





## Green Cabbage & Edamame Salad

6 servings

15 minutes

### Ingredients

- 5 cups Green Cabbage (shredded)
- 1 Cucumber (thinly sliced)
- 1 cup Frozen Edamame (thawed)
- 3 tbsps Sunflower Seed Butter
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 1 tbsp Lime Juice
- 1 tbsp Sesame Oil
- 1 tbsp Water
- 1/2 cup Sunflower Seeds
- 1/3 cup Cilantro (chopped)

### Directions

- 1 Add the cabbage, cucumber and edamame to a large bowl.
- 2 To make the dressing, add the sunflower seed butter, maple syrup, tamari, lime juice, sesame oil and water to a blender and blend on high until smooth and creamy.
- 3 Add the dressing to the salad and mix well. Top with sunflower seeds and cilantro. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For longer-lasting leftovers, store the salad ingredients separate from the dressing for up to five days.

**No Sunflower Seed Butter:** Use almond butter or peanut butter instead.

**Additional Toppings:** Top with a protein of your choice, like chicken, chickpeas, or tofu.



## 10 Minute Cabbage Bowl

2 servings

10 minutes

### Ingredients

2 tbsps Coconut Oil (divided)  
6 cups Coleslaw Mix  
4 Egg

### Directions

- 1 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 2 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 3 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

### Notes

**On-the-Go:** Add a hard boiled egg onto the cabbage bowl instead of fried.



## Sesame Cabbage Slaw

6 servings

15 minutes

### Ingredients

6 cups Purple Cabbage (thinly sliced)  
3 tbsps Sesame Oil  
3 tbsps Rice Vinegar  
1 Garlic (clove, minced)  
3 tbsps Sesame Seeds (optional)  
Sea Salt & Black Pepper (to taste)

### Directions

1

In a large bowl, combine the cabbage, sesame oil, rice vinegar, garlic, sesame seeds, salt and pepper. Mix well. Enjoy!

### Notes

**Storage:** Keeps well in the fridge for 4 to 5 days.



## Brussels Sprouts Salad with Grainy Mustard Dressing

4 servings

10 minutes

### Ingredients

5 cups Brussels Sprouts (trimmed, thinly sliced)  
1 1/3 tbsps Whole Grain Mustard  
2 tbsps Apple Cider Vinegar

### Directions

1

Gently toss all ingredients in a mixing bowl until well combined. Divide onto plates and enjoy!

### Notes

**Storage:** Refrigerate in an airtight container up to 5 days.

**Warm It Up:** Lightly steam all of the ingredients in a large pan with some water until tender then serve.



## Brussels Sprouts, Bacon & Brazil Nuts

4 servings

45 minutes

### Ingredients

6 cups Brussels Sprouts (trimmed)  
2 tbsps Avocado Oil  
6 slices Bacon (diced)  
Sea Salt & Black Pepper (to taste)  
1/2 cup Brazil Nuts (chopped)

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment.
- 2 Place the brussels sprouts in a large bowl and drizzle with oil. Add the diced bacon and toss well. Transfer to baking sheet and sprinkle with salt and pepper. Roast for 40 minutes.
- 3 Remove from oven and top with chopped brazil nuts. Enjoy!

### Notes

**Vegetarians & Vegans:** Omit bacon or use coconut bacon.

**More Carbs:** Add sweet potato.

**Nut-Free:** Top with toasted pumpkin seeds instead of Brazil nuts.

**Leftovers:** Keeps well for 3 to 4 days in the fridge.



## Roasted Brussels Sprouts Caesar Salad

4 servings

1 hour

### Ingredients

454 grams Extra Lean Ground Chicken (cooked)  
5 cups Brussels Sprouts (halved)  
1/2 cup Radishes (sliced)  
1/2 cup Pumpkin Seeds  
1/3 cup Extra Virgin Olive Oil  
1 Garlic (whole head)  
1/2 Lemon (juiced)  
2 tbsps Dijon Mustard  
Sea Salt & Black Pepper

### Directions

- 1 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 2 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 3 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 4 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

### Notes

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

**Save Time:** Cook the ground chicken and make the roasted garlic dressing in advance.

**No Extra Lean Ground Chicken:** Use any other type of ground meat instead.

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



## Crispy Roasted Brussels Sprouts

4 servings

15 minutes

### Ingredients

4 cups Brussels Sprouts (trimmed, thinly sliced)  
2 tbsps Avocado Oil  
1/2 tsp Sea Salt

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the Brussels sprouts onto the baking sheet and toss with avocado oil. Spread evenly and season with salt. Roast for 10 to 15 minutes or until fork tender and the edges have crisped.
- 3 Transfer onto plates and serve as a side dish. Enjoy!

### Notes

**No Avocado Oil:** Use olive oil, coconut oil or sunflower seed oil instead.

**Leftovers:** Refrigerate in an airtight container up to 5 days.

**Serving Size:** One serving is equal to approximately one cup of brussels sprouts.