



## HEALTHY RECIPES

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## Avocado Egg Salad Sandwich

1 serving

15 minutes

### Ingredients

- 1 1/2 Egg
- 1/4 Avocado
- 1/4 cup Baby Spinach (chopped)
- 3/4 tsp Dijon Mustard
- 1/16 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 2 slices Bread (toasted)

### Nutrition

Amount per serving	
Calories	348
Fat	19g
Carbs	30g
Fiber	6g
Sugar	6g
Protein	14g
Sodium	412mg
Potassium	454mg
Riboflavin	0.6mg
Magnesium	45mg
Zinc	2mg

### Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

### Notes

- Less Bread:** Make it an open-face sandwich.
- Add a Kick:** Add red chili flakes or hot sauce.
- Vegan:** Use mashed chickpeas or white kidney beans instead of eggs.



## Berry Baked Oatmeal

3 servings

45 minutes

### Ingredients

- 1 cup Oats (quick or traditional)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 1/4 cup Unsweetened Applesauce
- 1/2 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 cup Frozen Berries
- 2 tbsps Sliced Almonds

### Nutrition

Amount per serving	
Calories	221
Fat	7g
Carbs	35g
Fiber	7g
Sugar	11g
Protein	6g
Sodium	56mg
Potassium	245mg
Riboflavin	0.2mg
Magnesium	57mg
Zinc	1mg

### Directions

- 1 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 2 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 3 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

**No Applesauce:** Use mashed banana instead.

**No Almonds:** Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.



## Sweet Potato Pancakes

2 servings

20 minutes

### Ingredients

- 2 Sweet Potato (small) Egg
- 4 (whisked)
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

### Nutrition

Amount per serving	
Calories	369
Fat	16g
Carbs	41g
Fiber	4g
Sugar	18g
Protein	15g
Sodium	216mg
Potassium	621mg
Riboflavin	0.8mg
Magnesium	49mg
Zinc	2mg

### Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

### Notes

**Serving Size:** One serving equals four 3-inch pancakes.

**Spice it Up:** Add nutmeg and/or ginger spice.

**Toppings:** Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

**You can also add 1/4 cup protein powder to the pancake mix before cooking for a protein boost.**



## Strawberry Banana Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Strawberries
- 1/2 Banana
- 2 tbsps Oats (quick or rolled)
- 1 cup Unsweetened Almond Milk
- 1 tbsp Hemp Seeds

### Nutrition

Amount per serving	
Calories	221
Fat	9g
Carbs	33g
Fiber	7g
Sugar	15g
Protein	7g
Sodium	164mg
Potassium	624mg
Riboflavin	0.2mg
Magnesium	135mg
Zinc	2mg

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Notes

**No Banana:** Sweeten with raw honey, maple syrup or soaked dates instead.

**Storage:** Refrigerate in a sealed mason jar up to 48 hours.

**More Protein:** Add more hemp seeds, a scoop of protein powder, or a spoonful of nut but

**More Fibre:** Add ground flax seeds.



## Slow Cooker Black Beans & Rice

6 servings

6 hours

### Ingredients

- 2 cups Dry Black Beans (uncooked)
- 1 White Onion (diced)
- 1 1/2 cups Diced Tomatoes (fresh/canned)
- 1 tbsp Cumin
- 1 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 5 cups Water
- 2 Bay Leaf (optional)
- 3 cups Jasmine Rice (dry)

### Nutrition

Amount per serving	
Calories	604
Fat	6g
Carbs	121g
Fiber	13g
Sugar	4g
Protein	21g
Sodium	413mg
Potassium	1005mg
Riboflavin	0.1mg
Magnesium	120mg

### Directions

- 1 Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
- 2 Cook the rice according to the instructions on the package.
- 3 Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

### Notes

- More Toppings:** Add diced tomatoes, red onion, bell pepper, hard-boiled eggs, cilantro, mint, sour cream or Greek Yogurt to your bowl of black beans and rice.
- Leftovers:** Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.



## Hummus & Veggies Snack Box

2 servings

5 minutes

### Ingredients

- 1 Red Bell Pepper (sliced)
- 4 stalks Celery (cut into small stalks)
- 2/3 cup Blueberries
- 1/2 cup Hummus

### Nutrition

Amount per serving	
Calories	201
Fat	11g
Carbs	22g
Fiber	7g
Sugar	9g
Protein	6g
Sodium	329mg
Potassium	563mg
Riboflavin	0.2mg
Magnesium	65mg
Zinc	1mg

### Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 3 days.

