



Low Inflammation Recipes

Created by Mindful Evolutions



Low Inflammation Recipes

110 items

Fruits

- 2 Apple
- 2 Avocado
- 1 1/2 Banana
- 2 cups Cherries
- 1 cup Grapes
- 4 1/2 Lemon
- 2 tbsps Lemon Juice
- 1/2 Lime
- 1/3 cup Lime Juice
- 2/3 Mango
- 2 Navel Orange
- 1 1/2 Nectarine
- 2 1/2 Peach
- 2 cups Pineapple
- 3 cups Raspberries
- 5 1/2 cups Strawberries

Breakfast

- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Chia Seeds
- 1 tsp Chili Flakes
- 2 tsps Chipotle Powder
- 2 tbsps Cinnamon
- 1 2/3 tbsps Cumin
- 1 tsp Garlic Powder
- 2 1/16 cups Ground Flax Seed
- 1/3 cup Hemp Seeds
- 1 cup Pecans
- 1/2 cup Pumpkin Seeds
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 1/2 tsps Turmeric

Frozen

Vegetables

- 1 cup Arugula
- 8 cups Baby Spinach
- 1 1/8 cups Basil Leaves
- 1 Beet
- 3 cups Broccoli
- 3 Carrot
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 1/3 cup Chives
- 2 cups Cilantro
- 2 1/2 Cucumber
- 2 tbsps Fresh Dill
- 12 Garlic
- 1 2/3 tbsps Ginger
- 1 1/2 cups Grated Carrot
- 1 1/3 cups Green Cabbage
- 3 stalks Green Onion
- 4 cups Kale Leaves
- 1/2 cup Mint Leaves
- 4 cups Mixed Greens
- 1/4 cup Parsley
- 1 3/4 cups Red Onion
- 4 Red Potato
- 1 cup Rhubarb
- 2 Russet Potato
- 1 Spaghetti Squash
- 6 Sweet Potato
- 1/2 White Onion
- 1 1/4 Zucchini

Boxed & Canned

- 2 1/2 cups Beef Broth
- 12 2/3 fl ozs Bone Broth
- 2 1/2 cups Canned Coconut Milk
- 2 cups Chickpeas
- 1 cup Lentils
- 1 cup Lima Beans

Bread, Fish, Meat & Cheese

- 10 ozs Ahi Tuna
- 8 ozs Chicken Breast, Cooked
- 3 3/4 lbs Chicken Thighs
- 1 lb Lean Ground Pork
- 1 1/8 lbs Salmon Fillet
- 1 1/3 lbs Stewing Beef
- 1 1/4 lbs Top Sirloin Steak

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 2 tbsps Balsamic Vinegar
- 3 1/2 tbsps Coconut Aminos
- 1/3 cup Coconut Oil
- 1 cup Extra Virgin Olive Oil
- 2 tbsps Sesame Oil
- 3 tbsps Soy Sauce
- 1/3 cup Sunflower Seed Butter
- 1/4 cup Tahini

Cold

- 1/2 cup Orange Juice
- 5 3/4 cups Plain Coconut Milk
- 2 1/2 cups Unsweetened Coconut Yogurt

Other

- 9 Barbecue Skewers
- 2/3 oz Collagen Powder
- 3/4 oz Freeze Dried Strawberries
- 1 1/3 tbsps Hibiscus Tea
- 1/2 cup Vanilla Protein Powder
- 7 1/2 cups Water



- 6 cups** Cauliflower Rice
- 1/2 cup** Frozen Mango
- 1 cup** Frozen Peas
- 2 cups** Frozen Raspberries
- 5** Ice Cubes

- 1 1/2 cups** Pinto Beans
- 1 1/2 tbsps** Tomato Paste

Baking

- 1 tsp** Arrowroot Powder
- 1/4 tsp** Baking Soda
- 3 tbsps** Coconut Flour
- 3/4 cup** Dark Chocolate Chips
- 2 tbsps** Honey
- 1/2 cup** Pitted Dates
- 1/2 cup** Raw Honey
- 2/3 cup** Tapioca Flour
- 1 1/16 cups** Unsweetened Coconut Flakes
- 2 tbsps** Unsweetened Shredded Coconut
- 2 1/2 tsps** Vanilla Extract



Grain-Free Waffles

8 ingredients · 20 minutes · 2 servings



Directions

1. In a medium-sized bowl, add the tapioca flour, coconut flour, baking soda, and salt. Whisk to combine. Add the milk, maple syrup, oil, and vanilla and stir with a spatula until combined.
2. Grease the waffle maker. Add the batter to cover the bottom of your maker, about 1/2 cup at a time.
3. Cook the waffles for about six to seven minutes or until golden brown and crispy. Repeat the process until all of the batter is cooked. Serve with maple syrup, if using, and enjoy!

Notes

Leftovers

Best enjoyed immediately after making to maintain the crispy exterior. Leftover waffles can be refrigerated for up to two days and toasted before serving. Freeze for up to one month.

Serving Size

One serving is one waffle.

No Coconut Oil

Use avocado oil.

More Flavor

Add a pinch of cinnamon to the mixture.

Additional Toppings

Top with berries, butter, or nut/seed butter.

Texture

These waffles are not a standard waffle texture. They are crispy on the outside and slightly gummy on the inside due to the type of flour used.

Ingredients

- 2/3 cup Tapioca Flour
- 3 tbsps Coconut Flour
- 1/4 tsp Baking Soda
- 1/4 tsp Sea Salt
- 3/4 cup Canned Coconut Milk
- 3 tbsps Maple Syrup (plus more for serving)
- 1/4 cup Coconut Oil (melted)
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	661	Vitamin C	0mg
Fat	44g	Calcium	35mg
Carbs	63g	Iron	2mg
Fiber	4g	Vitamin D	0IU
Sugar	20g	Vitamin E	0mg
Protein	3g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	501mg	Magnesium	6mg
Potassium	202mg	Selenium	0µg
Vitamin A	0IU		



Spaghetti Squash with Hemp Pesto Chicken

6 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
2. Season the cut side of each squash half with half of the salt and place on the prepared baking sheet, flesh-side down. Cook for 30 to 35 minutes, or until the squash is fork-tender.
3. Meanwhile, prepare the basil pesto by blending the basil, oil, hemp seeds, and remaining salt in a small food processor or blender. Set aside.
4. Preheat a large non-stick pan over medium-high heat. Cook the chicken for five to seven minutes, or until cooked through. Stir in the pesto and cook until warmed through, for about two minutes.
5. When cool enough to handle, use a fork to shred the squash into noodles. Divide evenly between plates and top with the chicken and pesto mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

More Flavor

Add garlic and parmesan cheese to the pesto.

