





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 |
| Riboflavin | 0.2mg |
| Niacin | 3mg |
| 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!



Crispy Coconut Shrimp

2 servings

20 minutes

Ingredients

- 2 tbsps Tapioca Flour
- 2 tbsps Coconut Flour
- 1/3 cup Unsweetened Shredded Coconut
- 1 Lime (zested)
- 1/4 cup Canned Coconut Milk (full fat)
- 227 grams Shrimp (peeled, deveined, tail attached)
- 1 1/2 tpsps Coconut Oil
- 1/4 cup Cilantro (finely chopped, for topping)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 330 |
| Fat | 19g |
| Saturated | 17g |
| Polyunsaturated | 0g |
| Monounsaturated | 0g |
| Carbs | 17g |
| Fiber | 4g |
| Protein | 25g |
| Vitamin A | 146IU |
| Vitamin C | 7mg |
| Calcium | 78mg |
| Vitamin D | 0IU |
| Riboflavin | 0mg |
| Niacin | 0mg |
| Vitamin B6 | 0mg |
| Folate | 3µg |
| Vitamin B12 | 0µg |
| Magnesium | 42mg |

Directions

- 1 On a small plate or bowl, add the tapioca flour. On a separate plate add the coconut flour, shredded coconut and lime zest. Mix well to combine. In a small bowl, add the coconut milk.
- 2 One by one, dip the shrimp in the tapioca flour and shake off any excess. Then dip in the coconut milk, shaking off any excess. Then dip in the shredded coconut mixture. Place on a plate and repeat until all of the shrimp are done.
- 3 Heat a skillet over medium heat and add the coconut oil. Add each shrimp to the pan and cook for 3 to 4 minutes per side. Divide onto plates and top with cilantro. Enjoy!

Zinc

2mg



Shrimp & Mango Coconut Curry

4 servings
30 minutes

Ingredients

454 grams Shrimp (raw, peeled)
1/4 Lime (juiced)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 tbsp Extra Virgin Olive Oil
1 Sweet Onion (diced)
4 Garlic (cloves, minced)
1 tbsp Ginger (grated)
1 tbsp Garam Masala
1/2 tsp Turmeric
1 tbsp Cumin
2 Tomato (diced)
1 1/2 cups Canned Coconut Milk
4 cups Broccoli (chopped into small florets)
1 Mango (peeled and sliced into strips)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Marinate shrimp in a bowl with lime, salt and pepper. Cover and let sit in the fridge.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion until soft, about 5 minutes. Stir in garlic and ginger until fragrant.
- 3 Stir in garam masala, turmeric and cumin until everything is coated.
- 4 Add diced tomato and coconut milk. Bring to a simmer and add broccoli. Cook until tender, about 10 to 15 minutes. Add shrimp and simmer until cooked through, about 5 minutes.
- 5 Stir in sliced mango and garnish with optional toppings. Divide into bowls and enjoy!

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 423 |
| Fat | 21g |
| Saturated | 16g |
| Polyunsaturated | 1g |
| Monounsaturated | 3g |
| Carbs | 33g |
| Fiber | 6g |
| Protein | 29g |
| Vitamin A | 2330IU |
| Vitamin C | 127mg |

| | |
|-------------|-------|
| Calcium | 170mg |
| Vitamin D | 0IU |
| Riboflavin | 0.2mg |
| Niacin | 2mg |
| Vitamin B6 | 0.5mg |
| Folate | 129µg |
| Vitamin B12 | 0µg |
| Magnesium | 88mg |
| Zinc | 2mg |



Black Bean & White Fish Wraps

4 servings
25 minutes

Ingredients

- 2 Tilapia Fillet (drained and rinsed)
- Sea Salt & Black Pepper (to taste)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1/4 cup Salsa
- 2 stalks Green Onion (diced)
- 1 Lemon (juiced and divided)
- 2 Avocado (peeled and chopped)
- 1 Jalapeno Pepper (de-seeded and chopped)
- 4 cups Coleslaw Mix
- 2 tbsps Cilantro (chopped)
- 1 tbsps Extra Virgin Olive Oil
- 4 cups Collard Greens (washed and stems chopped off)
- 1 Lime (cut into wedges)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 409 |
| Fat | 20g |
| Saturated | 3g |
| Polyunsaturated | 3g |
| Monounsaturated | 13g |
| Carbs | 40g |
| Fiber | 18g |
| Protein | 24g |
| Vitamin A | 5351IU |
| Vitamin C | 72mg |
| Calcium | 176mg |
| Vitamin D | 72IU |

Directions

- 1 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper. Add tilapia fillets and season with sea salt and pepper. Bake in oven for 10 to 15 minutes or just until the fish flakes with a fork.
- 2 In a food processor, combine black beans, salsa, and green onions. Blend until smooth. Transfer to a bowl and set aside.
- 3 Remove the fish from the oven. Transfer to a mixing bowl and use a fork to break into pieces. Stir in half the lemon juice. Add the avocado, jalapeno, coleslaw mix, cilantro, olive oil and remaining lemon juice. Toss well.
- 4 Heat the bean mixture in the microwave for 30 to 60 seconds or until warmed through.
- 5 To assemble wraps, spread each collard green wrap with the bean mixture and add the fish and vegetable mix over top. Squeeze a lime wedge over top and wrap. Enjoy!

| | |
|-------------|-------|
| Riboflavin | 0.3mg |
| Niacin | 5mg |
| Vitamin B6 | 0.5mg |
| Folate | 277µg |
| Vitamin B12 | 0.9µg |
| Magnesium | 120mg |
| Zinc | 2mg |



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)

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!

