



Skin Health Program

Created by Mindful Evolutions



Skin Health Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Creamy Blueberry Smoothie	Creamy Blueberry Smoothie	Orange Turmeric Overnight Oats	Orange Turmeric Overnight Oats	Orange Turmeric Overnight Oats	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt
Snack 1	Tuna Salad Plate	Chia Oats with Kiwi	Yogurt & Peaches	Tuna Salad Lettuce Wraps	Bell Peppers with Guacamole	Oatmeal with Raspberries	Bell Peppers with Guacamole
Lunch	One Pan Lemon & Chive Salmon	Cuban Beef Picadillo	One Pan Lemon & Chive Salmon	Taco Salad with Beef	Spiced Cauliflower Rice Bowl	One Pan Steak, Asparagus & Mushrooms	Arugula Salad with Salmon
Snack 2	Chia Oats with Kiwi	Tuna Salad Plate	Chia Oats with Kiwi	Yogurt & Peaches	Tuna Salad Lettuce Wraps	Bell Peppers with Guacamole	Oatmeal with Raspberries
Dinner	Cuban Beef Picadillo	One Pan Lemon & Chive Salmon	Taco Salad with Beef	Spiced Cauliflower Rice Bowl	One Pan Steak, Asparagus & Mushrooms	Arugula Salad with Salmon	One Pan Steak, Asparagus & Mushrooms



Skin Health Program

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1823	Calories 1823	Calories 1638	Calories 1698	Calories 1837	Calories 1896	Calories 1896
Fat 87g	Fat 87g	Fat 92g	Fat 91g	Fat 101g	Fat 117g	Fat 117g
Carbs 145g	Carbs 145g	Carbs 139g	Carbs 172g	Carbs 156g	Carbs 120g	Carbs 120g
Fiber 37g	Fiber 37g	Fiber 34g	Fiber 45g	Fiber 44g	Fiber 47g	Fiber 47g
Sugar 32g	Sugar 32g	Sugar 37g	Sugar 34g	Sugar 28g	Sugar 28g	Sugar 28g
Protein 126g	Protein 126g	Protein 75g	Protein 69g	Protein 95g	Protein 107g	Protein 107g
Cholesterol 215mg	Cholesterol 215mg	Cholesterol 152mg	Cholesterol 104mg	Cholesterol 207mg	Cholesterol 271mg	Cholesterol 271mg
Sodium 1889mg	Sodium 1889mg	Sodium 868mg	Sodium 1497mg	Sodium 1674mg	Sodium 1174mg	Sodium 1174mg
Vitamin A 4123IU	Vitamin A 4123IU	Vitamin A 5553IU	Vitamin A 10009IU	Vitamin A 11224IU	Vitamin A 6233IU	Vitamin A 6233IU
Vitamin C 254mg	Vitamin C 254mg	Vitamin C 189mg	Vitamin C 179mg	Vitamin C 321mg	Vitamin C 238mg	Vitamin C 238mg
Calcium 935mg	Calcium 935mg	Calcium 1078mg	Calcium 1077mg	Calcium 614mg	Calcium 1099mg	Calcium 1099mg
Iron 18mg	Iron 18mg	Iron 14mg	Iron 16mg	Iron 18mg	Iron 18mg	Iron 18mg
Vitamin D 81IU	Vitamin D 81IU	Vitamin D 3IU	Vitamin D 42IU	Vitamin D 47IU	Vitamin D 8IU	Vitamin D 8IU
Vitamin E 11mg	Vitamin E 11mg	Vitamin E 11mg	Vitamin E 11mg	Vitamin E 12mg	Vitamin E 12mg	Vitamin E 12mg
Vitamin B6 3.5mg	Vitamin B6 3.5mg	Vitamin B6 2.5mg	Vitamin B6 2.4mg	Vitamin B6 3.7mg	Vitamin B6 4.0mg	Vitamin B6 4.0mg
Magnesium 440mg	Magnesium 440mg	Magnesium 333mg	Magnesium 378mg	Magnesium 410mg	Magnesium 454mg	Magnesium 454mg



Skin Health Program

50 items

Fruits

- 6 1/2 Avocado
- 2 Fig
- 1 1/2 Kiwi
- 2 Lemon
- 1/2 cup Lemon Juice
- 3 1/2 tbsps Lime Juice
- 1 1/2 Navel Orange
- 2 Peach
- 1 cup Raspberries
- 1/2 cup Strawberries

