





Roasted Carrots with Dill

6 servings

25 minutes

Ingredients

- 12 Carrot (medium, peeled)
- 3 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)
- 2 tbsps Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	110
Fat	7g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	12g
Fiber	3g
Protein	1g
Vitamin A	20396IU
Vitamin C	7mg
Calcium	41mg
Vitamin D	0IU
Vitamin K	20µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	23µg
Vitamin B12	0µg
Magnesium	15mg
Zinc	0mg

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Slice carrots diagonally into 1.5 inch slices. Toss carrots, oil and salt in a medium bowl. Spread across the baking sheet and roast for 20 minutes, or until slightly tender.
- 3 Remove the carrots from the oven and transfer to a bowl. Sprinkle the dill over top and serve immediately.

Notes

No Carrots: Use turnip or parsnip instead.

No Dill: Use basil or parsley instead.



Basil & Chive Pesto

8 servings

10 minutes

Ingredients

- 1/2 cup Basil Leaves
- 1/2 cup Parsley
- 1/2 cup Chives (chopped)
- 1/4 cup Nutritional Yeast
- 1/4 cup Macadamia Nuts
- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Lemon Juice
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 400 grams Rice Crackers

Nutrition

Amount per serving	
Calories	339
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	44g
Fiber	2g
Protein	8g
Vitamin A	591IU
Vitamin C	10mg
Calcium	20mg
Vitamin D	0IU
Vitamin K	86µg
Riboflavin	3.8mg
Vitamin B6	4.1mg
Folate	23µg
Vitamin B12	16.9µg
Magnesium	89mg
Zinc	1mg

Directions

- 1 Combine all of the ingredients into a food processor and blend for 1 to 2 minutes on high speed, or until creamy.
- 2 Transfer to a bowl and serve with crackers. Enjoy!

Notes

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

Nut-Free: Omit the macadamia nuts or use sunflower seeds instead.

More Flavor: Add garlic powder or more lemon juice.

No Rice Crackers: Use any type of crackers or chopped vegetables. You can also use the pesto as a pizza or pasta sauce.



Black Bean & Tomato Salad with Creamy Cilantro Dressing

4 servings

15 minutes

Ingredients

- 1/3 cup Plain Greek Yogurt
- 1/2 cup Cilantro (roughly chopped)
- 1 stalk Green Onion (roughly chopped)
- 1 Garlic (clove, minced)
- 1 tbsp Lime Juice
- 1 1/2 tsps Maple Syrup
- 1/4 tsp Sea Salt
- 1 tbsp Water (optional)
- 1 1/2 heads Romaine Hearts (chopped)
- 1 cup Black Beans (cooked)
- 1 cup Cherry Tomatoes (chopped)
- 2 Avocado (small, diced)

Nutrition

Amount per serving	
Calories	251
Fat	16g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	24g
Fiber	11g
Protein	8g
Vitamin A	1735IU
Vitamin C	19mg
Calcium	80mg
Vitamin D	8IU
Vitamin K	47µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	168µg

Directions

- 1 Add yogurt, cilantro, green onion, garlic, lime juice, maple syrup and sea salt to the bowl of a food processor. Blend until smooth. Add water to thin the consistency of the dressing, if necessary. Season with additional salt or lime juice if needed.
- 2 Divide the romaine lettuce, black beans, tomatoes and avocado between plates, drizzle with the dressing and serve immediately. Enjoy!

Notes

Leftovers: Transfer the dressing and salad ingredients to separate airtight containers and refrigerate until ready to use. The dressing will keep in the fridge for up to five days. Wait to dice the avocado and dress salad until just before serving.

More Flavor: Add roughly chopped jalapeno pepper to the dressing for a spicy kick.

Additional Toppings: Add chopped cilantro, extra lime wedges or sliced jalapenos.

Make it Vegan: Use a non-dairy Greek-style yogurt instead.

