





Beet & Arugula Salad

4 servings

50 minutes

Ingredients

- 4 Beet (skin on, washed)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1 1/2 tpsps Raw Honey
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula (packed)
- 1 Apple (thinly sliced)
- 1/2 cup Goat Cheese (crumbled)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	239
Fat	17g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	9g
Carbs	20g
Fiber	5g
Protein	6g
Vitamin A	526IU
Vitamin C	9mg
Calcium	64mg
Vitamin D	0IU
Vitamin K	29µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	110µg
Vitamin B12	0µg
Magnesium	31mg
Zinc	0mg

Directions

- 1 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
- 2 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
- 3 Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

Notes

Dairy-Free: Omit the goat cheese, or use a plant-based cheese instead.

No Pumpkin Seeds: Omit or use sunflower seeds instead.

No Apple: Use a pear instead.

No Honey: Use maple syrup instead.

Save Time: Roast the beets ahead of time.



Arugula & Tomato Egg Muffins

6 servings

30 minutes

Ingredients

- 1 1/2 tsps Avocado Oil
- 4 cups Arugula
- 8 Egg
- 1 Tomato (chopped)
- 20 grams Pecorino Romano Cheese (shredded)
- 1/4 cup Parsley (chopped)
- 1/3 cup Unsweetened Almond Milk
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	128
Fat	9g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	2g
Fiber	1g
Protein	10g
Vitamin A	1194IU
Vitamin C	8mg
Calcium	128mg
Vitamin D	60IU
Vitamin K	56µg
Riboflavin	0.3mg
Vitamin B6	0.1mg
Folate	53µg
Vitamin B12	0.6µg
Magnesium	18mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
- 3 In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
- 4 Pour the egg mixture into the muffin cups until they are about 3/4 of the way filled.
- 5 Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

Notes

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

Serving Size: One serving is equal to two egg cups.

No Arugula: Use spinach instead.

Dairy-Free: Omit the cheese or use nutritional yeast instead.

Nut-Free: Use whole milk, coconut milk or oat milk instead of almond milk.

More Flavor: Use sun dried tomatoes instead of regular tomato.



Prosciutto Arugula Salad Rolls

2 servings

15 minutes

Ingredients

- 2 cups Arugula
- 1/2 Pear (stem and seeds removed, sliced)
- 1/4 cup Goat Cheese (crumbled)
- 85 grams Prosciutto (thinly sliced)

Nutrition

Amount per serving	
Calories	156
Fat	9g
Saturated	4g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	8g
Fiber	2g
Protein	13g
Vitamin A	486IU
Vitamin C	5mg
Calcium	46mg
Vitamin D	0IU
Vitamin K	24µg
Riboflavin	0mg
Vitamin B6	0mg
Folate	23µg
Vitamin B12	0µg
Magnesium	13mg
Zinc	0mg

Directions

- 1 Divide the arugula, sliced pear and goat cheese evenly among the prosciutto slices.
- 2 Tightly roll them into wraps and enjoy!

Notes

No Arugula: Use baby spinach or mixed greens instead.

Salad Lover: Instead of making wraps, turn it into a salad. Combine all ingredients in a large bowl and drizzle with your choice of oil or dressing.

Dairy-Free: Use a nut-based cheese instead of goat cheese.

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



Kale Caesar Salad

4 servings

1 hour

Ingredients

- 1 Garlic (head)
- 1/3 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 4 cups Kale Leaves (thinly sliced into ribbons)
- 1/2 cup Radishes (thinly sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pumpkin Seeds
- 227 grams Chicken Breast, Cooked (sliced)

Nutrition

Amount per serving	
Calories	295
Fat	22g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	15g
Carbs	4g
Fiber	2g
Protein	20g
Vitamin A	1185IU
Vitamin C	27mg
Calcium	69mg
Vitamin D	1IU
Vitamin K	94µg
Riboflavin	0.2mg
Vitamin B6	0.7mg
Folate	21µg
Vitamin B12	0.1µg

Directions

- 1 Preheat oven to 400°F (204°C). Take your head of garlic and peel away the skin so the cloves are showing. Chop off the top of garlic head, drizzle with olive oil and wrap in foil. Bake in the oven for 30 minutes.
- 2 After 30 minutes, remove the garlic from the oven and remove from foil. Let cool. When garlic is cool, squeeze the flesh out of the skin into a food processor or magic bullet. Add oil, lemon juice, mustard and salt. Blend until creamy.
- 3 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large bowl. Drizzle with desired amount of dressing and toss well.
- 4 Plate salad and top with fresh ground pepper. Top with sliced baked chicken breast. Enjoy!

Magnesium	30mg
Zinc	1mg



Kale & Eggs

1 serving
10 minutes

Ingredients

- 1/2 tsp Ghee
- 3 cups Kale Leaves (roughly chopped)
- 2 Egg
- 2 tbsps Pitted Kalamata Olives
- 1 tbsp Nutritional Yeast
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	237
Fat	14g
Saturated	5g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	8g
Fiber	5g
Protein	20g
Vitamin A	3627IU
Vitamin C	59mg
Calcium	236mg
Vitamin D	82IU
Vitamin K	246µg
Riboflavin	8.1mg
Vitamin B6	7.9mg
Folate	86µg
Vitamin B12	34.7µg
Magnesium	33mg
Zinc	2mg

Directions

- 1 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 2 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 3 Add the kale, olives and eggs to a plate. Serve and enjoy!