Ingredients

- 1 Spaghetti Squash (medium, cut in half lengthwise, seeds removed)
- 1/2 tsp Sea Salt (divided)
- 1 cup Basil Leaves (packed)
- 1/4 cup Avocado Oil
- 1 tbsp Hemp Seeds
- 8 ozs Chicken Thighs (boneless, skinless, sliced)

Nutrition

Amount per serving

Calories	503	Vitamin C	28mg
Fat	35g	Calcium	120mg
Carbs	23g	Iron	4mg
Fiber	4g	Vitamin D	1IU
Sugar	0g	Vitamin E	0mg
Protein	26g	Vitamin B6	0.9mg
Cholesterol	107mg	Vitamin B12	0.7µg
Sodium	705mg	Magnesium	144mg
Potassium	1145mg	Selenium	27µg
Vitamin A	1937IU		



Sweet Potato, Pineapple & Cilantro Salad

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Toss the sweet potato in half of the oil and season with half of the salt. Add to the prepared baking sheet and cook in the oven for 25 minutes, or until fork-tender and starting to brown.
3. Meanwhile, add the pineapple, chives, and cilantro to a large bowl.
4. In a small bowl, whisk together the remaining oil, salt, coconut aminos, lime juice, and ginger.
5. Add the cooked sweet potato to the pineapple mixture and stir to combine. Drizzle on the dressing, then toss to coat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Additional Toppings

Sliced jalapeño pepper.

Ingredients

- 1 Sweet Potato (medium, chopped)
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 1/2 **tsp** Sea Salt (divided)
- 2 **cups** Pineapple (chopped)
- 1/4 **cup** Chives (chopped)
- 1/2 **cup** Cilantro (chopped)
- 1 **tbsp** Coconut Aminos
- 1 **tbsp** Lime Juice
- 1 **tbsp** Ginger (freshly grated)

Nutrition

Amount per serving

Calories	106	Vitamin C	44mg
Fat	4g	Calcium	25mg
Carbs	19g	Iron	1mg
Fiber	2g	Vitamin D	0IU
Sugar	10g	Vitamin E	1mg
Protein	1g	Vitamin B6	0.2mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	383mg	Magnesium	21mg
Potassium	229mg	Selenium	0µg
Vitamin A	4926IU		



Sweet Potato & Mango Bone Broth Smoothie

8 ingredients · 30 minutes · 2 servings



Directions

1. Steam the sweet potato for 12 to 15 minutes until tender. Transfer to a plate to cool down.
2. Add the sweet potato and the remaining ingredients to a blender. Blend until very smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size

One serving is equal to approximately 1 1/2 cups.

Consistency

If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

Ingredients

- 1 Sweet Potato (medium, peeled, cubed)
- 1/2 cup Frozen Mango
- 12 2/3 fl ozs Bone Broth (cold)
- 1 cup Plain Coconut Milk (from the carton)
- 1 tsp Ginger (fresh, grated)
- 1 tsp Turmeric
- 1 tsp Cinnamon
- 1 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	231	Vitamin C	21mg
Fat	8g	Calcium	297mg
Carbs	28g	Iron	2mg
Fiber	4g	Vitamin D	50IU
Sugar	13g	Vitamin E	1mg
Protein	9g	Vitamin B6	0.2mg
Cholesterol	28mg	Vitamin B12	1.5µg
Sodium	364mg	Magnesium	25mg
Potassium	353mg	Selenium	1µg
Vitamin A	10514IU		



Orange & Carrot Juice

3 ingredients · 10 minutes · 3 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth.
2. Place a nut-milk bag or a fine strainer over a large bowl and pour in the juice. Using clean hands, squeeze out all the liquid. Pour the strained juice into a glass pitcher and serve. Enjoy!

Notes

Leftovers

Refrigerate in a glass pitcher for up to three days.

Serving Size

One serving is approximately 1 1/3 cup.

Save the Pulp

Freeze the pulp to use in smoothies or muffins.

Ingredients

- 2 Navel Orange (medium, peeled)
- 2 Carrot (medium, peeled, chopped)
- 3 cups Water

Nutrition

Amount per serving

Calories	62	Vitamin C	58mg
Fat	0g	Calcium	77mg
Carbs	16g	Iron	0mg
Fiber	3g	Vitamin D	0IU
Sugar	10g	Vitamin E	0mg
Protein	1g	Vitamin B6	0.1mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	34mg	Magnesium	20mg
Potassium	285mg	Selenium	0µg
Vitamin A	7024IU		



Date, Chia & Tahini Energy Balls

4 ingredients · 35 minutes · 3 servings



Directions

1. In a blender or food processor, add the dates, tahini, and chia seeds. Blend until smooth paste forms.
2. Use a one-inch cookie scoop to scoop out the paste and roll it in your hands to create a ball. Continue until you have used up all of the paste.
3. Roll each ball in shredded coconut until evenly coated. Chill in the fridge for about 30 minutes and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to a week or freeze for up to three months.

Serving Size

One serving is equal to two energy balls.

More Flavor

Add vanilla and walnuts.

No Shredded Coconut

Roll the balls in ground pistachio, cocoa powder, or sesame seeds.

Ingredients

- 1/2 cup** Pitted Dates
- 2 tbsps** Tahini
- 2 tbsps** Chia Seeds
- 2 tbsps** Unsweetened Shredded Coconut

Nutrition

Amount per serving

Calories	189	Vitamin C	0mg
Fat	10g	Calcium	103mg
Carbs	25g	Iron	2mg
Fiber	6g	Vitamin D	0IU
Sugar	16g	Vitamin E	0mg
Protein	4g	Vitamin B6	0.1mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	14mg	Magnesium	20mg
Potassium	235mg	Selenium	4µg
Vitamin A	9IU		



Raspberry Banana Smoothie Bowl

7 ingredients · 5 minutes · 1 serving



Directions

1. In a blender, add the coconut milk, raspberries, banana, zucchini, and protein powder. Blend until smooth.
2. Pour the smoothie into a bowl and garnish with banana, coconut flakes, and hemp seeds. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Raspberries, chia seeds, and/or pumpkin seeds.

