

Christy Cater WELLNESS

Eating Fruits and Veggies Never Felt So Good!

Created by Christy Cater Wellness



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55 items

Fruits

- 2 1/2 Avocado
- 1 tbsp Lime Juice
- 1 Peach
- 2 cups Strawberries

Breakfast

- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 1 Bay Leaf
- 1 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 1 tsp Cinnamon
- 1 1/2 tsps Dried Chives
- 2 tsps Ground Flax Seed
- 1/8 tsp Ground Ginger
- 1 1/2 cups Macadamia Nuts
- 1/4 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Walnuts

Vegetables

- 2 tsps Basil Leaves
- 3 Carrot
- 3/4 Cucumber
- 1 Eggplant
- 2 Garlic
- 1/4 cup Mint Leaves
- 8 cups Mixed Greens
- 1 cup Radishes
- 4 Red Bell Pepper
- 1/2 cup Red Onion
- 1 Sweet Onion
- 1/4 tsp Thyme
- 1/8 oz Thyme Sprigs
- 2 Tomato

Boxed & Canned

- 1 cup Black Beans
- 1 cup Corn
- 1/2 cup Organic Coconut Milk
- 3 cups Organic Vegetable Broth
- 1 can Tuna

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

Bread, Fish, Meat & Cheese

- 1 1/16 lbs Chicken Thighs With Skin
- 4 1/3 ozs Mozzarella Ball

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 2 tsps Coconut Aminos
- 1/4 cup Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 3/4 cup Tomato Sauce

Cold

- 1/3 cup Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 1/3 cup Water

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 |

Sodium 182mg Magnesium 43mg

Strawberries with Macadamia Dip

3 ingredients · 5 minutes · 6 servings



Directions

1. 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 | 603IU |
| Fat | 21g | Vitamin C | 6mg |
| Carbs | 10g | Calcium | 179mg |
| Fiber | 4g | Iron | 1mg |
| Sugar | 6g | Vitamin D | 5IU |
| 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

1. 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.
2. 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.
3. 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.
2. 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

1. 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 on-the-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 tbsps 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 |