**No Hummus:** Use guacamole or a ready-made dip instead.



## Apple with Sunflower Seed Butter

1 serving

5 minutes

### Ingredients

- 1 Apple (medium, cored and sliced)
- 2 tbsps Sunflower Seed Butter

### Nutrition

Amount per serving	
Calories	292
Fat	18g
Carbs	33g
Fiber	6g
Sugar	22g
Protein	6g
Sodium	3mg
Potassium	379mg
Riboflavin	0.1mg
Magnesium	109mg
Zinc	2mg

### Directions

- 1 Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up four days.





## Peanut Butter Banana Oat Smoothie

1 serving

5 minutes

### Ingredients

- 1/4 cup Oats (quick or traditional)
- 2 tbsps All Natural Peanut Butter
- 1 Banana
- 1/2 cup Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	390
Fat	20g
Carbs	48g
Fiber	7g
Sugar	18g
Protein	12g
Sodium	88mg
Potassium	694mg
Riboflavin	0.2mg
Magnesium	123mg

### Directions

- 1 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

### Notes

- No Banana:** Sweeten with raw honey, maple syrup or a few soaked dates.
- No Peanut Butter:** Use any nut or seed butter.
- Storage:** Store in a mason jar with lid in the fridge up to 48 hours.
- More Protein:** Add hemp seeds or a scoop of protein powder.
- More Fibre:** Add ground flax seed.



## Meal Prep Pasta & Meat Sauce

2 servings

25 minutes

### Ingredients

- 2 cups Whole Wheat Penne (dry, uncooked)
- 227 grams Lean Ground Beef
- 1 cup Tomato Sauce

### Nutrition

Amount per serving	
Calories	527
Fat	13g
Carbs	69g
Fiber	11g
Sugar	7g
Protein	33g
Sodium	88mg
Potassium	1146mg
Riboflavin	0.3mg
Magnesium	41mg

### Directions

- 1 Cook the pasta according to the instructions on the package.
- 2 While the pasta cooks, heat a large skillet over medium heat. Add the beef and saute, breaking it up as it cooks. Once it is completely cooked through, pour the tomato sauce over top and mix well.
- 3 Divide the cooked pasta into containers and divide the meat sauce over top. Enjoy!

### Notes

- No Ground Beef:** Use any type of ground meat or vegetarian mince instead.
- Leftovers:** Keeps well in the fridge for 3 to 4 days. Freeze up to two months.
- Vegan & Vegetarian:** Use cooked lentils instead of ground meat.
- No Tomato Sauce:** Use canned crushed tomatoes instead.
- Gluten-Free:** Use a gluten-free pasta like chickpea, quinoa or rice.
- More Veggies:** Cook chopped vegetables into the sauce such as diced zucchini, mushrooms, bell peppers, eggplant, spinach or basil.



## Ground Beef, Broccoli & Rice

2 servings

30 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 cups Broccoli (chopped into florets)
- 227 grams Extra Lean Ground Beef
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g
Sodium	252mg
Potassium	652mg
Riboflavin	0.3mg
Magnesium	42mg

### Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

### Notes

- No Jasmine Rice:** Use quinoa, brown rice, couscous, barley or cauliflower rice instead.
- Leftovers:** Refrigerate in an airtight container up to 3 days.
- Serving Size:** One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



## Lentils, Baby Broccoli & Mashed Sweet Potatoes

4 servings

25 minutes

### Ingredients

- 1 1/2 **tsps** Sea Salt (divided)
- 4 **Sweet Potato** (small, peeled chopped)
- 1 **bunch** Baby broccoli or rapini
- 2 **cups** Green Lentils (cooked, drained and rinsed)

### Nutrition

Amount per serving	
Calories	307
Fat	1g
Carbs	60g
Fiber	15g
Sugar	4g
Protein	18g
Sodium	972mg
Potassium	1692mg
Riboflavin	0.3mg
Magnesium	117mg

### Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 2 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 3 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 4 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

### Notes

- Extra Creamy:** Mash the potatoes with coconut or almond milk for extra creaminess.
- No Rapini:** Use broccoli, broccolini or green beans instead.
- Less Bitter Rapini:** Sauté the broccoli in your choice of oil and seasoning after boiling.
- Storage:** Refrigerate in an airtight container up to 3 to 4 days.
- Serving Size:** One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.