Ingredients

- 3/4 cup Plain Coconut Milk
- 1 cup Frozen Raspberries
- 1/2 Banana (frozen, plus more for garnish)
- 1/4 Zucchini (frozen, chopped)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Unsweetened Coconut Flakes
- 1 tsp Hemp Seeds

Nutrition

Amount per serving

Calories	314	Vitamin C	39mg
Fat	8g	Calcium	499mg
Carbs	40g	Iron	2mg
Fiber	9g	Vitamin D	76IU
Sugar	23g	Vitamin E	1mg
Protein	23g	Vitamin B6	0.5mg
Cholesterol	4mg	Vitamin B12	2.8µg
Sodium	76mg	Magnesium	128mg
Potassium	789mg	Selenium	7µg
Vitamin A	614IU		



Chickpea & Spinach Salad with Strawberry Rhubarb Dressing

10 ingredients · 10 minutes · 3 servings



Directions

1. Add half of the strawberries, half of the rhubarb, balsamic vinegar, oil, honey, and salt to a small blender and blend until smooth.
2. Divide the spinach, remaining strawberries, remaining rhubarb, chickpeas, red onion, and pecans evenly between bowls. Add the dressing on top and enjoy!

Notes

Leftovers

Best enjoyed immediately. Dressing can be refrigerated in an airtight container for up to five days. Store the salad contents separately for up to three days.

Serving Size

One serving is equal to approximately two cups of salad and two tablespoons of dressing.

Additional Toppings

Goat cheese, slivered almonds, pumpkin seeds, and/or fresh parmesan.

Ingredients

- 1 cup Strawberries (sliced, divided)
- 1 cup Rhubarb (finely chopped, divided)
- 2 tbsps Balsamic Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 1/2 tsp Sea Salt
- 4 cups Baby Spinach
- 2 cups Chickpeas (cooked)
- 1/2 cup Red Onion (thinly sliced)
- 1/2 cup Pecans

Nutrition

Amount per serving

Calories	466	Vitamin C	46mg
Fat	24g	Calcium	156mg
Carbs	55g	Iron	5mg
Fiber	13g	Vitamin D	0IU
Sugar	22g	Vitamin E	3mg
Protein	13g	Vitamin B6	0.3mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	438mg	Magnesium	119mg
Potassium	851mg	Selenium	6µg
Vitamin A	3837IU		



Peaches & Cream Chia Pudding

7 ingredients · 2 hours 5 minutes · 3 servings



Directions

1. Set aside the hemp seeds and half of the peaches.
2. Add the remaining ingredients to a blender and blend for at least one minute or until a smooth consistency is achieved.
3. Divide the pudding into bowls or jars, and top with the remaining chopped peaches and hemp seeds, if using. Refrigerate for at least two hours to set. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Sugar-Free

Use monk fruit sweetener or stevia in place of the raw honey.

Make it Vegan

Omit the collagen powder or use hemp seeds or plant-based protein instead.

No Blender

Finely chop the peaches and whisk everything together in a large bowl.

Ingredients

- 2 tbsps Hemp Seeds (optional)
- 2 Peach (chopped, divided)
- 1 3/4 cups Canned Coconut Milk
- 1/3 cup Chia Seeds
- 1 tbsp Raw Honey
- 2/3 oz Collagen Powder
- 1 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	469	Vitamin C	7mg
Fat	35g	Calcium	156mg
Carbs	28g	Iron	3mg
Fiber	9g	Vitamin D	0IU
Sugar	16g	Vitamin E	1mg
Protein	14g	Vitamin B6	0.1mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	51mg	Magnesium	57mg
Potassium	574mg	Selenium	3µg
Vitamin A	327IU		



Chocolate Strawberry Nut-Free Trail Mix

4 ingredients · 5 minutes · 3 servings



Directions

1. Combine all of the ingredients into a bowl or sealable jar. Serve and enjoy!

Notes

Leftovers

Store in a cool dry place in an airtight container for up to two weeks.

Serving Size

One serving is approximately 1/2 cup.

No Freeze Dried Strawberries

Use other freeze dried fruit like blueberries or use dried fruit like cranberries or mangos.

Ingredients

1/3 oz Freeze Dried Strawberries

1/4 cup Dark Chocolate Chips

1/4 cup Pumpkin Seeds

1/2 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving

Calories	280	Vitamin C	0mg
Fat	21g	Calcium	5mg
Carbs	18g	Iron	2mg
Fiber	3g	Vitamin D	0IU
Sugar	11g	Vitamin E	0mg
Protein	5g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	5mg	Magnesium	64mg
Potassium	87mg	Selenium	1µg
Vitamin A	2IU		



Nectarine Strawberry Smoothie

5 ingredients · 10 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cup.

No Coconut Milk

Use any other alternative milk.

More Fiber

Add pumpkin seeds, seed butter, and/or baby spinach before blending.

Ingredients

- 1 Nectarine (pitted, chopped)
- 1/2 cup Strawberries
- 1 tbsp Chia Seeds
- 1 cup Plain Coconut Milk (from the carton)
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	307	Vitamin C	50mg
Fat	10g	Calcium	662mg
Carbs	34g	Iron	2mg
Fiber	9g	Vitamin D	101IU
Sugar	22g	Vitamin E	1mg
Protein	23g	Vitamin B6	0.2mg
Cholesterol	4mg	Vitamin B12	3.6µg
Sodium	76mg	Magnesium	69mg
Potassium	608mg	Selenium	7µg
Vitamin A	979IU		



Cucumber, Celery & Orange Juice

4 ingredients · 5 minutes · 1 serving



Directions

1. Add the celery stalk, orange juice, and cucumber to a blender. Blend until smooth.
2. Strain through a fine mesh sieve into a glass. Serve with ice and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 1/3 cups.

More Flavor

Add maple syrup or honey.

