



Listen - getting your Vitamin D in is difficult. You see we have to work hard these days to eat foods that are naturally rich in Vitamin D!

If you are not a seafood fan, don't eat eggs (with their yolks) regularly or - hey - you don't liver, then you may be missing out on natural sources of Vitamin D. Now if you choose foods that are fortified in Vitamin D (dairy comes to mind), then you can certainly up your intake of Vitamin D, but you still have to work pretty hard.

This recipe pack focuses is mostly on some simple egg recipes and also easy-to-prepare seafood recipes which will help you up your Vitamin D intake. Oh and if you haven't checked your Vitamin D levels of late, don't wait. Chat with your healthcare provider about this. It's important!

Enjoy





## Scrambled Eggs with Peppers & Kale

2 servings

15 minutes

### Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Red Bell Pepper (sliced)
- 2 cups Kale Leaves (chopped)
- 6 Egg
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	267
Fat	18g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	8g
Carbs	6g
Fiber	2g
Protein	20g
Vitamin A	3683IU
Vitamin C	96mg
Calcium	142mg
Vitamin D	123IU
Vitamin K	87µg
Riboflavin	0.8mg
Vitamin B6	0.5mg
Folate	111µg
Vitamin B12	1.4µg
Magnesium	32mg
Zinc	2mg

### Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
- 2 While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
- 3 Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

### Notes

**More Carbs:** Serve with toast, roasted potatoes, or sweet potatoes.

**Egg-Free:** Use mashed tofu instead of eggs.



## Sardine Spread with Cucumbers

1 serving

5 minutes

### Ingredients

- 85 grams Sardines (in oil, drained)
- 1 1/2 tbsps Mayonnaise
- 2 1/2 tbsps Apple Cider Vinegar
- 1/2 Cucumber (sliced)

### Nutrition

Amount per serving	
Calories	348
Fat	25g
Saturated	4g
Polyunsaturated	14g
Monounsaturated	7g
Carbs	6g
Fiber	1g
Protein	22g
Vitamin A	263IU
Vitamin C	4mg
Calcium	353mg
Vitamin D	166IU
Vitamin K	61µg
Riboflavin	0.2mg
Vitamin B6	0.2mg
Folate	20µg
Vitamin B12	7.6µg
Magnesium	55mg
Zinc	1mg

### Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one cup.

**More Flavor:** Add black pepper or your choice of fresh or dried herbs.

**No Cucumbers:** Use bell pepper slices, carrot sticks, celery sticks or crackers instead.



## Lime Basil Grilled Tuna Steaks

2 servings

20 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (plus extra for drizzling)
- 1 Lime (juiced)
- 1/4 cup Basil Leaves (chopped, plus extra for garnish)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 340 grams Tuna Steak
- 1 Tomato (large, chopped)
- 1 Cucumber (chopped)
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	288
Fat	8g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	10g
Fiber	2g
Protein	44g
Vitamin A	1383IU
Vitamin C	23mg
Calcium	51mg
Vitamin D	117IU
Vitamin K	52µg
Riboflavin	0.3mg
Vitamin B6	1.7mg

### Directions

- 1 In a small bowl, combine the olive oil, lime juice, basil, garlic, salt and pepper. Mix well to combine.
- 2 Add the tuna steaks to a ziploc bag and pour in the marinade. Shake well then store in the fridge while you prep the rest.
- 3 Combine the diced tomato and cucumber together in a bowl. Drizzle with a bit of olive oil, lemon juice and season with sea salt and black pepper to taste. Set aside.
- 4 Preheat the grill over medium heat.
- 5 Grill the steaks for about 4 minutes per side, or until they are cooked to your liking.
- 6 Remove fish from the grill. Plate on a bed of the cucumber tomato salad and garnish with basil. Enjoy!