Notes

No Kale: Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

No Ghee: Use butter, avocado oil, or olive oil.

More Flavor: Add extra seasonings such as garlic.



Turkey Kale Wraps

1 serving
10 minutes

Ingredients

3/4 cup Kale Leaves (whole, lacinato, washed and dried)
1/3 cup Hummus
120 grams Sliced Turkey Breast
2 tbsps Radishes (thinly sliced)

Nutrition

Amount per serving	
Calories	329
Fat	19g
Saturated	3g
Polyunsaturated	9g
Monounsaturated	6g
Carbs	16g
Fiber	5g
Protein	25g
Vitamin A	778IU
Vitamin C	17mg
Calcium	99mg
Vitamin D	7IU
Vitamin K	80µg
Riboflavin	0.3mg
Vitamin B6	0.6mg
Folate	58µg
Vitamin B12	0.4µg
Magnesium	91mg
Zinc	2mg

Directions

- 1 Divide the hummus between kale leaves and use a knife to spread it across the leaves evenly. Place the turkey and sliced radish on top.
- 2 Roll the leaves into a wrap. Enjoy!

Notes

No Kale: Use another large leafy green such as collard or lettuce.

No Turkey: Use sliced chicken breast instead.

Leftovers: Store the leftovers in a container in the fridge for up to three days. Pierce the wraps with a toothpick to hold them together during storage.

No Hummus: Use a different type of spread as a condiment, such as mustard, mayonnaise or yogurt.

More Flavor: Sprinkle with sea salt, black pepper, paprika or your favorite spices.



Chicken & Bok Choy Stir Fry

4 servings
25 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 283 grams Chicken Breast (skinless, boneless, cut into strips)
- 2 Garlic (cloves, minced)
- 8 cups Bok Choy (baby, halved)
- 4 cups Mushrooms (sliced)
- 3 tbsps Coconut Aminos
- 1 tsp Sesame Oil (toasted)
- 3 stalks Green Onion (sliced)
- 1 tbsp Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	168
Fat	5g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	10g
Fiber	3g
Protein	22g
Vitamin A	6637IU
Vitamin C	67mg
Calcium	183mg
Vitamin D	7IU
Vitamin K	78µg
Riboflavin	0.6mg
Vitamin B6	1.0mg
Folate	120µg
Vitamin B12	0.2µg
Magnesium	65mg
Zinc	1mg

Directions

- 1 In a large skillet over medium heat, add the avocado oil and the chicken and cook for 7 to 8 minutes or until cooked through. Remove the chicken from the pan and set aside.
- 2 In the same skillet, add the minced garlic and sauté for 1 minute. Add the bok choy and cook for 1 minute. Add the mushrooms. Stir and cook for 4 to 5 minutes until everything is cooked. Add the coconut aminos and return the chicken to the pan. Add the sesame oil and stir to incorporate.
- 3 Divide between bowls. Top with green onions and sesame seeds, if using. Enjoy!

Notes

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

Serve it With: Use rice, quinoa or cauliflower rice as your stir fry base.

No Coconut Aminos: Use tamari or soy sauce instead.

More Flavor: Add chili flakes to taste.

Make it Vegan: Omit the chicken and use tofu instead.



Thai Basil Turkey with Bok Choy & Rice

4 servings
25 minutes

Ingredients

- 1 cup Jasmine Rice (dry)
- 1 tbsp Coconut Oil
- 2 Thai Chili (stems removed and finely sliced)
- 6 stalks Green Onion (finely diced)
- 4 Garlic (cloves, minced)
- 454 grams Extra Lean Ground Turkey
- 1 tbsp Raw Honey
- 3 tbsps Tamari
- 1 cup Basil Leaves (fresh, chopped)
- 2 tsps Sesame Oil
- 4 cups Bok Choy (sliced in half lengthwise)

Nutrition

Amount per serving	
Calories	433
Fat	15g
Saturated	6g
Polyunsaturated	4g
Monounsaturated	4g
Carbs	49g
Fiber	3g
Protein	28g
Vitamin A	4704IU
Vitamin C	69mg
Calcium	137mg
Vitamin D	16IU
Vitamin K	107µg
Riboflavin	0.3mg
Vitamin B6	0.8mg

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
- 3 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 4 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes

No Rice: Use quinoa or roasted potatoes instead.

Storage: Store in an airtight container in the fridge up to 3 days.

Low Carb: Use cauliflower rice instead of jasmine rice.

Make it Faster: Use green peas instead of bok choy.

No Thai Chili: If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

Reheating Leftovers: Saute in a skillet until warmed through.

Vegan & Vegetarian: Replace the ground turkey with roasted chickpeas or warm lentils.

Folate	74µg
Vitamin B12	1.4µg
Magnesium	58mg
Zinc	3mg