Ingredients

- 1 stalk Celery (chopped)
- 1/2 cup Orange Juice (freshly squeezed)
- 1/4 Cucumber (medium, chopped)
- 5 Ice Cubes

Nutrition

Amount per serving

Calories	73	Vitamin C	65mg
Fat	0g	Calcium	42mg
Carbs	17g	Iron	1mg
Fiber	1g	Vitamin D	0IU
Sugar	12g	Vitamin E	0mg
Protein	2g	Vitamin B6	0.1mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	35mg	Magnesium	28mg
Potassium	463mg	Selenium	1µg
Vitamin A	507IU		



Cucumber, Grape, Avocado & Mint Salad

7 ingredients · 10 minutes · 4 servings



Directions

1. In a large bowl, whisk together the lemon juice, oil, and salt.
2. In the same bowl, add the cucumber, grapes, avocado, and mint leaves. Toss to combine with the dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately one cup.

Additional Toppings

Basil and hemp seeds.

Ingredients

- 1/2 Lemon (juiced)
- 1 **tbsp** Extra Virgin Olive Oil
- 1/4 **tsp** Sea Salt
- 1 Cucumber (medium, chopped)
- 1 **cup** Grapes (halved)
- 1 Avocado (medium, diced)
- 1/3 **cup** Mint Leaves (chopped)

Nutrition

Amount per serving

Calories	140	Vitamin C	11mg
Fat	11g	Calcium	27mg
Carbs	12g	Iron	1mg
Fiber	4g	Vitamin D	0IU
Sugar	5g	Vitamin E	2mg
Protein	2g	Vitamin B6	0.2mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	154mg	Magnesium	28mg
Potassium	417mg	Selenium	0µg
Vitamin A	266IU		



One Pot Beef & Potato Stew

10 ingredients · 2 hours 15 minutes · 4 servings



Directions

1. Season the beef all over with salt and pepper. Heat the oil in a pot over medium-high heat. Once hot, add the beef and sear on all sides, until browned, about three minutes per side.
2. Add the onion and sauté for about five minutes. Add the garlic and tomato paste and sauté for another minute. Add the beef broth and bring to a simmer. Turn the heat to low, cover the pot with a lid, and simmer for about an hour.
3. Add the potato to the pot, stir, and season the stew with salt and pepper. Cover the pot with a lid again and simmer for another 35 to 45 minutes.
4. Once everything is cooked through, add the peas and stir well. Cover and continue to cook for seven to 10 minutes. Divide the stew between serving bowls. Top with parsley, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add Moroccan spice blend and/or zucchini.

Consistency

Add more broth to the stew if you'd like a soupy texture or too much has evaporated while cooking.

Serve it With

Serve the stew over rice, with bread, or as it is.

Ingredients

- 1 1/3 lbs Stewing Beef (cubed)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 White Onion (medium, diced)
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Tomato Paste
- 2 1/2 cups Beef Broth
- 2 Russet Potato (medium, cubed)
- 1 cup Frozen Peas (thawed)
- 2 tbsps Parsley (chopped, for garnish)

Nutrition

Amount per serving

Calories	346	Vitamin C	16mg
Fat	9g	Calcium	60mg
Carbs	28g	Iron	5mg
Fiber	4g	Vitamin D	6IU
Sugar	4g	Vitamin E	1mg
Protein	39g	Vitamin B6	1.4mg
Cholesterol	95mg	Vitamin B12	3.4µg
Sodium	473mg	Magnesium	73mg
Potassium	1207mg	Selenium	37µg
Vitamin A	1110IU		



Grilled Lemon & Herb Potato Wedges

7 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the grill to medium-low heat. In a bowl, toss together the potato wedges, half of the oil, salt, and pepper.
2. Grill the potatoes for 10 to 12 minutes on each side or until they are charred and fork-tender.
3. Meanwhile in a bowl, mix together the remaining oil, lemon juice, dill, parsley, and red onion. Once the potatoes are cooked, transfer them to a plate and let them cool down for about five minutes.
4. Add the potatoes to the bowl and toss to combine. Adjust the seasoning to your taste and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 2/3 to one cup or six wedges.

Serve it With

Tahini sauce or green goddess dressing.

Additional Toppings

Top with feta or parmesan cheese.

Ingredients

- 4 Red Potato (medium, cut into wedges)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (juiced)
- 2 tbsps Fresh Dill (chopped)
- 2 tbsps Parsley (chopped)
- 1/4 cup Red Onion (sliced)

Nutrition

Amount per serving

Calories	288	Vitamin C	35mg
Fat	9g	Calcium	37mg
Carbs	48g	Iron	2mg
Fiber	5g	Vitamin D	0IU
Sugar	5g	Vitamin E	1mg
Protein	6g	Vitamin B6	0.5mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	54mg	Magnesium	66mg
Potassium	1345mg	Selenium	2µg
Vitamin A	263IU		



Chicken Mango Cabbage Wraps

8 ingredients · 20 minutes · 1 serving



Directions

1. Add the mango, oil, 1/3 of the cilantro, water, and salt to a blender or immersion blender and blend for 20 to 30 seconds, until a smooth consistency is achieved. Set aside.
2. Add the chicken, carrot, and remaining cilantro to the cabbage leaves. Top with the mango cilantro sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three wraps.

More Flavor

Season the chicken with paprika, red pepper flakes, chili powder, or cayenne.

Additional Toppings

Red pepper or cucumber.

Make it Vegan

Use tofu, tempeh, or any legume in place of chicken.

