





Paleo Tabbouleh

4 servings

15 minutes

Ingredients

- 1 head Cauliflower (small, sliced into florets)
- 3 cups Parsley (finely chopped)
- 1 cup Mint Leaves (finely chopped)
- 1 Cucumber (diced)
- 2 Tomato (medium, diced)
- 1/4 cup Hemp Seeds
- 1 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	195
Fat	13g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	6g
Carbs	17g
Fiber	6g
Protein	9g
Vitamin A	5024IU
Vitamin C	149mg
Calcium	133mg
Vitamin D	0IU
Vitamin K	787µg
Riboflavin	0.2mg
Vitamin B6	0.4mg
Folate	195µg
Vitamin B12	0µg
Magnesium	135mg
Zinc	2mg

Directions

- 1 Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
- 2 Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, tomatoes, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
- 3 Season with sea salt and black pepper to taste and enjoy alone or as a side dish!

Notes

More Protein: Serve with chicken breast or chickpeas.

Save Time: Buy cauliflower that has already been riced. You may find it with the pre-chopped vegetables in your produce aisle, or in the frozen vegetables section.



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)

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

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!

Notes

Dairy-Free: Omit the feta and use sliced olives or capers instead.

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



Grilled Vegetable & Lentil Salad

4 servings
20 minutes

Ingredients

2 Red Bell Pepper (cored and sliced)
1 cup Red Onion (coarsley chopped)
2 Zucchini (sliced into rounds)
2 cups Portobello Mushroom (sliced)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 cup Cashews
1 Lemon (juiced)
1 tbsp Tamari
1 cup Parsley
2 tbsps Water
1 tbsp Red Wine Vinegar
8 cups Mixed Greens
2 cups Lentils (cooked, drained and rinsed)
1/2 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	335
Fat	13g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	41g
Fiber	14g
Protein	19g
Vitamin A	3428IU
Vitamin C	130mg
Calcium	210mg

Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils: Use chickpeas or black beans instead.

Vegan: Omit the cheese and top with toasted cashews instead.

Save Time: Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers: Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.



Mediterranean Mixed Bean Salad

3 servings

10 minutes

Ingredients

- 2 cups Mixed Beans (cooked)
- 2 cups Cherry Tomatoes (halved)
- 1 cup Parsley (finely chopped)
- 1 tbsp Maple Syrup
- 1 tbsp Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	193
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	37g
Fiber	9g
Protein	12g
Vitamin A	2535IU
Vitamin C	42mg
Calcium	86mg
Vitamin D	0IU
Vitamin K	350µg
Riboflavin	0.2mg
Vitamin B6	0.2mg
Folate	199µg
Vitamin B12	0µg
Magnesium	72mg
Zinc	2mg

Directions

- 1 Combine all ingredients in a mixing bowl. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups of salad.

More Flavor: Add minced garlic, olive oil, cumin or dried herbs.

Additional Toppings: Top with feta, olives, mixed greens, spinach or avocado.

No Mixed Beans: Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.



Kale Greek Salad with Steak

4 servings
40 minutes

Ingredients

- 1 Red Bell Pepper (de-seeded and cut into slices)
- 1/2 cup Red Onion (finely sliced)
- 1 Cucumber (diced)
- 4 cups Kale Leaves (finely chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (diced)
- 1/2 cup Feta Cheese (crumbled)
- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Red Wine Vinegar
- 1/2 tsp Oregano
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper
- 340 grams Beef Tenderloin

Nutrition

Amount per serving	
Calories	529
Fat	45g
Saturated	13g
Polyunsaturated	3g
Monounsaturated	25g
Carbs	12g
Fiber	3g
Protein	20g
Vitamin A	2470IU
Vitamin C	71mg
Calcium	194mg

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
- 2 Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
- 3 Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
- 4 Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
- 5 Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
- 6 Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
- 7 Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

Notes

Vegan & Vegetarians: Skip the steak and add roasted chickpeas.



White Bean, Spinach & Tomato Salad

2 servings

10 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Shallot (diced)
- 2 Garlic (cloves, minced)
- 2 cups White Navy Beans (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (medium, diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	356
Fat	8g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	56g
Fiber	22g
Protein	18g
Vitamin A	6458IU
Vitamin C	30mg
Calcium	201mg
Vitamin D	0IU
Vitamin K	295µg
Riboflavin	0.3mg
Vitamin B6	0.5mg
Folate	394µg
Vitamin B12	0µg
Magnesium	153mg
Zinc	2mg

Directions

- 1 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 2 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Notes

No White Beans: Use chickpeas or lentils instead.

Extra Flavour: Add avocado, lemon juice and/or feta cheese.

Leftovers: Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.



Warm Farro & Sweet Potato Salad

4 servings
40 minutes

Ingredients

- 1 cup Farro (rinsed)
- 3 cups Water
- 1/2 tsp Sea Salt (divided)
- 4 cups Baby Spinach
- 1 Sweet Potato (large, cubed)
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/2 cup Walnuts (chopped)
- 1/3 cup Parsley (roughly chopped)

Nutrition

Amount per serving	
Calories	426
Fat	24g
Saturated	3g
Polyunsaturated	9g
Monounsaturated	11g
Carbs	43g
Fiber	6g
Protein	11g
Vitamin A	7851IU
Vitamin C	19mg
Calcium	100mg
Vitamin D	0IU
Vitamin K	237µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	86µg
Vitamin B12	0µg
Magnesium	62mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Add the farro to a medium sized pot with water and half the sea salt. Bring to a boil. Once water has boiled, reduce heat to low and simmer for 30 minutes. When the farro is done cooking, add the spinach to the pot. Stir and cover until the spinach is wilted.
- 3 While the farro cooks, line a baking sheet with parchment paper and add the sweet potato. Cook in the oven for 20 to 25 minutes or until cooked through. Remove and set aside.
- 4 In a small bowl, mix the extra virgin olive oil, lemon juice and remaining sea salt.
- 5 Divide the farro and spinach mixture between plates. Top with sweet potato, walnuts and parsley. Drizzle the lemon dressing on top. Serve and enjoy!

Notes

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

Gluten-Free: Instead of farro, use brown rice cooked according to package directions.

Nut-Free: Use pumpkin seeds instead of walnuts.



Arugula, Fig & Prosciutto Salad

2 servings

10 minutes

Ingredients

- 4 cups Arugula
- 4 Fig (quartered)
- 57 grams Prosciutto (torn into slices)
- 2 tbsps Pumpkin Seeds
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	279
Fat	18g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	9g
Carbs	23g
Fiber	5g
Protein	11g
Vitamin A	1091IU
Vitamin C	8mg
Calcium	106mg
Vitamin D	0IU
Vitamin K	54µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	45µg
Vitamin B12	0µg
Magnesium	37mg
Zinc	0mg

Directions

- 1 Add the arugula, figs, prosciutto and pumpkin seeds into a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, balsamic vinegar and sea salt together.
- 3 Drizzle the dressing over the salad, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, store the dressing separately.

More Flavor: Add goat cheese, mozzarella or basil.

Make it Vegan: Use roasted chickpeas instead of prosciutto.