Seeds, Nuts & Spices

- 1 cup Chia Seeds
- 1 tbsps Chili Powder
- 2 1/3 tpsps Cinnamon
- 2 1/4 tpsps Cumin
- 1/2 tsp Paprika
- 2 2/3 tpsps Sea Salt
- 1 tsp Sesame Seeds
- 1 1/3 tpsps Turmeric

Frozen

- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower

Vegetables

- 4 cups Arugula
- 3 cups Asparagus
- 1/2 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 3 tbsps Chives
- 1/2 cup Cilantro
- 18 Cremini Mushrooms
- 1 1/8 Cucumber
- 1 Garlic
- 5 stalks Green Onion
- 1/2 Jalapeno Pepper
- 4 1/2 cups Purple Cabbage
- 3 1/2 Red Bell Pepper
- 4 leaves Romaine
- 1 head Romaine Hearts
- 1/2 tsp Thyme

Boxed & Canned

- 1 1/8 cups Brown Rice
- 3/4 cup Diced Tomatoes
- 3 cans Tuna

Baking

- 4 cups Oats

Bread, Fish, Meat & Cheese

- 1 lb Extra Lean Ground Beef
- 1 2/3 lbs Salmon Fillet
- 1 1/2 lbs Top Sirloin Steak

Condiments & Oils

- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 2 tbsps Tahini

Cold

- 2 cups Oat Milk
- 5 1/2 cups Unsweetened Coconut Yogurt

Other

- 1/2 cup Vanilla Protein Powder
- 5 1/2 cups Water



Creamy Blueberry Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings

Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy

Use almond milk or oat milk instead of water.

Lemon

One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Nutrition

Amount per serving

Calories	324	Vitamin A	92IU
Fat	9g	Vitamin C	79mg
Carbs	41g	Calcium	500mg
Fiber	14g	Iron	3mg
Sugar	17g	Vitamin D	0IU
Protein	25g	Vitamin E	1mg
Cholesterol	4mg	Vitamin B6	0.4mg
Sodium	102mg	Magnesium	114mg



Orange Turmeric Overnight Oats

6 ingredients · 2 hours · 3 servings



Directions

1. Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
2. Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add maple syrup, honey or a pinch of sea salt.

Additional Toppings

Crushed nuts, hemp seeds, coconut flakes, or nut butter.

Ingredients

- 1 1/2 cups Oats (rolled)
- 2 cups Oat Milk (unsweetened)
- 1 1/8 tps Turmeric
- 1/3 tsp Cinnamon
- 1 1/2 tbsps Chia Seeds
- 1 1/2 Navel Orange (divided)

Nutrition

Amount per serving

Calories	297	Vitamin A	174IU
Fat	8g	Vitamin C	41mg
Carbs	50g	Calcium	309mg
Fiber	9g	Iron	3mg
Sugar	11g	Vitamin D	0IU
Protein	9g	Vitamin E	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	66mg	Magnesium	84mg



Coconut Chia Seed Yogurt

4 ingredients · 30 minutes · 2 servings



Directions

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Ingredients

2 cups Unsweetened Coconut Yogurt

1/2 cup Chia Seeds

2 tsps Cinnamon

1/2 cup Strawberries (chopped)

Nutrition

Amount per serving

Calories	368	Vitamin A	12IU
Fat	23g	Vitamin C	21mg
Carbs	37g	Calcium	799mg
Fiber	17g	Iron	5mg
Sugar	3g	Vitamin D	0IU
Protein	9g	Vitamin E	0mg
Cholesterol	0mg	Vitamin B6	0mg
Sodium	50mg	Magnesium	146mg



Tuna Salad Plate

5 ingredients · 5 minutes · 2 servings



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

2 cans Tuna (drained, broken into chunks)

1 Avocado (pit removed)

1/2 cup Unsweetened Coconut Yogurt

1/2 Cucumber (sliced)

1/2 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	1018mg	Magnesium	77mg



Yogurt & Peaches

2 ingredients · 5 minutes · 2 servings



Directions

1. Add the yogurt to a bowl and top with the peach slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

No Coconut Yogurt

Use Greek yogurt instead.

Ingredients

2 cups Unsweetened Coconut Yogurt

2 Peach (sliced, fresh or frozen and thawed)

Nutrition

Amount per serving

Calories	169	Vitamin A	489IU
Fat	7g	Vitamin C	10mg
Carbs	26g	Calcium	509mg
Fiber	5g	Iron	1mg
Sugar	14g	Vitamin D	0IU
Protein	2g	Vitamin E	1mg
Cholesterol	0mg	Vitamin B6	0mg
Sodium	50mg	Magnesium	14mg



Tuna Salad Lettuce Wraps

7 ingredients · 15 minutes · 2 servings



Directions

1. In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
2. Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Notes

Leftovers

Keep refrigerated in an airtight container for up to two days.