### Notes

**No Tuna:** Use marlin, salmon or swordfish steaks instead.

**More Flavour:** Marinate the tuna steaks up to 24 hours in advance for maximum flavour.

**More Carbs:** Serve with a side of rice, quinoa or roasted mini potatoes.

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Folate	37µg
Vitamin B12	3.5µg
Magnesium	90mg
Zinc	1mg





## Spinach & Goat Cheese Omelette

2 servings

20 minutes

### Ingredients

- 1 1/2 tsps Coconut Oil
- 6 Egg
- 1/2 tsp Sea Salt
- 1 tsp Black Pepper
- 2 cups Baby Spinach
- 1/2 cup Goat Cheese (crumbled)
- 1/2 cup Salsa

### Nutrition

Amount per serving	
Calories	344
Fat	24g
Saturated	12g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	8g
Fiber	2g
Protein	25g
Vitamin A	3931IU
Vitamin C	10mg
Calcium	160mg
Vitamin D	123IU
Vitamin K	151µg
Riboflavin	0.8mg
Vitamin B6	0.4mg
Folate	132µg
Vitamin B12	1.4µg
Magnesium	54mg
Zinc	2mg

### Directions

- 1 Heat coconut oil in medium-sized frying pan over medium heat.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 3 Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
- 4 Repeat with remaining ingredients. Enjoy!

### Notes

**No Goat Cheese:** Use feta cheese instead



## Breakfast Cauliflower Casserole

3 servings

1 hour

### Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 7 Egg
- 1/2 cup Unsweetened Almond Milk
- 1 tsp Garlic Powder
- 1 tbsp Nutritional Yeast
- 1 tsp Sea Salt
- 1 cup Baby Spinach

### Nutrition

Amount per serving	
Calories	213
Fat	12g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	8g
Fiber	3g
Protein	19g
Vitamin A	1651IU
Vitamin C	50mg
Calcium	174mg
Vitamin D	112IU
Vitamin K	64µg
Riboflavin	3.1mg
Vitamin B6	3.0mg
Folate	131µg
Vitamin B12	12.3µg
Magnesium	40mg
Zinc	2mg

### Directions

- 1 Preheat oven to 375°F (191°C).
- 2 On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
- 3 In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
- 4 Pour mixture into a baking dish and bake for 45 minutes.
- 5 Remove from oven and let cool slightly before serving. Enjoy!

### Notes

**More Greens:** Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

**Don't Like Cauliflower:** Use steamed broccoli instead.

**Storage:** Store in an airtight container up to three days. Reheat before serving.





## 15 Minute Halibut with Dill Pesto

4 servings

15 minutes

### Ingredients

- 1 cup Parsley (packed)
- 1/4 cup Fresh Dill (packed)
- 1/3 cup Slivered Almonds
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove)
- Sea Salt & Black Pepper
- 567 grams Halibut Fillet
- 1 1/2 tsps Coconut Oil
- 8 cups Mixed Greens (or Arugula)

### Nutrition

Amount per serving	
Calories	327
Fat	20g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	6g
Fiber	3g
Protein	31g
Vitamin A	1419IU
Vitamin C	33mg
Calcium	104mg
Vitamin D	269IU
Vitamin K	255µg
Riboflavin	0.1mg
Vitamin B6	0.8mg
Folate	43µg
Vitamin B12	1.6µg
Magnesium	41mg
Zinc	1mg

### Directions

- 1 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 2 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 3 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

### Notes

**Nut Free:** Use pumpkin seeds or sunflower seeds instead.

**Save Time:** Blend up the pesto in advance.

**More Carbs:** Serve it with rice, quinoa or roasted mini potatoes.



## Smoked Salmon Avocado Yogurt Bowls

2 servings

10 minutes

### Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 Cucumber (sliced)
- 100 grams Smoked Salmon (sliced)
- 1 Avocado (sliced)
- 1 1/2 tsps Fresh Dill (chopped)
- 2 tsps Avocado Oil
- 1/4 tsp Sea Salt
- 1/4 Lemon (sliced into wedges)

### Nutrition

Amount per serving	
Calories	364
Fat	24g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	14g
Carbs	18g
Fiber	7g
Protein	23g
Vitamin A	905IU
Vitamin C	22mg
Calcium	280mg
Vitamin D	392IU
Vitamin K	33µg
Riboflavin	0.2mg
Vitamin B6	0.4mg
Folate	89µg
Vitamin B12	1.6µg
Magnesium	48mg
Zinc	1mg

### Directions

- 1 Divide yogurt, cucumber, salmon and avocado into bowls or containers. Top with chopped dill, avocado oil and salt. Garnish with a lemon wedge.
- 2 Enjoy immediately or refrigerate until ready to eat.