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 |
| Riboflavin | 0.1mg |
| Niacin | 9mg |
| Vitamin B6 | 0.8mg |
| Folate | 43µg |
| Vitamin B12 | 1.6µg |
| Magnesium | 41mg |
| Zinc | 1mg |



Pistachio Crusted Salmon

4 servings

30 minutes

Ingredients

- 1/2 cup Pistachios (removed from shell)
- 1/4 tsp Sea Salt
- 567 grams Salmon Fillet
- 1/4 cup Pine Nuts
- 1 Garlic (clove, minced)
- 2 cups Parsley (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 head Cauliflower (chopped into florets)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 515 |
| Fat | 36g |
| Saturated | 5g |
| Polyunsaturated | 10g |
| Monounsaturated | 18g |
| Carbs | 16g |
| Fiber | 6g |
| Protein | 36g |
| Vitamin A | 2700IU |
| Vitamin C | 117mg |
| Calcium | 111mg |
| Vitamin D | 0IU |
| Riboflavin | 0.7mg |
| Niacin | 13mg |
| Vitamin B6 | 1.7mg |
| Folate | 179µg |
| Vitamin B12 | 4.5µg |
| Magnesium | 119mg |
| Zinc | 3mg |

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!



Spiced Salmon Kabobs

4 servings
20 minutes

Ingredients

2 tbsps Parsley (chopped)
1 tbsp Sesame Seeds
1/2 tsp Black Pepper
1/2 tsp Sea Salt
1/2 tsp Red Pepper Flakes
2 tbsps Maple Syrup
2 tbsps Extra Virgin Olive Oil (plus extra for asparagus)
567 grams Salmon Fillet (sliced into 1 inch cubes)
2 Lemon (sliced into thin rounds)
8 Barbecue Skewers
6 cups Asparagus (woody ends trimmed off)
Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 348 |
| Fat | 17g |
| Saturated | 3g |
| Polyunsaturated | 5g |
| Monounsaturated | 8g |
| Carbs | 17g |
| Fiber | 5g |
| Protein | 33g |
| Vitamin A | 1834IU |
| Vitamin C | 23mg |
| Calcium | 103mg |
| Vitamin D | 0IU |
| Riboflavin | 1.0mg |

Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

| | |
|-------------|-------|
| Niacin | 13mg |
| Vitamin B6 | 1.4mg |
| Folate | 150µg |
| Vitamin B12 | 4.5µg |
| Magnesium | 83mg |
| Zinc | 2mg |



Salsa Verde Salmon with Tomatoes & Brown Rice

2 servings

45 minutes

Ingredients

- 1/2 cup Brown Rice (dry, uncooked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 283 grams Salmon Fillet
- 2 cups Cherry Tomatoes (halved)
- 1/2 tsp Sea Salt
- 1 tbsp Capers
- 1/4 cup Parsley (finely chopped)
- 1 tbsp Apple Cider Vinegar

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 522 |
| Fat | 24g |
| Saturated | 4g |
| Polyunsaturated | 6g |
| Monounsaturated | 13g |
| Carbs | 42g |
| Fiber | 4g |
| Protein | 33g |
| Vitamin A | 1944IU |
| Vitamin C | 31mg |
| Calcium | 49mg |
| Vitamin D | 0IU |
| Riboflavin | 0.6mg |
| Niacin | 15mg |
| Vitamin B6 | 1.5mg |
| Folate | 81µg |
| Vitamin B12 | 4.5µg |
| Magnesium | 117mg |
| Zinc | 2mg |

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!



Massaged Kale Salad with Salmon

1 serving
20 minutes

Ingredients

3 cups Kale Leaves (chopped)
1/2 Lemon (juiced)
1 tbsp Hemp Seeds
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
113 grams Salmon Fillet

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 482 |
| Fat | 40g |
| Saturated | 5g |
| Polyunsaturated | 10g |
| Monounsaturated | 23g |
| Carbs | 5g |
| Fiber | 3g |
| Protein | 28g |
| Vitamin A | 3079IU |
| Vitamin C | 68mg |
| Calcium | 182mg |
| Vitamin D | 0IU |
| Riboflavin | 0.7mg |
| Niacin | 11mg |
| Vitamin B6 | 1.1mg |
| Folate | 83µg |
| Vitamin B12 | 3.6µg |
| Magnesium | 125mg |
| Zinc | 2mg |

Directions

1

Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.