## Raspberry Coconut Panna Cotta

2 servings

4 hours

### Ingredients

1 1/3 tbsps	Lemon Juice
6 grams	Gelatin
1 1/3 cups	Canned Coconut Milk (full fat, divided)
2 tsps	Honey
1/3 tsp	Vanilla Extract
1/16 tsp	Sea Salt
2/3 cup	Raspberries

### Directions

- 1 In a medium bowl, add the lemon juice and then sprinkle the gelatin on top. Let it sit for two to three minutes. Do not mix.
- 2 In a small pot over medium-low heat, add the coconut milk and honey. Whisk to combine. Allow it to heat through for two to three minutes or until warm. Do not let it boil.
- 3 Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
- 4 Pour the coconut milk mixture into a blender and add the raspberries. Blend on high until smooth and creamy. Pour into jars and place in the fridge for four hours to set. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**Serving Size:** One serving is an eight-ounce ramekin portion.

**Additional Toppings:** Top with additional raspberries.

**No Honey:** Use maple syrup instead.



## Breakfast Oatmeal Cookies

4 servings

20 minutes

### Ingredients

- 1 cup Oats (rolled)
- 1 1/2 Banana (mashed)
- 1/4 cup All Natural Peanut Butter
- 1/16 tsp Sea Salt
- 2 tbsps Organic Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	258
Fat	12g
Carbs	32g
Fiber	4g
Sugar	11g
Protein	7g
Sodium	41mg
Potassium	322mg
Riboflavin	0.1mg
Magnesium	67mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

### Notes

- No Peanut Butter:** Use almond, cashew, or sunflower seed butter instead.
- Gluten-Free:** Use certified gluten-free oats.
- Sugar-Free:** Use sugar-free chocolate chips or dried cranberries.
- Leftovers:** Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze

**Serving Size:** One serving is equal to one cookie.



## Chicken & Pumpkin Breakfast Patties

2 servings

15 minutes

### Ingredients

227 grams	Extra Lean Ground Chicken
1/2 cup	Butternut Squash (grated)
2 tbsps	Red Onion (finely chopped)
1/2	Apple (peeled, finely chopped)
2	Garlic (clove, minced)
1/2 tsp	Dried Thyme
1/4 tsp	Sea Salt
1 1/2 tps	Extra Virgin Olive Oil

### Directions

- 1 Combine the chicken, butternut squash, red onion, apple, garlic, thyme, and salt in a mixing bowl. Mix well.
- 2 Heat the oil in a non-stick pan over medium heat.
- 3 Form the mixture into patties approximately four inches (10-centimeters) in diameter and cook for four to five minutes per side or until cooked through. Cook the patties in batches, if necessary. Serve and enjoy!

### Notes

<b>Leftovers:</b>	Refrigerate in an airtight container for up to three days.
<b>Serving Size:</b>	One serving is equal to two breakfast patties.
<b>No Butternut Squash:</b>	Use another squash or sweet potato instead.
<b>No Ground Chicken:</b>	Use ground turkey or pork instead.
<b>No Extra Virgin Olive Oil:</b>	Use avocado or coconut oil instead.



## Paleo Sweet Potato Porridge

3 servings

20 minutes

### Ingredients

- 1 1/2 Sweet Potato
- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1 1/2 cups Raspberries
- 1 1/2 tbsps Coconut Oil
- 3/4 tsp Cinnamon
- 1 1/2 tbsps Unsweetened Coconut Flakes

### Directions

- 1 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 2 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 3 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning.  
It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 4 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

### Notes

**Other Toppings:** Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

**Leftovers:** Store in an airtight container in the fridge up to 3 to 4 days.





## Pineapple Yogurt Bowl

2 servings

5 minutes

### Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1 cup Pineapple (chopped)
- 1 tbsp Unsweetened Shredded Coconut (optional)

### Directions

- 1 Divide the coconut yogurt between bowls and top with the pineapple and shredded coconut (if using). Enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to two days.
- Additional Toppings:** Top with chopped nuts, seeds, and/or granola.
- More Fruit:** Add berries, mango, banana, or kiwi.
- No Coconut Yogurt:** Use plain or Greek yogurt instead.