Vitamin B12	0µg
Magnesium	67mg
Zinc	1mg



Basil Pesto Hummus

6 servings

10 minutes

Ingredients

2 cups Chickpeas (cooked)
1/2 cup Basil Leaves (roughly chopped)
1 Lemon (juiced)
1/2 cup Water
1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	92
Fat	1g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	16g
Fiber	4g
Protein	5g
Vitamin A	202IU
Vitamin C	4mg
Calcium	35mg
Vitamin D	0IU
Vitamin K	17µg
Riboflavin	0mg
Vitamin B6	0.1mg
Folate	98µg
Vitamin B12	0µg
Magnesium	29mg
Zinc	1mg

Directions

1

Add all ingredients together in a food processor or high-speed blender. Blend until a creamy consistency forms, scraping the sides down as needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or freeze for up to six months.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

More Flavor: Use olive oil, avocado oil, broth and/or leftover liquid from the chickpeas instead of water.

Consistency: If hummus is too thick, add one tablespoon of cold water at a time.



Peach Mint Caprese Salad

2 servings

15 minutes

Ingredients

- 1/2 cup Balsamic Vinegar
- 2 tbsps Maple Syrup
- 2 cups Baby Spinach
- 1/4 cup Mint Leaves
- 2 Peach (sliced)
- 60 grams Mozzarella Ball (sliced)
- 1/4 cup Almonds (crushed)

Nutrition

Amount per serving	
Calories	369
Fat	16g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	8g
Carbs	45g
Fiber	5g
Protein	13g
Vitamin A	3641IU
Vitamin C	19mg
Calcium	284mg
Vitamin D	5IU
Vitamin K	149µg
Riboflavin	0.7mg
Vitamin B6	0.1mg
Folate	78µg
Vitamin B12	0.7µg
Magnesium	106mg
Zinc	2mg

Directions

- 1 In a small saucepan over high heat, stir balsamic vinegar and maple syrup and bring to a boil. Reduce heat and simmer until mixture is thick, about 15 minutes.
- 2 Meanwhile, divide spinach onto plates and arrange alternate slices of peach and mozzarella. Drizzle balsamic vinegar reduction overtop and sprinkle with crushed almonds and mint. Enjoy immediately.

Notes

- Slicing Mozzarella:** Use a serrated knife or pull dental floss tight along the cheese.
- Nut-Free:** Use hemp seeds instead of almonds.
- No Maple Syrup:** Use honey instead.
- No Peaches:** Use tomato, zucchini, nectarine or plums instead.



Lemon Dill Baked Salmon

4 servings

25 minutes

Ingredients

- 567 grams Salmon Fillet
- 1 tbsp Ghee (melted)
- 2 Garlic (cloves, minced)
- 2 tbsps Fresh Dill (chopped)
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 4 cups Mixed Greens

Nutrition

Amount per serving	
Calories	240
Fat	12g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	2g
Fiber	0g
Protein	29g
Vitamin A	79IU
Vitamin C	9mg
Calcium	41mg
Vitamin D	0IU
Vitamin K	0µg
Riboflavin	0.5mg
Vitamin B6	1.2mg
Folate	38µg
Vitamin B12	4.5µg
Magnesium	42mg
Zinc	1mg

Directions

- 1 Preheat the oven to 375°F (191°C).
- 2 Line a baking sheet with aluminum foil and place the salmon in the middle.
- 3 In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.
- 4 Remove the salmon from the oven and serve with mixed greens. Enjoy!

Notes

- No Foil:** Use parchment paper instead.
- Likes it Crispy:** Broil for 1 to 2 minutes after baking to make it crispy.
- Leftovers:** Keep well in the fridge for 2 to 3 days.
- No Ghee:** Use butter, avocado oil or coconut oil instead.