Serving Size

One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

More Flavor

Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

Additional Toppings

Top with sunflower seeds, pumpkin seeds or hemp seeds.

No Avocado

Use mayonnaise instead.

Ingredients

- 1 Avocado
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1 can Tuna (flaked)
- 2 stalks Green Onion (sliced)
- 1/8 Cucumber (deseeded and finely chopped)
- 4 leaves Romaine

Nutrition

Amount per serving

Calories	251	Vitamin A	5579IU
Fat	16g	Vitamin C	19mg
Carbs	13g	Calcium	56mg
Fiber	8g	Iron	3mg
Sugar	2g	Vitamin D	39IU
Protein	19g	Vitamin E	2mg
Cholesterol	30mg	Vitamin B6	0.6mg
Sodium	513mg	Magnesium	62mg



Bell Peppers with Guacamole

4 ingredients · 5 minutes · 3 servings



Directions

1. In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
2. Serve the guacamole with red bell pepper slices and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add garlic, red onion, tomatoes, jalapeño and/or cilantro to the guacamole.

No Red Bell Pepper

Use cucumber slices, carrot sticks, or crackers instead.

Ingredients

- 1 1/2 Avocado (medium)
- 2 tbsps Lemon Juice
- 1/3 tsp Sea Salt (or more to taste)
- 3 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving

Calories	194	Vitamin A	3873IU
Fat	15g	Vitamin C	166mg
Carbs	16g	Calcium	21mg
Fiber	9g	Iron	1mg
Sugar	6g	Vitamin D	0IU
Protein	3g	Vitamin E	4mg
Cholesterol	0mg	Vitamin B6	0.6mg
Sodium	307mg	Magnesium	44mg



Oatmeal with Raspberries

3 ingredients · 10 minutes · 2 servings



Directions

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
2. Transfer the cooked oats to a bowl and top with raspberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add cinnamon, vanilla extract and/or a pinch of salt.

Additional Toppings

Almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Raspberries

Top with blueberries, strawberries, peaches or bananas.

No Stove Top

Cook oats in the microwave instead.

Ingredients

2 cups Water

1 cup Oats (quick or rolled)

1 cup Raspberries (fresh or frozen)

Nutrition

Amount per serving

Calories	185	Vitamin A	20IU
Fat	3g	Vitamin C	16mg
Carbs	35g	Calcium	60mg
Fiber	8g	Iron	2mg
Sugar	3g	Vitamin D	0IU
Protein	6g	Vitamin E	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	8mg	Magnesium	74mg



One Pan Lemon & Chive Salmon

6 ingredients · 15 minutes · 3 servings



Directions

1. Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
2. In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
3. Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
4. Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

Notes

Leftovers

For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

More Flavor

Add red pepper flakes and black pepper to the chive mixture.

Ingredients

- 1/3 cup Extra Virgin Olive Oil (divided)
- 4 1/2 cups Purple Cabbage (sliced into thick wedges)
- 1/8 tsp Sea Salt (divided)
- 15 ozs Salmon Fillet
- 3 tbsps Chives (finely chopped)
- 2 1/4 tbsps Lemon Juice

Nutrition

Amount per serving

Calories	485	Vitamin A	1678IU
Fat	36g	Vitamin C	82mg
Carbs	11g	Calcium	81mg
Fiber	3g	Iron	2mg
Sugar	5g	Vitamin D	0IU
Protein	30g	Vitamin E	4mg
Cholesterol	78mg	Vitamin B6	1.5mg
Sodium	247mg	Magnesium	64mg



Chia Oats with Kiwi

4 ingredients · 10 minutes · 3 servings



Directions

1. In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
2. Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size

One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor

Add cinnamon or maple syrup.

Additional Toppings

Add nuts, seeds and berries.

Ingredients

- 1 1/2 cups Water
- 1 1/2 cups Oats (rolled)
- 3 tbsps Chia Seeds
- 1 1/2 Kiwi (chopped)

Nutrition

Amount per serving

Calories	235	Vitamin A	30IU
Fat	7g	Vitamin C	32mg
Carbs	37g	Calcium	112mg
Fiber	8g	Iron	3mg
Sugar	4g	Vitamin D	0IU
Protein	8g	Vitamin E	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	6mg	Magnesium	99mg



Cuban Beef Picadillo

10 ingredients · 45 minutes · 2 servings



Directions

1. Cook the brown rice according to package directions.
2. Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
3. Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
4. Divide the rice and beef mixture between plates and serve immediately. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Stir in a couple of tablespoons of olive brine or add minced garlic.