## Immunity Boosting Bone Broth

4 servings

12 hours

### Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

### Notes

- Leftovers:** Refrigerate in an airtight container for up to four days. Freeze up to three months
- Serving Size:** One serving is approximately 1 to 1 1/2 cups.
- Low FODMAP:** Omit garlic and onions.



## Golden Turmeric Latte

1 serving

10 minutes

### Ingredients

1 1/2 tsps	Ginger (grated)
1/2 cup	Canned Coconut Milk
1/2 cup	Water
1/2 tsp	Turmeric (powder)
1 1/2 tsps	Raw Honey
1/4 tsp	Cinnamon
3/4 tsp	Coconut Oil

### Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

### Notes

- Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.
- Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.
- On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.
- Vegan:** Use maple syrup to sweeten instead of honey.



## Cream of Broccoli, Kale & Spinach Soup

2 servings

30 minutes

### Ingredients

- 1 cup Kale Leaves (chopped)
- 1 cup Baby Spinach
- 1 1/2 cups Broccoli (cut into florets)
- 1/4 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Coconut Oil
- 1/16 tsp Sea Salt
- 1 cup Vegetable Broth
- 1/2 cup Canned Coconut Milk
- 1/4 Lemon (juiced)
- 1/2 Avocado (sliced)

### Directions

- 1 Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
- 2 Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
- 3 Add salt to taste.
- 4 Add coconut milk and stir well.
- 5 Add spinach and kale. Stir just until the greens are wilted and remove from heat.
- 6 In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
- 7 Transfer blended mixture back into a large pot. Warm to desired temperature.
- 8 Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.



## Carrots & Guacamole

2 servings

5 minutes

### Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

### Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

### Notes

**Leftovers:** Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

**Spice it Up:** Add chili flakes, salsa and/or chopped cilantro to the guacamole.



## Cauliflower Shepherd's Pie

4 servings

50 minutes

### Ingredients

1 head	Cauliflower (chopped into florets)
2 tbsps	Extra Virgin Olive Oil (divided)
1	Yellow Onion (diced)
2	Garlic (cloves, minced)
454 grams	Extra Lean Ground Turkey or Beef
3 cups	Mushrooms (sliced)
2	Carrot (diced)
2 stalks	Celery (diced)
1 tbsp	Italian Seasoning
1/4 tsp	Sea Salt

### Directions

- 1 Preheat oven to 350°F (180°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

### Notes

**Vegan and Vegetarian:** Use cooked lentils instead of ground meat.



## Rosemary Lemon Chicken Skillet

2 servings

50 minutes

### Ingredients

227 grams	Chicken Breast (sliced in half)
1 tbsp	Rosemary (chopped)
1	Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
1 1/2 tbsps	Extra Virgin Olive Oil (divided)
1 1/2	Garlic (cloves, minced)
1/2 tsp	Sea Salt
1	Sweet Potato (cubed)
2 cups	Baby Spinach

### Directions

- 1 Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a zip loc bag and seal. Shake and set aside while you prep the rest.
- 2 Preheat oven to 425°F (218°C).
- 3 Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
- 4 Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziplock bag over the sweet potatoes. Bake uncovered for about 40 to 45 minutes, or until chicken and potatoes are fully cooked.
- 5 Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

### Notes

**Vegetarian:** Use cauliflower steaks instead of chicken.

**Leftovers:** Store in the fridge for up to three days.



## Deli Snack Box

3 servings

5 minutes

### Ingredients

- 3/4 cup Pumpkin Seeds
- 150 grams Whole Grain Crackers
- 1 1/2 cups Cherry Tomatoes
- 75 grams Cheddar Cheese (cubed or sliced)
- 300 grams Sliced Turkey Breast
- 3 Egg (hard boiled)

### Nutrition

Amount per serving	
Calories	713
Fat	43g
Carbs	44g
Fiber	5g
Sugar	10g
Protein	41g
Sodium	1580mg
Potassium	982mg
Riboflavin	0.7mg
Magnesium	245mg
Zinc	6mg

### Directions

- 1 Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

### Notes

- Storage:** Refrigerate up to 3 days.
- Modifications:** Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.





