



Dopamine: your feel good and go-getter hormone

- Dopamine is associated with motivation. When its levels are low, some people feel lethargic or simply not interested in doing anything.
- You can see that if you aren't motivated, you are not interested in the rewards either. We often associate highly motivated people with being goal oriented or reward-oriented. Dopamine helps the reward process
- Sometimes dopamine is associated with addictive behaviors and mood fluctuations, reflecting different levels of dopamine

Like serotonin, dopamine requires B vitamin support.

Useful foods and ingredients that provide the nutrient building blocks for dopamine include tyrosine and phenylalanine include:

- Meat, Poultry, and Fish
- Lentils
- Tempeh
- Cheese
- Eggs
- Nuts & Seeds (i.e. almonds)
- Avocado



Berry Avocado Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Plain Coconut Milk (unsweetened, from the box)
- 1/2 Zucchini (chopped, frozen)
- 1/4 cup Frozen Cauliflower
- 1/2 cup Frozen Berries
- 1/4 Avocado
- 1 tbsp Chia Seeds
- 1/4 cup Vanilla Protein Powder

Directions

1

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

Nutrition

Amount per serving	
Calories	370
Fat	17g
Saturated	6g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	33g
Fiber	12g
Protein	25g
Vitamin A	773IU
Vitamin C	57mg
Calcium	674mg
Vitamin D	101IU
Vitamin K	20µg
Riboflavin	0.7mg
Vitamin B6	0.5mg
Folate	91µg
Vitamin B12	3.6µg
Magnesium	119mg
Zinc	2mg



Crackers & Avocado

2 servings

10 minutes

Ingredients

100 grams Whole Grain Crackers
1/2 Avocado
Sea Salt & Black Pepper (to taste)

Directions

1

Mash the avocado onto the crackers and sprinkle with salt and pepper to taste.
Enjoy!

Nutrition

Amount per serving	
Calories	321
Fat	18g
Saturated	3g
Polyunsaturated	7g
Monounsaturated	7g
Carbs	38g
Fiber	5g
Protein	5g
Vitamin A	76IU
Vitamin C	5mg
Calcium	13mg
Vitamin D	0IU
Vitamin K	29µg
Riboflavin	0.2mg
Vitamin B6	0.2mg
Folate	92µg
Vitamin B12	0µg
Magnesium	29mg
Zinc	1mg



Eggvocado

1 serving
15 minutes

Ingredients

- 1 Avocado
- 2 Egg

Nutrition

Amount per serving	
Calories	465
Fat	39g
Saturated	7g
Polyunsaturated	6g
Monounsaturated	23g
Carbs	18g
Fiber	13g
Protein	17g
Vitamin A	833IU
Vitamin C	20mg
Calcium	80mg
Vitamin D	82IU
Vitamin K	43µg
Riboflavin	0.7mg
Vitamin B6	0.7mg
Folate	210µg
Vitamin B12	0.9µg
Magnesium	70mg
Zinc	3mg

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Slice the avocado in half and scoop out a little flesh from each half to make room for the eggs. Place face-up on a baking sheet.
- 3 Crack an egg in each half of the avocado and bake for 10 to 15 minutes, depending on how runny you like your eggs. Enjoy!



Sardine Stuffed Avocado

2 servings

5 minutes

Ingredients

- 1 Avocado (large, cut in half)
- 56 grams Sardines
- 1 tbsp Mayonnaise
- 1 tbsp Lemon Juice
- 1/4 tsp Sea Salt
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	270
Fat	23g
Saturated	3g
Polyunsaturated	6g
Monounsaturated	12g
Carbs	10g
Fiber	7g
Protein	9g
Vitamin A	822IU
Vitamin C	23mg
Calcium	131mg
Vitamin D	55IU
Vitamin K	158µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	98µg
Vitamin B12	2.5µg
Magnesium	44mg
Zinc	1mg

Directions

- 1 Remove the avocado pit. Scoop out additional flesh of the avocado from where the pit was removed, creating space for the sardines to go. Set aside in a small bowl.
- 2 In the same small bowl, mash together the avocado flesh, sardines, mayonnaise, lemon juice, sea salt and parsley.
- 3 Stuff the avocado with the sardine mixture. Serve immediately and enjoy!