Ingredients

- 1/3 Mango
- 1 **tbsp** Sesame Oil
- 3 **tbsps** Cilantro (tightly packed, divided, chopped)
- 1 **tbsp** Water
- 1/4 **tsp** Sea Salt
- 4 **ozs** Chicken Breast, Cooked (shredded)
- 3/4 **cup** Grated Carrot
- 2/3 **cup** Green Cabbage (pulled apart into leaves)

Nutrition

Amount per serving

Calories	407	Vitamin C	68mg
Fat	18g	Calcium	72mg
Carbs	28g	Iron	1mg
Fiber	6g	Vitamin D	1IU
Sugar	21g	Vitamin E	3mg
Protein	37g	Vitamin B6	1.6mg
Cholesterol	118mg	Vitamin B12	0.2µg
Sodium	719mg	Magnesium	68mg
Potassium	1012mg	Selenium	33µg
Vitamin A	15291IU		



Turmeric Chicken with Beans & Kale

8 ingredients · 30 minutes · 2 servings



Directions

1. In a bowl, mix together half of each the lemon juice, oil, and garlic powder. Add the turmeric, salt, and pepper and mix to combine. Add the chicken thighs and mix well. Let the chicken marinate for about 10 minutes.
2. Meanwhile, heat up the remaining oil in a skillet over medium heat. Add the kale, lima beans, and remaining garlic powder. Sauté for about five minutes, and season with salt and pepper. Squeeze lemon juice over the kale mixture.
3. Transfer the kale and beans mixture to a plate and cover to keep warm. In the same skillet, cook the chicken over medium heat for about 12 to 15 minutes or until cooked through, flipping halfway.
4. Divide the chicken, kale, and lima beans evenly between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one chicken thigh and one cup of kale and beans.

No Lima Beans

Use any other beans you desire.

Ingredients

- 1 Lemon (juiced, divided)
- 2 **tsps** Extra Virgin Olive Oil (divided)
- 1 **tsp** Garlic Powder (divided)
- 1/2 **tsp** Turmeric
- Sea Salt & Black Pepper (to taste)
- 8 **ozs** Chicken Thighs (boneless, skinless)
- 2 **cups** Kale Leaves (chopped)
- 1 **cup** Lima Beans (cooked)

Nutrition

Amount per serving

Calories	292	Vitamin C	29mg
Fat	10g	Calcium	91mg
Carbs	22g	Iron	4mg
Fiber	7g	Vitamin D	11U
Sugar	1g	Vitamin E	1mg
Protein	29g	Vitamin B6	0.7mg
Cholesterol	107mg	Vitamin B12	0.7µg
Sodium	525mg	Magnesium	84mg
Potassium	671mg	Selenium	32µg
Vitamin A	1039IU		



Chipotle Steak, Cauliflower Rice & Guacamole Bowls

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Whisk together half of the lime juice, half of the oil, chipotle powder, and half of the salt. Pour over the steaks and marinate for two to three minutes, flipping a few times to thoroughly coat.
3. Add the steak to the prepared baking sheet and cook in the oven for 25 minutes, or until desired doneness. Let rest for five minutes before slicing.
4. Meanwhile, heat the remaining oil in a large pan over medium heat. Add the cauliflower rice and cook, stirring sometimes, for five to seven minutes or until desired doneness.
5. Combine the avocado, garlic, remaining lime juice, and remaining salt in a bowl and mash with a fork until well combined.
6. Divide the cauliflower rice, steak, red onion, cilantro, and guacamole between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Ingredients

- 2 **tbps** Lime Juice (divided)
- 1 **tbps** Avocado Oil (divided)
- 1 **tsp** Chipotle Powder
- 1/2 **tsp** Sea Salt (divided)
- 10 **ozs** Top Sirloin Steak
- 3 **cups** Cauliflower Rice
- 1/2 **Avocado** (large)
- 2 **Garlic** (clove, minced)
- 1/2 **cup** Red Onion (diced)
- 1/2 **cup** Cilantro (chopped)

Nutrition

Amount per serving

Calories	516	Vitamin C	78mg
Fat	35g	Calcium	91mg
Carbs	16g	Iron	3mg
Fiber	7g	Vitamin D	0IU
Sugar	5g	Vitamin E	2mg
Protein	33g	Vitamin B6	1.0mg
Cholesterol	111mg	Vitamin B12	1.6µg
Sodium	708mg	Magnesium	50mg
Potassium	1076mg	Selenium	32µg
Vitamin A	352IU		



Arugula, Kale & Pinto Bean Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. In a large bowl, add the chopped kale and drizzle some of the oil on top. Massage with your hands until the kale softens.
2. Add the remaining ingredients and toss to combine. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Add nuts, seeds, and/or goat cheese.

Ingredients

- 2 cups Kale Leaves (chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 cup Arugula
- 1 1/2 cups Pinto Beans (cooked, rinsed and drained)
- 1 Beet (large, peeled, chopped)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	333	Vitamin C	29mg
Fat	15g	Calcium	136mg
Carbs	40g	Iron	4mg
Fiber	14g	Vitamin D	0IU
Sugar	4g	Vitamin E	3mg
Protein	13g	Vitamin B6	0.4mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	47mg	Magnesium	86mg
Potassium	815mg	Selenium	8µg
Vitamin A	1262IU		



Coconut Yogurt & Hemp Stuffed Apple

5 ingredients · 5 minutes · 1 serving



Directions

1. Place the apple halves onto a plate and evenly divide the coconut yogurt, sunflower seed butter, hemp seeds, and cinnamon onto each half. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Hemp Seeds

Use chia seeds or ground flax seeds instead.

Additional Toppings

Chopped nuts, seeds, granola, maple syrup, coconut flakes and/or berries.

More Protein

Use plain Greek yogurt or mix protein powder into yogurt.

No Sunflower Seed Butter

Use other nut or seed butter instead.

Ingredients

- 1 Apple (cut in half, seeds and core removed)
- 1/2 cup Unsweetened Coconut Yogurt
- 2 tbsps Sunflower Seed Butter
- 1 tbsp Hemp Seeds
- 1/4 tsp Cinnamon

Nutrition

Amount per serving

Calories	404	Vitamin C	9mg
Fat	26g	Calcium	295mg
Carbs	40g	Iron	3mg
Fiber	8g	Vitamin D	0IU
Sugar	23g	Vitamin E	8mg
Protein	10g	Vitamin B6	0.3mg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	28mg	Magnesium	179mg
Potassium	502mg	Selenium	33µg
Vitamin A	118IU		



Cherry & Strawberry Flaxseed Pudding

6 ingredients · 1 hour 5 minutes · 4 servings



Directions

1. Combine all of the ingredients except for the strawberries and cherries in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
2. Stir well, and divide into cups or containers if on-the-go. Top with the strawberries and cherries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Add the fruit just before serving.

Serving Size

One serving is equal to approximately 1/2 cup of flax seed pudding.

Additional Toppings

Top with nuts, seeds, and/or shredded coconut.