## Herbed Chicken Tenders with Honey Dijon

2 servings

40 minutes

### Ingredients

- 227 grams Chicken Breast (skinless, boneless, sliced into strips)
- 1 tbsp Avocado Oil (divided)
- 1/4 cup Oats (quick)
- 1 1/2 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 3 Carrot (medium, peeled and sliced into fries)
- 2 tbsps Dijon Mustard
- 1 1/2 tbsps Raw Honey

### Nutrition

Amount per serving	
Calories	333
Fat	11g
Carbs	28g
Fiber	4g
Sugar	16g
Protein	28g
Sodium	575mg
Potassium	707mg
Riboflavin	0.3mg
Magnesium	57mg
Zinc	1mg

### Directions

- 1 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 2 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 3 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 4 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 5 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 6 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

### Notes

- No Quick Oats:** Place rolled oats in your blender or food processor. Pulse a few times to break them up.
- Vegan and Vegetarian:** Use tofu strips instead of chicken.
- Leftovers:** Keeps well in the fridge up to 3 days.



## One Pot Taco Pasta

2 servings

40 minutes

### Ingredients

1 tsp	Extra Virgin Olive Oil
151 grams	Extra Lean Ground Beef
1 1/3 stalks	Green Onion (finely chopped)
2/3	Garlic (cloves, minced)
1/3 tsp	Cumin (ground)
1/3 tsp	Chili Powder
1/16 tsp	Sea Salt
1/3	Tomato (large, diced)
2 2/3 tbsps	Frozen Corn (thawed)
2 2/3 tbsps	Black Beans (cooked, from the can)
1/3	Red Bell Pepper (diced)
3/4 cup	Chicken Broth
1/3 cup	Salsa
2/3 cup	Brown Rice Pasta Shells (dry, uncooked)

### Nutrition

Amount per serving	
Calories	369
Fat	12g
Carbs	44g
Fiber	5g
Sugar	4g
Protein	22g
Sodium	865mg
Potassium	639mg
Riboflavin	0.2mg
Magnesium	44mg

### Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

### Notes

**Leftovers:**

Refrigerate in an airtight container for up to three days.

**Serving Size:**

One serving equals approximately 1 1/2 cups.

**No Ground Beef:**

Use ground chicken or turkey instead.

**Vegan & Vegetarian:**

Swap the ground meat out for cooked lentils.

**Optional Toppings:**

Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

**Likes it Spicy:**

Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

**No Brown Rice Pasta Shells:**

Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.



## Honey Chili Meatballs

2 servings

30 minutes

### Ingredients

227 grams	Extra Lean Ground Chicken
1/4	Yellow Onion (medium, chopped)
1	Garlic (cloves, minced)
1/2	Egg
1/2 tsp	Sea Salt (divided)
1/8 tsp	Black Pepper
1 tbsp	Coconut Oil
1/4 cup	Chicken Broth
2 1/2 tbsps	Tomato Paste
2 tbsps	Raw Honey
1 1/2 tbsps	Apple Cider Vinegar
3/4 tsp	Chili Powder
1/8 tsp	Paprika
1/8 tsp	Ground Mustard

### Nutrition

Amount per serving	
Calories	332
Fat	17g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	23g
Sodium	833mg
Potassium	872mg
Riboflavin	0.4mg
Magnesium	37mg
Zinc	2mg

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

### Notes

- Likes it Spicy:** Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.
- Serve Them With:** Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.
- Leftovers:** Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).
- Slow Cooker Version:** Add formed meatballs with sauce and cook on low for 6-8 hours.
- Serving Size:** A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.



## Penne with Red Lentil Bolognese Sauce

2 servings

40 minutes

### Ingredients

1/8	Yellow Onion (finely chopped)
1 1/3	Garlic (clove, minced)
1 1/3 tbsps	Water
1/2 tsp	Oregano
1/8 tsp	Sea Salt
1/16 tsp	Red Pepper Flakes
1/3 cup	Dry Red Lentils (rinsed)
2 tsps	Tomato Paste
1 cup	Vegetable Broth
1/3 cup	Tomato Sauce
2 tsps	Balsamic Vinegar (divided)
1 2/3 cups	Brown Rice Penne
2 tsps	Nutritional Yeast (optional)

### Nutrition

Amount per serving	
Calories	520
Fat	4g
Carbs	102g
Fiber	12g
Sugar	5g
Protein	18g
Sodium	542mg
Potassium	771mg
Riboflavin	2.5mg
Magnesium	12mg
Zinc	0mg

### Directions

- 1 To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 2 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender.  
Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 3 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 4 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to five days.
- More Flavor:** Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.
- Additional Toppings:** Top with extra red pepper flakes or fresh oregano.
- No Penne:** Use your favorite noodles or spiralized vegetables instead.