Blackened Fish Taco Bowls

4 servings

30 minutes

Ingredients

- 1 head Cauliflower
- 1/2 Avocado (pit removed and peeled)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/4 cup Water
- 1 tbsp Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 Tilapia Fillet
- 1/4 cup Red Onion (finely diced)
- 1/2 Green Bell Pepper (finely diced)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 Lime (cut into wedges)

Nutrition

Amount per serving	
Calories	393
Fat	20g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	36g
Fiber	14g
Protein	24g
Vitamin A	1095IU
Vitamin C	94mg

Directions

- 1 To create cauliflower rice, chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: If you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer into a bowl and set aside.
- 2 Create your avocado dressing by combining your avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth. Transfer into a jar and set aside.
- 3 Combine chili powder, cumin, cayenne, paprika, sea salt and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillets.
- 4 Grease a large cast iron skillet with a bit of olive oil and place it over medium high heat. Add your tilapia fillets two at a time. Let sear for 3 to 4 minutes per side, flip and let sear for another 3 minutes or until fish is completely cooked through. (Note: Fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.
- 5 Divide cauliflower rice in between bowls and top with red onion, green pepper and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges. Enjoy!

Calcium	97mg
Vitamin D	72IU
Vitamin K	44µg
Riboflavin	0.3mg
Vitamin B6	0.6mg
Folate	254µg
Vitamin B12	0.9µg
Magnesium	120mg
Zinc	2mg



Honey Dill Chicken

4 servings
45 minutes

Ingredients

1/2 cup Mayonnaise
1/4 cup Raw Honey (liquid)
1 tbsp Fresh Dill
454 grams Chicken Thighs (bone-in,
skin removed)

Nutrition

Amount per serving	
Calories	385
Fat	25g
Saturated	4g
Polyunsaturated	13g
Monounsaturated	6g
Carbs	17g
Fiber	0g
Protein	23g
Vitamin A	56IU
Vitamin C	0mg
Calcium	10mg
Vitamin D	3IU
Vitamin K	48µg
Riboflavin	0.2mg
Vitamin B6	0.5mg
Folate	6µg
Vitamin B12	0.7µg
Magnesium	26mg
Zinc	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the mayonnaise, honey, and dill into a small bowl. Whisk together until evenly combined.
- 3 Add the chicken to the sauce and toss until well coated. Transfer the chicken onto the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Serve and enjoy!



Chicken Francese

4 servings

25 minutes

Ingredients

454 grams Chicken Breast (boneless, skinless)

1/4 cup Oat Flour

1 tsp Italian Seasoning

1/2 tsp Sea Salt

2 Egg

2 tbsps Avocado Oil (for frying)

1 Lemon (juiced)

Nutrition

Amount per serving	
Calories	266
Fat	13g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	6g
Fiber	1g
Protein	30g
Vitamin A	170IU
Vitamin C	5mg
Calcium	24mg
Vitamin D	22IU
Vitamin K	0µg
Riboflavin	0.3mg
Vitamin B6	1.0mg
Folate	24µg
Vitamin B12	0.5µg
Magnesium	35mg
Zinc	1mg

Directions

1

Cut each chicken breast in half. Place each piece of chicken between a large piece of plastic wrap and pound with a mallet until 1/4-inch thick. Set aside.

2

In a shallow bowl combine oat flour, Italian seasoning and sea salt. In a second shallow bowl whisk the eggs.

3

Heat oil in a large non-stick pan or skillet over medium-high heat. In batches, dredge the flattened chicken through the oat mixture and then the egg. Cook for four minutes per side or until golden brown and cooked through. Repeat with remaining chicken. Discard leftover oat flour and egg.

4

Drizzle the cooked chicken with the lemon juice and season with additional salt if needed. Serve immediately and enjoy.



Beef & Bacon Burgers

8 servings

25 minutes

Ingredients

6 slices Bacon
226 grams Beef Liver
1/4 cup Parsley (roughly chopped)
1 tsp Sea Salt
454 grams Extra Lean Ground Beef
1 head Iceberg Lettuce (divided into leaves)

Nutrition

Amount per serving	
Calories	231
Fat	15g
Saturated	5g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	3g
Fiber	1g
Protein	21g
Vitamin A	5305IU
Vitamin C	5mg
Calcium	24mg
Vitamin D	19IU
Vitamin K	49µg
Riboflavin	0.9mg
Vitamin B6	0.6mg
Folate	108µg
Vitamin B12	18.2µg
Magnesium	25mg
Zinc	4mg

Directions

- 1 Add the bacon and liver to a food processor and blend until mostly smooth. Add the parsley and salt and blend again until well mixed.
- 2 Place the ground beef in a large mixing bowl and add the bacon and liver mixture. Mix until very well combined and no lumps remain. The burgers will crumble if there are lumps of beef in the meat mixture.
- 3 Heat a large pan over medium-high heat.
- 4 Using damp hands, form the meat mixture into tightly packed patties, about 4 inches in diameter, and place the patties directly into the pan. Work in batches if necessary. Cook for 5 to 7 minutes per side, adjusting the heat if necessary to avoid burning.
- 5 Serve the burgers in a lettuce wrap and enjoy!



