg	Magnesium	42mg



Southwestern Coconut Ranch Salad

11 ingredients · 10 minutes · 4 servings



Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the dressing separately for up to one week and add the avocado just before serving.

More Flavor

Use fresh instead of dried herbs.

No Coconut Milk

Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.

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)

Nutrition		Amount per serving	
Calories	393	Vitamin A	1095IU
Fat	28g	Vitamin C	29mg
Carbs	31g	Calcium	69mg
Fiber	13g	Iron	3mg
Sugar	3g	Vitamin D	0IU
Protein	9g	Vitamin E	2mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	367mg	Magnesium	74mg