### Notes

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

**More Protein:** Add cooked or roasted chickpeas.





## Deconstructed Sushi Bowl

2 servings

20 minutes

### Ingredients

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 225 grams Smoked Salmon
- 2 tps Sesame Seeds
- 2 tbsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

### Nutrition

Amount per serving	
Calories	492
Fat	34g
Saturated	5g
Polyunsaturated	10g
Monounsaturated	17g
Carbs	23g
Fiber	14g
Protein	30g
Vitamin A	1180IU
Vitamin C	18mg
Calcium	124mg
Vitamin D	772IU
Vitamin K	56µg
Riboflavin	0.3mg
Vitamin B6	0.6mg
Folate	93µg
Vitamin B12	3.7µg
Magnesium	70mg

### Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 2 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 3 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

### Notes

**Leftovers:** This bowl is best served immediately but can be stored in the fridge up to 2 days and served cold.

**No Coconut Aminos:** Use tamari or soy sauce instead.



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Zinc

1mg



## Smoked Salmon Avocado Toast

1 serving

5 minutes

### Ingredients

- 1/2 Avocado
- 1 slice Bread (toasted)
- 42 grams Smoked Salmon (cut into bite-sized pieces)
- 1/8 Yellow Onion (thinly sliced)
- 1/2 tsp Capers
- 1 1/2 tsps Fresh Dill (chopped)
- 1/4 tsp Lemon Juice

### Nutrition

Amount per serving	
Calories	294
Fat	19g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	22g
Fiber	8g
Protein	12g
Vitamin A	207IU
Vitamin C	11mg
Calcium	38mg
Vitamin D	288IU
Vitamin K	22µg
Riboflavin	0.3mg
Vitamin B6	0.4mg
Folate	83µg
Vitamin B12	1.4µg
Magnesium	45mg
Zinc	1mg

### Directions

- 1 Mash the avocado onto your toast. Next, add the smoked salmon, yellow onion, capers, dill and lemon juice. Enjoy!

### Notes

- No Yellow Onion:** Use red or green onions instead.
- No Bread:** Use a large cracker or flatbread.
- Gluten-Free:** Use gluten-free toast or crackers.
- No Dill:** Use another fresh herb such as parsley.



## Sardine Salad with Peppers, Celery & Blueberries

1 serving  
10 minutes

### Ingredients

85 grams Sardines (packed in oil, drained)  
2 tbsps Red Onion (minced)  
2 stalks Celery (sliced into sticks)  
1/2 Red Bell Pepper (stems and seeds removed, sliced)  
1/2 cup Blueberries

### Nutrition

Amount per serving	
Calories	254
Fat	10g
Saturated	1g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	19g
Fiber	5g
Protein	23g
Vitamin A	2354IU
Vitamin C	87mg
Calcium	370mg
Vitamin D	164IU
Vitamin K	43µg
Riboflavin	0.3mg
Vitamin B6	0.4mg
Folate	73µg
Vitamin B12	7.6µg
Magnesium	56mg
Zinc	2mg

### Directions

- 1 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

### Notes

**No Sardines:** Use canned tuna instead.  
**Leftovers:** Refrigerate in an airtight container for up to three days.





## Sardine & Avocado Endive Wraps

2 servings

5 minutes

### Ingredients

170 grams Sardines (packed in oil, drained)

1 Avocado (cubed)

1 head Endive (leaves separated)

### Nutrition

Amount per serving	
Calories	381
Fat	25g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	13g
Carbs	17g
Fiber	15g
Protein	26g
Vitamin A	5797IU
Vitamin C	27mg
Calcium	470mg
Vitamin D	164IU
Vitamin K	616µg
Riboflavin	0.5mg
Vitamin B6	0.5mg
Folate	454µg
Vitamin B12	7.6µg
Magnesium	101mg
Zinc	4mg

### Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately three endive-filled leaves.

**Additional Toppings:** Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

**No Endive:** Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.