Citrus Glazed Salmon

2 servings

25 minutes

Ingredients

227 grams Salmon Fillet
 1 tbsp Extra Virgin Olive Oil (divided)
 1/4 tsp Sea Salt (divided)
 5 stalks Green Onion (chopped, divided)
 1 1/2 cups Shiitake Mushrooms (stems removed, sliced)
 1 tbsp Orange Juice
 1 1/2 tbsps Coconut Aminos
 1 Lime (juiced, zested)

Nutrition

Amount per serving	
Calories	310
Fat	14g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	7g
Carbs	22g
Fiber	3g
Protein	25g
Vitamin A	1272IU
Vitamin C	15mg
Calcium	36mg
Vitamin D	30IU
Vitamin K	51µg
Riboflavin	0.6mg
Vitamin B6	1.1mg
Folate	65µg
Vitamin B12	3.6µg
Magnesium	56mg
Zinc	2mg

Directions

- 1 Preheat the oven to 350°F (177°C). Place the salmon in an oven-safe baking dish and drizzle with half of the extra virgin olive oil and season with half the sea salt. Bake for 13 to 16 minutes, until cooked through and flaky.
- 2 In a skillet over medium-high heat, add the remaining extra virgin olive oil. Add half of the green onions, mushrooms and the remaining sea salt. Cook for 5 to 6 minutes, until the mushrooms and green onion are lightly browned and cooked through.
- 3 In a small bowl, whisk together the orange juice, coconut aminos, lime juice and zest.
- 4 Add the salmon to a platter along with the mushroom mixture and remaining raw green onions. Drizzle the sauce over top. Serve and enjoy!



Veggie Ramen

4 servings

30 minutes

Ingredients

- 4 Egg
- 2 tsps Sesame Oil
- 1 tbsp Ginger (grated)
- 2 Garlic (cloves, minced)
- 6 cups Chicken Broth (or any type of broth will work)
- 2 cups Shiitake Mushrooms
- 1 tbsp Tamari
- 1 cup Brown Rice Spaghetti
- 2 cups Broccoli (chopped into small florets)
- 4 cups Baby Spinach
- 1 cup Frozen Corn (thawed)
- 3 stalks Green Onion (chopped)

Nutrition

Amount per serving	
Calories	419
Fat	10g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	69g
Fiber	7g
Protein	18g
Vitamin A	3816IU
Vitamin C	52mg
Calcium	106mg
Vitamin D	61IU
Vitamin K	206µg
Riboflavin	0.7mg

Directions

- 1 Tap the bottom of each egg on a curved surface to make a small circular crack through the shell but do not rupture the inner membrane. Add cold tap water to a pot so it covers the eggs. Place the pot over high heat until it comes to a boil. Once boiling, set the timer for 4 minutes (or 6 to 8 if you like the yolk cooked through). Remove the eggs from the water when they are done and place them in a bowl of cold water to prevent them from overcooking.
- 2 Place a large soup pot over medium heat. Add the sesame oil, ginger and garlic. Saute for about 1 minute and then pour in the chicken broth. Add the mushrooms and tamari. Bring to a boil then reduce heat to a simmer.
- 3 Add the brown rice noodles and cook for about 7 minutes or until al dente.
- 4 Set the broccoli on top and steam until bright green (about 4 minutes).
- 5 Set the baby spinach on top and steam until wilted (about 1 to 2 minutes). Turn off the heat.
- 6 Take a spoon and tap the eggs all over to create tiny cracks. Run them under cold water for a few minutes and then peel. Slice each egg in half.
- 7 Ladle your soup into bowls. Top with with the thawed corn, green onion and egg. Sprinkle with sesame seeds and tabasco sauce if you desire.