2

Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.

3

Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!



Smoked Salmon & Veggie Nori Rolls

2 servings

10 minutes

Ingredients

- 2 Nori Sheets (large, cut in half down the middle)
- 1 Avocado (small, sliced)
- 1/2 Cucumber (medium, sliced into strips)
- 1/2 Red Bell Pepper (sliced into strips)
- 170 grams Smoked Salmon
- 2 tbsps Mayonnaise (optional)

Directions

1

Place the nori sheets on a flat surface. Add the avocado, cucumber, pepper, smoked salmon and mayonnaise. Wrap and enjoy!

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 378 |
| Fat | 29g |
| Saturated | 5g |
| Polyunsaturated | 9g |
| Monounsaturated | 14g |
| Carbs | 14g |
| Fiber | 9g |
| Protein | 19g |
| Vitamin A | 1640IU |
| Vitamin C | 53mg |
| Calcium | 47mg |
| Vitamin D | 583IU |
| Riboflavin | 0.3mg |
| Niacin | 6mg |
| Vitamin B6 | 0.6mg |
| Folate | 103µg |
| Vitamin B12 | 2.8µg |
| Magnesium | 58mg |
| 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

Directions

1

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

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 |
| Riboflavin | 0.3mg |
| Niacin | 4mg |
| Vitamin B6 | 0.4mg |
| Folate | 83µg |
| Vitamin B12 | 1.4µg |
| Magnesium | 45mg |
| Zinc | 1mg |



Pan Fried Turmeric Ginger Tilapia

4 servings

45 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 tps Turmeric (ground)
- 1 tsp Cumin (ground)
- 1 tsp Chili Powder
- 1/4 tsp Sea Salt
- 4 Tilapia Fillet (about 6 oz. each)
- 1 tbsp Coconut Oil

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 216 |
| Fat | 12g |
| Saturated | 4g |
| Polyunsaturated | 1g |
| Monounsaturated | 6g |
| Carbs | 3g |
| Fiber | 1g |
| Protein | 24g |
| Vitamin A | 210IU |
| Vitamin C | 4mg |
| Calcium | 26mg |
| Vitamin D | 144IU |
| Riboflavin | 0.1mg |
| Niacin | 5mg |
| Vitamin B6 | 0.2mg |
| Folate | 30µg |
| Vitamin B12 | 1.8µg |
| Magnesium | 39mg |
| Zinc | 1mg |

Directions

- 1 In a small mixing bowl whisk together olive oil, lime juice, ginger, garlic, turmeric, cumin, chili powder and sea salt. Transfer the mixture to a zipper-lock bag.
- 2 Place fish fillets in the bag, press out the extra air and seal the bag. Using your hands massage the turmeric-ginger sauce onto each fillet. Let fish marinate for at least 15 minutes or for up to one hour.
- 3 Heat the coconut oil in a large skillet or frying pan over medium-high heat. Transfer the fillets from the bag to the pan and cook for 3 to 4 minutes per side until golden brown and crisp. (Note: You may need to cook the fillets in batches depending on the size of your pan.)
- 4 Transfer the fillets to a plate and season with additional salt if needed. Enjoy!



Ahi Tuna Avocado Ceviche

2 servings

15 minutes

Ingredients

- 198 grams Ahi Tuna (sushi-grade, cubed)
- 1 Avocado (cubed)
- 2 Lime (juiced)
- 2 tbsps Cilantro (chopped)
- 1/2 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 277 |
| Fat | 15g |
| Saturated | 2g |
| Polyunsaturated | 2g |
| Monounsaturated | 10g |
| Carbs | 12g |
| Fiber | 7g |
| Protein | 27g |
| Vitamin A | 324IU |
| Vitamin C | 24mg |
| Calcium | 19mg |
| Vitamin D | 0IU |
| Riboflavin | 0.1mg |
| Niacin | 2mg |
| Vitamin B6 | 0.3mg |
| Folate | 86µg |
| Vitamin B12 | 0µg |
| Magnesium | 33mg |
| Zinc | 1mg |

Directions

1

Combine all ingredients in a bowl and refrigerate for 10 minutes before serving. Enjoy immediately!



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 170 grams Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

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!

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 |
| Riboflavin | 0.5mg |
| Niacin | 7mg |
| Vitamin B6 | 0.5mg |
| Folate | 454µg |
| Vitamin B12 | 7.6µg |
| Magnesium | 101mg |
| Zinc | 4mg |



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)

Directions

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

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 |
| Riboflavin | 0.2mg |
| Niacin | 5mg |
| Vitamin B6 | 0.2mg |
| Folate | 20µg |
| Vitamin B12 | 7.6µg |
| Magnesium | 55mg |
| Zinc | 1mg |