Ingredients

- 1 cup Ground Flax Seed
- 1 1/2 cups Plain Coconut Milk
- 1 tbsp Raw Honey
- 1 1/2 tsps Cinnamon
- 1 cup Strawberries (sliced)
- 1 cup Cherries (pitted)

Nutrition

Amount per serving

Calories	223	Vitamin C	24mg
Fat	11g	Calcium	230mg
Carbs	25g	Iron	2mg
Fiber	8g	Vitamin D	38IU
Sugar	13g	Vitamin E	0mg
Protein	7g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	1.1µg
Sodium	14mg	Magnesium	10mg
Potassium	160mg	Selenium	0µg
Vitamin A	219IU		



Frozen Coconut Yogurt Covered Raspberries

2 ingredients · 40 minutes · 1 serving



Directions

1. Line a baking sheet with parchment paper.
2. Add the yogurt to a bowl followed by the raspberries. Coat each raspberry in yogurt. Work in batches if needed.
3. Spread the yogurt covered raspberries out in an even layer on the baking sheet. Freeze for 25 to 30 minutes. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month.

Serving Size

One serving is approximately 3/4 cup.

No Coconut Yogurt

Use any other type of yogurt.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1 1/2 cups Raspberries

Nutrition

Amount per serving

Calories	151	Vitamin C	48mg
Fat	5g	Calcium	296mg
Carbs	28g	Iron	1mg
Fiber	13g	Vitamin D	0IU
Sugar	9g	Vitamin E	2mg
Protein	3g	Vitamin B6	0.1mg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	27mg	Magnesium	41mg
Potassium	279mg	Selenium	0µg
Vitamin A	61IU		



Coconut Yogurt Banana Boat

5 ingredients · 5 minutes · 1 serving



Directions

1. Place the banana on a plate or into a bowl and top with coconut yogurt, sunflower seed butter, ground flax, and cinnamon. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Additional Toppings

Chopped nuts, seeds, granola, maple syrup, coconut flakes and/or berries.

No Sunflower Seed Butter

Use other nut or seed butter instead.

More Protein

Use plain Greek yogurt or mix protein powder into the yogurt.

Ingredients

- 1 Banana (sliced in half lengthwise)
- 1/2 cup Unsweetened Coconut Yogurt
- 2 tbsps Sunflower Seed Butter
- 1 tsp Ground Flax Seed
- 1/4 tsp Cinnamon

Nutrition

Amount per serving

Calories	371	Vitamin C	11mg
Fat	22g	Calcium	286mg
Carbs	42g	Iron	2mg
Fiber	7g	Vitamin D	0IU
Sugar	18g	Vitamin E	7mg
Protein	8g	Vitamin B6	0.6mg
Cholesterol	0mg	Vitamin B12	1.4µg
Sodium	27mg	Magnesium	132mg
Potassium	610mg	Selenium	35µg
Vitamin A	94IU		



Chicken, Zucchini & Tomato Skewers

9 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the grill to medium-high heat.
2. Mix the lemon juice, oil, honey, cumin, salt, and pepper together.
3. Thread the chicken, zucchini, and tomatoes onto the skewers. Brush the marinade onto the skewers and grill for three to five minutes on each side or until charred and the chicken is cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two 10-inch skewers.

More Flavor

Add minced garlic, paprika, and/or shallot to the marinade.

Additional Toppings

Minced mint and/or cilantro.

Wooden Skewers

Be sure to soak the skewers in water for at least thirty minutes prior to use.

Ingredients

- 1/2 Lemon (juiced)
- 1 **tbsp** Extra Virgin Olive Oil
- 2 **tsps** Raw Honey
- 1 **tsp** Cumin
- Sea Salt & Black Pepper
- 12 **ozs** Chicken Thighs (boneless, skinless, chopped)
- 1 Zucchini (medium, chopped)
- 1 **cup** Cherry Tomatoes
- 6 Barbecue Skewers

Nutrition

Amount per serving

Calories	215	Vitamin C	22mg
Fat	10g	Calcium	30mg
Carbs	9g	Iron	2mg
Fiber	1g	Vitamin D	1IU
Sugar	7g	Vitamin E	1mg
Protein	24g	Vitamin B6	0.7mg
Cholesterol	107mg	Vitamin B12	0.7µg
Sodium	117mg	Magnesium	46mg
Potassium	583mg	Selenium	26µg
Vitamin A	581IU		



Honey Garlic Pork Meatballs & Broccoli

11 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (215°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine the pork, half of the garlic, ginger, 2/3 of the green onion, and salt. Mix well using your hands. Roll into balls roughly the size of a golf ball and place on the baking sheet. Bake in the oven for 15 to 18 minutes, flipping halfway through.
3. Meanwhile, set the broccoli florets in a steamer over boiling water and cover. Steam for about five minutes or until tender.
4. In a medium-sized pot, combine the remaining garlic, coconut aminos, vinegar, honey, arrowroot, and water. Bring to a low boil over medium heat. Reduce the heat and simmer until thickened, about two to three minutes.
5. Toss the meatballs in the sauce to coat. Divide onto plates with the broccoli and top with the remaining green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately five meatballs and one cup of broccoli.

More Flavor

Add sriracha to the sauce.

Additional Toppings

Toasted sesame seeds, chopped peanuts, and/or chopped cashews.

Ingredients

- 1 lb Lean Ground Pork
- 4 Garlic (clove, minced, divided)
- 1 tsp Ginger (grated)
- 3 stalks Green Onion (sliced, divided)
- 3/4 tsp Sea Salt
- 3 cups Broccoli (chopped into florets)
- 2 1/2 tbsps Coconut Aminos
- 1 tbsp Apple Cider Vinegar
- 2 tbsps Honey
- 1 tsp Arrowroot Powder
- 2 tbsps Water

Nutrition

Amount per serving

Calories	427	Vitamin C	84mg
Fat	25g	Calcium	80mg
Carbs	23g	Iron	2mg
Fiber	3g	Vitamin D	26IU
Sugar	15g	Vitamin E	1mg
Protein	30g	Vitamin B6	1.1mg
Cholesterol	103mg	Vitamin B12	1.1µg
Sodium	951mg	Magnesium	47mg
Potassium	698mg	Selenium	49µg
Vitamin A	1047IU		



Seared Tuna Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. Heat half of the oil in a non-stick pan over medium-high heat. Coat the tuna with sesame seeds. Sear the tuna for four to five minutes, flipping halfway.
2. Divide the mixed greens, carrot, and cucumber between serving plates. Thinly slice the tuna and place on top of the salad.
3. Drizzle the salad with the remaining oil and soy sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to a day.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Marinate the tuna in soy sauce over night.