## Classic Tacos

1 serving

25 minutes

### Ingredients

2	Corn Tortilla
3/4 tsp	Avocado Oil
113 grams	Extra Lean Ground Beef
1/4 tsp	Onion Powder
1/8 tsp	Garlic Powder
1/8 tsp	Sea Salt
1/8 tsp	Cumin
1/8 head	Green Lettuce (small, finely chopped)
1/2	Tomato (medium, diced)

### Nutrition

Amount per serving	
Calories	384
Fat	16g
Carbs	31g
Fiber	3g
Sugar	0g
Protein	26g
Sodium	395mg
Potassium	503mg
Riboflavin	0.2mg
Magnesium	29mg
Zinc	6mg

### Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

### Notes

- Serving Size:** One serving is equal to two tacos.
- Storage:** Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.
- More Toppings:** Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.
- No Ground Beef:** Use ground turkey, chicken, pork or lamb instead.
- Vegan & Vegetarian:** Use lentils instead of ground meat.



## Sweet Potato Fries Supreme

1 serving

30 minutes

### Ingredients

- 2/3 Sweet Potato
- 2 tsps Coconut Oil (melted)
- 1/8 tsp Paprika
- 1/8 tsp Cumin
- 1/8 tsp Onion Powder
- 1/8 tsp Garlic Powder
- 1/3 cup Black Beans (cooked, drained and rinsed)
- 1 1/3 tbsps Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 1/8 Avocado
- 1/16 Lemon (juiced)
- 1 tsp Extra Virgin Olive Oil
- 1 1/3 tbsps Water (hot)
- 1/4 cup Corn
- 1/3 cup Cherry Tomatoes (quartered)
- 1 1/3 tbsps Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	378
Fat	20g
Carbs	45g
Fiber	12g
Sugar	7g
Protein	9g
Sodium	69mg
Potassium	894mg
Riboflavin	0.2mg

### Directions

- 1 Preheat oven to 450°F (232°C). Cut off sweet potato ends and slice into 1/4-inch strips. Toss with melted coconut oil, paprika, cumin, onion powder and garlic powder.
- 2 Line baking trays with heavy duty foil and grease with coconut oil. Spread sweet potato strips loosely across baking sheet (do not overcrowd the tray). Bake in the oven for 25 to 30 minutes, flipping halfway.
- 3 Meanwhile, blend black beans with almond milk. Season with salt and pepper to taste. Transfer to a bowl and set aside.
- 4 Next blend avocado, lemon juice and olive oil. Slowly add the hot water. Season with sea salt and black pepper to taste. Transfer to a bowl and set aside.
- 5 In a separate bowl, combine corn, cherry tomatoes and cilantro. Set aside.
- 6 Remove sweet potato fries from the oven. Season with salt if desired. Divide onto plates and top with black bean puree, corn tomato salsa and avocado sauce. Enjoy!

### Notes

**Crispier Fries:** Soak sweet potato strips in cold water for at least 1 hr or overnight. Drain, rinse and pat dry. Toss in a bag with any starch (2 tsp for each sweet potato) until well coated. Toss with seasonings and oil (avoid salt as it will make the fries soggy). Spread out loosely on a greased heavy duty foil-lined pan and bake at 425 for 25-30 minutes, flipping halfway. Season with salt if desired.

**More Greens:** Turn it into a salad by serving it over a bed of greens.

**Meat Lover:** Top with cooked ground chicken, ground turkey, lean ground beef, or bacon



## Pina Colada Ice Cream

3 servings

5 minutes

### Ingredients

- 1 1/2 Banana (sliced and frozen)
- 1 1/2 cups Pineapple (cut into chunks and frozen)
- 1/3 cup Canned Coconut Milk

### Nutrition

Amount per serving	
Calories	147
Fat	6g
Carbs	25g
Fiber	3g
Sugar	16g
Protein	1g
Sodium	9mg
Potassium	347mg
Riboflavin	0.1mg
Magnesium	26mg
Zinc	0mg

### Directions

- 1 Add all ingredients to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.