Kale & Tuna Salad with Parsley Vinaigrette

3 servings
20 minutes

Ingredients

- 1 cup Parsley
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, crushed)
- 1 tbsp Apple Cider Vinegar
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 cups Kale Leaves
- 1 can Tuna (drained and flaked)
- 2 stalks Green Onion (diced)
- 2 Egg (hard boiled, peeled and chopped)
- 2 stalks Celery (diced)
- 1/4 cup Sunflower Seeds

Directions

- 1 Combine parsley, olive oil, lemon juice, garlic, apple cider vinegar, sea salt and black pepper together in a food processor or blender. Blend until smooth. Transfer into a jar.
- 2 Add kale leaves to a bowl. Pour half the dressing in the jar onto the kale leaves and massage. Add the tuna, green onion, eggs, celery and sunflower seeds. Drizzle with desired amount of remaining dressing and serve!

Notes

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

Vegans: Use quinoa and chickpeas instead of eggs and tuna.

On-the-Go: Layer all ingredients into a mason jar.

No Tuna: Use any other source of protein like diced chicken breast or bacon.

Nutrition

Amount per serving	
Calories	306
Fat	23g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	12g
Carbs	8g
Fiber	4g
Protein	19g
Vitamin A	3709IU
Vitamin C	62mg
Calcium	154mg
Vitamin D	53IU
Vitamin K	471µg
Riboflavin	0.3mg

Vitamin B6	0.4mg
Folate	107µg
Vitamin B12	1.7µg
Magnesium	56mg
Zinc	2mg



Fennel, Radicchio & Grapefruit Salad

4 servings
25 minutes

Ingredients

- 1 bulb Fennel (cored and thinly sliced)
- 3 cups Radicchio (thinly sliced)
- 2 tbsps Shallot (thinly sliced)
- 2 tbsps Grapefruit Juice
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Raw Honey
- 1/8 tsp Sea Salt
- 2 Grapefruit (peeled and pulled apart into pieces)
- 1/4 cup Mint Leaves (thinly sliced)
- 1/3 cup Hazelnuts (toasted and chopped)

Nutrition

Amount per serving	
Calories	269
Fat	21g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	15g
Carbs	21g
Fiber	5g
Protein	4g
Vitamin A	1862IU
Vitamin C	58mg
Calcium	69mg
Vitamin D	0IU
Vitamin K	123µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	64µg
Vitamin B12	0µg

Directions

- 1 Add the sliced fennel, radicchio and shallot to a large salad bowl.
- 2 In a small bowl, combine the grapefruit juice, extra virgin olive oil, honey, and sea salt. Mix well.
- 3 Add the grapefruit slices, mint and hazelnuts to the salad bowl and drizzle with the dressing. Enjoy!

Notes

- No Radicchio:** Use endive or romaine lettuce instead.
- No Grapefruit:** Use navel orange instead.
- No Honey:** Use maple syrup instead.

Magnesium	46mg
Zinc	1mg



Rosemary Lemon Chicken Skillet

4 servings

50 minutes

Ingredients

- 454 grams Chicken Breast (sliced in half)
- 2 tbsps Rosemary (chopped)
- 2 Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 2 Sweet Potato (cubed)
- 4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	298
Fat	13g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	8g
Carbs	17g
Fiber	3g
Protein	28g
Vitamin A	12095IU
Vitamin C	20mg
Calcium	63mg
Vitamin D	1IU
Vitamin K	152µg
Riboflavin	0.3mg
Vitamin B6	1.2mg
Folate	81µg
Vitamin B12	0.2µg
Magnesium	74mg
Zinc	1mg

Directions

- 1 Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a zip loc bag and seal. Shake and set aside while you prep the rest.
- 2 Preheat oven to 425°F (218°C).
- 3 Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
- 4 Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziplock bag over the sweet potatoes. Bake uncovered for about 40 to 45 minutes, or until chicken and potatoes are fully cooked.
- 5 Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

Notes

Vegetarian: Use cauliflower steaks instead of chicken.

Leftovers: Store in the fridge for up to three days.