Additional Toppings

Top with cilantro and you choice of dressing.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil (divided)
- 10 **ozs** Ahi Tuna (sushi-grade)
- 1 **tblsp** Sesame Seeds
- 2 **cups** Mixed Greens
- 1 Carrot (small, julienned)
- 1 Cucumber (small, thinly sliced)
- 1 **tblsp** Soy Sauce

Nutrition

Amount per serving

Calories	282	Vitamin C	10mg
Fat	10g	Calcium	101mg
Carbs	11g	Iron	3mg
Fiber	3g	Vitamin D	0IU
Sugar	4g	Vitamin E	1mg
Protein	39g	Vitamin B6	0.1mg
Cholesterol	57mg	Vitamin B12	0µg
Sodium	541mg	Magnesium	45mg
Potassium	466mg	Selenium	2µg
Vitamin A	5378IU		



One Pan Roasted Tahini Chicken & Sweet Potato

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Place the chicken thighs and sweet potato on the prepared baking sheet. Rub the coconut oil, cumin, salt, and pepper into the chicken and sweet potato to coat well. Cook for 20 minutes, tossing the sweet potato halfway through.
3. Meanwhile, mix the tahini with the water until you get a creamy consistency.
4. Drizzle the chicken and sweet potato with the tahini sauce and garnish with mint. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days.

Serving Size

One serving is approximately two chicken thighs and one cup of sweet potato.

More Flavor

Add minced garlic and shallots to the pan with the sweet potato.

Ingredients

- 1 lb Chicken Thighs (boneless, skin-on)
- 1 Sweet Potato (large, peeled, cubed)
- 2 **tsps** Coconut Oil (melted)
- 2 **tsps** Cumin
- Sea Salt & Black Pepper
- 1 **tbsp** Tahini
- 1 1/2 **tbsps** Water
- 1 **tbsp** Mint Leaves (fresh, chopped)

Nutrition

Amount per serving

Calories	424	Vitamin C	2mg
Fat	18g	Calcium	90mg
Carbs	16g	Iron	4mg
Fiber	3g	Vitamin D	2IU
Sugar	3g	Vitamin E	1mg
Protein	47g	Vitamin B6	1.2mg
Cholesterol	213mg	Vitamin B12	1.4µg
Sodium	264mg	Magnesium	84mg
Potassium	841mg	Selenium	55µg
Vitamin A	9342IU		



Air Fryer Hot Honey Salmon Bites

7 ingredients · 25 minutes · 2 servings



Directions

1. In a bowl, whisk together the honey, soy sauce, lime juice, garlic, and chili flakes. Add the salmon, stir, and let it marinate for about 15 minutes.
2. Preheat the air fryer to 400°F (205°C).
3. Transfer the salmon bites to the air fryer basket and bake for seven to eight minutes or until cooked through, shaking halfway through.
4. Top the salmon with cilantro and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Add ginger and onion powder.

Less Spicy

Omit or use fewer chili flakes.

No Cilantro

Omit or use green onion instead.

Ingredients

- 1 1/2 tbsps Raw Honey
- 2 tbsps Soy Sauce
- 1/2 Lime (juiced)
- 2 Garlic (clove, minced)
- 1 tsp Chili Flakes
- 12 ozs Salmon Fillet (skinless, cut into large cubes)
- 1 tbsp Cilantro (chopped)

Nutrition

Amount per serving

Calories	284	Vitamin C	4mg
Fat	8g	Calcium	28mg
Carbs	15g	Iron	1mg
Fiber	0g	Vitamin D	957IU
Sugar	12g	Vitamin E	1mg
Protein	39g	Vitamin B6	1.3mg
Cholesterol	87mg	Vitamin B12	8.0µg
Sodium	1009mg	Magnesium	65mg
Potassium	721mg	Selenium	51µg
Vitamin A	315IU		



Fruity Hibiscus Tea Lemonade

7 ingredients · 2 hours 20 minutes · 4 servings



Directions

1. Bring the water to a boil and steep the tea for seven to ten minutes. Remove the tea bags and stir in the lemon and honey. Refrigerate for at least two hours.
2. When ready to serve, divide into cups with ice and add sliced peach, nectarine, and raspberries to each cup. Enjoy!

Notes

Leftovers

Refrigerate in an airtight glass jug for up to five days.

Serving Size

One serving is approximately one cup of tea.

More Flavor

Add fresh herbs like mint, thyme, or rosemary.

Ingredients

4 cups Water

1 1/3 tbsps Hibiscus Tea (loose leaf or in tea bags)

1 Lemon (juiced)

1 tbsp Raw Honey

1/2 Peach (sliced)

1/2 Nectarine (sliced)

1 cup Frozen Raspberries

Nutrition

Amount per serving

Calories	52	Vitamin C	13mg
Fat	0g	Calcium	35mg
Carbs	13g	Iron	0mg
Fiber	2g	Vitamin D	0IU
Sugar	10g	Vitamin E	1mg
Protein	1g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	6mg	Magnesium	17mg
Potassium	148mg	Selenium	0µg
Vitamin A	147IU		



Maple Roasted Lentil & Sweet Potato Salad

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Add the sweet potato, lentils, and pecans to a baking sheet. Toss with half of the oil and maple syrup to combine. Season with cinnamon, salt, and pepper. Bake in the oven for 20 minutes, or until fork-tender.
3. Combine the remaining oil, lemon juice, salt, and pepper in a small dish. Whisk with a fork.
4. Divide the spinach evenly between bowls and add the lentil and sweet potato mixture. Drizzle with the lemon and oil dressing. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 2 1/2 cups.