Vitamin B6	0.4mg
Folate	144µg
Vitamin B12	0.5µg
Magnesium	69mg
Zinc	3mg



Tempeh, Quinoa & Broccoli

3 servings

55 minutes

Ingredients

- 1/4 cup Vegetable Broth
- 1/4 cup Balsamic Vinegar
- 1 tsp Italian Seasoning
- 1/2 tsp Sea Salt
- 2 Garlic (clove, minced)
- 255 grams Tempeh (cut into thin pieces)
- 3/4 cup Quinoa (uncooked)
- 3 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	373
Fat	12g
Saturated	3g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	44g
Fiber	5g
Protein	26g
Vitamin A	617IU
Vitamin C	82mg
Calcium	167mg
Vitamin D	0IU
Vitamin K	93µg
Riboflavin	0.6mg
Vitamin B6	0.6mg
Folate	156µg
Vitamin B12	0.1µg
Magnesium	175mg
Zinc	3mg

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!



Lentil & Feta Tabbouleh

4 servings

10 minutes

Ingredients

- 2 cups Lentils (cooked)
- 2 Tomato (medium, diced)
- 2/3 cup Feta Cheese (crumbled)
- 4 cups Parsley (chopped)
- 1/2 cup Red Onion (finely diced)
- 1/4 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tsps Cinnamon (ground)
- Sea Salt & Black Pepper (to taste)

Directions

1

Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	344
Fat	20g
Saturated	5g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	30g
Fiber	11g
Protein	15g
Vitamin A	6070IU
Vitamin C	95mg
Calcium	247mg
Vitamin D	4IU
Vitamin K	1008µg
Riboflavin	0.3mg
Vitamin B6	0.3mg
Folate	301µg
Vitamin B12	0.4µg
Magnesium	78mg
Zinc	3mg



Beet & Lentil Salad

2 servings

1 hour

Ingredients

- 4 Beet (medium)
- 1 tbsp Capers
- 1/2 Lemon (juiced and zested)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/2 cup Lentils (cooked)
- 2 tbsps Shallot (thinly sliced)
- 3 tbsps Pumpkin Seeds (raw)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	326
Fat	19g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	33g
Fiber	11g
Protein	10g
Vitamin A	705IU
Vitamin C	25mg
Calcium	63mg
Vitamin D	0IU
Vitamin K	135µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	287µg
Vitamin B12	0µg
Magnesium	64mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 45 to 50 minutes, or until tender when pierced with a fork. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, chop them into quarters.
- 2 In a pan over medium-low heat, add the capers and fry until just crispy, about 4 to 5 minutes.
- 3 Whisk together the lemon juice, zest, extra virgin olive oil, maple syrup and sea salt in a small bowl.
- 4 Add the beets to a bowl and top with lentils, shallots and pumpkin seeds. Drizzle with the lemon dressing and top with parsley. Divide between plates and enjoy!



Lentil Masala Soup

4 servings
30 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Kale Leaves (finely sliced)

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Nutrition

Amount per serving	
Calories	391
Fat	14g
Saturated	11g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	50g
Fiber	11g
Protein	17g
Vitamin A	2557IU
Vitamin C	42mg
Calcium	118mg
Vitamin D	0IU
Vitamin K	96µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	20µg



Almond Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Almond Flour
- 1 tsp Baking Powder
- 2 Egg
- 1 tbsp Monk Fruit Sweetener
- 1/3 cup Unsweetened Almond Milk
- 2 tbsps Coconut Oil (softened)
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 3 tbsps Almond Butter (for topping)
- 3 tbsps Almonds (roughly chopped, for topping)

Nutrition

Amount per serving	
Calories	494
Fat	44g
Saturated	11g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	18g
Fiber	7g
Protein	17g
Vitamin A	237IU
Vitamin C	0mg
Calcium	321mg
Vitamin D	39IU
Vitamin K	0µg
Riboflavin	0.4mg
Vitamin B6	0.1mg
Folate	28µg
Vitamin B12	0.3µg
Magnesium	181mg

Directions

- 1 In a medium-sized bowl, whisk together the almond flour, baking powder, eggs, sweetener, almond milk, coconut oil, cinnamon and sea salt.
- 2 Heat a greased skillet over medium-low heat. Pour the batter into the skillet, no more than 1/4 cup at a time. Cook each side for 3 to 4 minutes or until browned.
- 3 Divide the pancakes onto plates and top with almond butter and almonds. Enjoy!