Additional Toppings

Serve with extra chopped cilantro, green onions or lime juice on top.

Grain-Free

Use roasted potatoes or cauliflower rice instead of rice.

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Beef
- 1/2 Red Bell Pepper (chopped)
- 3/4 cup Diced Tomatoes (from the can with juices)
- 2 stalks Green Onion (chopped, green part only)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Green Olives (sliced)
- 3/4 tsp Cumin
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	437	Vitamin A	2003IU
Fat	17g	Vitamin C	49mg
Carbs	42g	Calcium	65mg
Fiber	4g	Iron	6mg
Sugar	4g	Vitamin D	3IU
Protein	28g	Vitamin E	2mg
Cholesterol	74mg	Vitamin B6	0.7mg
Sodium	516mg	Magnesium	86mg



Taco Salad with Beef

11 ingredients · 25 minutes · 2 servings



Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage

Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor

Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan

Use black beans instead of ground beef.

Ingredients

- 8 ozs Extra Lean Ground Beef
- 1 tbsp Chili Powder
- 1 1/2 tsps Cumin
- 1/4 tsp Sea Salt
- 1/2 cup Cherry Tomatoes (chopped)
- 1/2 Jalapeno Pepper (chopped)
- 1 stalk Green Onion (chopped)
- 1 1/2 tsps Lime Juice (divided)
- 1 head Romaine Hearts (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado (sliced)

Nutrition

Amount per serving

Calories	452	Vitamin A	3182IU
Fat	34g	Vitamin C	24mg
Carbs	15g	Calcium	67mg
Fiber	9g	Iron	5mg
Sugar	3g	Vitamin D	3IU
Protein	26g	Vitamin E	5mg
Cholesterol	74mg	Vitamin B6	0.8mg
Sodium	499mg	Magnesium	72mg



Spiced Cauliflower Rice Bowl

13 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
3. While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
4. In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
5. Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

No Brown Rice

Use jasmine rice, cauliflower rice, quinoa or millet instead.

Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

Nutrition

Amount per serving

Calories	529	Vitamin A	585IU
Fat	26g	Vitamin C	85mg
Carbs	68g	Calcium	136mg
Fiber	14g	Iron	4mg
Sugar	4g	Vitamin D	0IU
Protein	13g	Vitamin E	3mg
Cholesterol	0mg	Vitamin B6	0.9mg
Sodium	369mg	Magnesium	146mg



One Pan Steak, Asparagus & Mushrooms

5 ingredients · 10 minutes · 3 servings



Directions

1. Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
2. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
3. Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
4. Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.

Ingredients

- 2 1/4 **tsps** Extra Virgin Olive Oil (divided)
- 1 1/2 **lbs** Top Sirloin Steak
- 1/3 **tsp** Sea Salt (divided)
- 3 **cups** Asparagus (woody ends trimmed)
- 18 **Cremini** Mushrooms (sliced)

Nutrition

Amount per serving

Calories	566	Vitamin A	1013IU
Fat	36g	Vitamin C	10mg
Carbs	9g	Calcium	92mg
Fiber	4g	Iron	7mg
Sugar	5g	Vitamin D	8IU
Protein	51g	Vitamin E	3mg
Cholesterol	177mg	Vitamin B6	1.5mg
Sodium	419mg	Magnesium	74mg



Arugula Salad with Salmon

8 ingredients · 15 minutes · 2 servings



Directions

1. Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
2. In a small bowl, mix the oil and lemon juice together.
3. Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings

More vegetables, nuts or seeds.

Ingredients

- 12 ozs Salmon Fillet
- 1/4 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 4 cups Arugula
- 1/2 Cucumber (sliced)
- 1 Avocado (sliced)
- 2 Fig (optional, quartered)

Nutrition

Amount per serving

Calories	583	Vitamin A	1315IU
Fat	40g	Vitamin C	25mg
Carbs	23g	Calcium	127mg
Fiber	9g	Iron	3mg
Sugar	11g	Vitamin D	0IU
Protein	38g	Vitamin E	4mg
Cholesterol	94mg	Vitamin B6	1.8mg
Sodium	390mg	Magnesium	116mg