Ingredients

- 1 Sweet Potato (medium, cubed)
- 1 cup Lentils (cooked)
- 1/2 cup Pecans
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 4 cups Baby Spinach

Nutrition

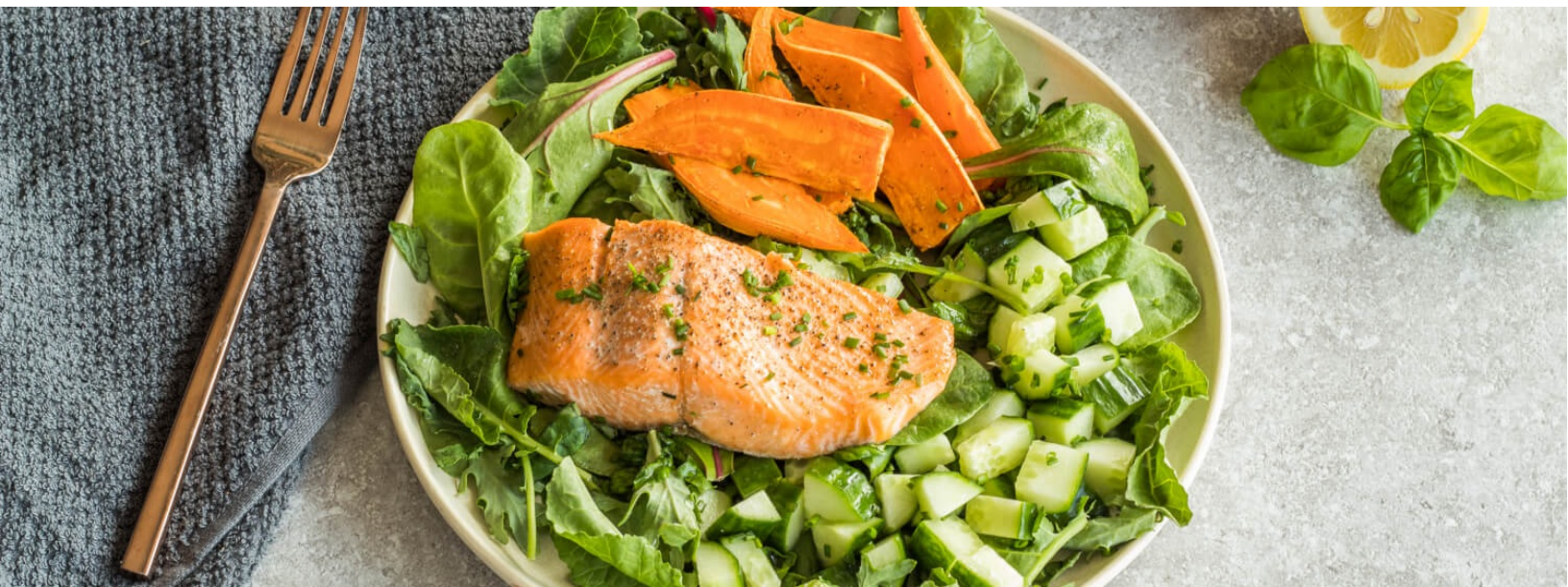
Amount per serving

Calories	532	Vitamin C	23mg
Fat	32g	Calcium	149mg
Carbs	54g	Iron	6mg
Fiber	14g	Vitamin D	0IU
Sugar	18g	Vitamin E	4mg
Protein	14g	Vitamin B6	0.5mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	88mg	Magnesium	135mg
Potassium	1077mg	Selenium	5µg
Vitamin A	14874IU		



Salmon & Sweet Potato Salad

9 ingredients · 35 minutes · 1 serving



Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Spread the sweet potatoes on the prepared baking sheet. Toss the sweet potatoes with half of the oil, salt, and pepper. Cook in the oven for 10 minutes.
3. Remove the baking sheet from the oven. Flip the sweet potatoes and arrange the salmon in the center of the pan, among the sweet potatoes. Bake until the sweet potatoes are tender and the salmon flakes easily with a fork, about 15 minutes. Set aside to cool slightly.
4. Add the mixed greens to a plate and top with basil, cucumber, sweet potatoes, and salmon. Top with the remaining oil, lemon juice, chives, and season with salt and pepper, if needed. Enjoy!

Notes

Leftovers

Refrigerate the salad separate from the lemon juice, oil, and salmon for up to four days. Refrigerate the salmon for up to three days.

Serving Size

One serving is equal to approximately six ounces of salmon and 2 1/2 cups of veggies.

More Flavor

Add additional seasoning to the salmon and potato such as cayenne, chili flakes, or other herbs and spices. Use your favorite dressing.

Additional Toppings

Bell peppers, hemp seeds, walnuts, sunflower seeds, pumpkin seeds, and/or feta cheese.

Ingredients

- 1 Sweet Potato (small, peeled, cut into wedges)
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 6 **ozs** Salmon Fillet
- 2 **cups** Mixed Greens
- 2 **tbsps** Basil Leaves (chopped)
- 1/4 Cucumber (large, chopped)
- 1 **tbsp** Lemon Juice
- 1 **tbsp** Chives (chopped)

Nutrition

Amount per serving

Calories	484	Vitamin C	21mg
Fat	22g	Calcium	120mg
Carbs	32g	Iron	3mg
Fiber	5g	Vitamin D	957IU
Sugar	7g	Vitamin E	4mg
Protein	42g	Vitamin B6	1.6mg
Cholesterol	87mg	Vitamin B12	8.0µg
Sodium	240mg	Magnesium	99mg
Potassium	1395mg	Selenium	52µg
Vitamin A	19209IU		



Strawberry Skewers with Chocolate

3 ingredients · 5 minutes · 3 servings



Directions

1. Thread the strawberries onto the skewers.
2. Add the chocolate chips to a small bowl and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
3. Drizzle the melted chocolate on the strawberry skewers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one eight-inch skewer.

Additional Toppings

Top with coconut flakes. Use additional berries to change the flavor profile.

Ingredients

2 cups Strawberries (tops removed)

3 Barbecue Skewers

1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving

Calories	191	Vitamin C	56mg
Fat	9g	Calcium	15mg
Carbs	22g	Iron	1mg
Fiber	2g	Vitamin D	0IU
Sugar	17g	Vitamin E	0mg
Protein	2g	Vitamin B6	0mg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Magnesium	12mg
Potassium	147mg	Selenium	0µg
Vitamin A	12IU		

