



## Umami - The Taste of Savory Without The Meat

Many of my clients love animal protein: beef, pork, chicken, turkey and beyond. While these are the source of deliciousness for people, they are also a source of saturated fat, along with dairy products. Many of our dishes include meat and dairy and create the savory experience people look for in food. Listen, humans have been eating animal and dairy for centuries, so it is no surprise that some people crave their textures and flavors. And no, I am not against them either.

What I will share is that I look at a lot gene profiles and two things often stand out

1. Some people are very sensitive to the carbs that aren't found in fruit, veg, legumes, nuts and seeds (the complex ones). I am talking about the ones that are in a lot of sweeter baked goods or doughs
2. Some people are extremely sensitive to saturated fats. It's the hand their genes dealt them.

In this recipe pack I am focusing on helping people get the taste of savory they love, but without the dollop of saturated fat that comes with animal protein. Yes, for sure there is a difference in the amount of saturated fat in different animal proteins, and it also varies by the cut. So the question is, how do you get that savory taste, but without the saturated fat (yes you do need some saturated fat folks)!

One of the ways I have found I can replace the desire for animal proteins is to add in the taste of savory without the meat. There are a number of useful ingredients we can use, including tomatoes, mushrooms, yes parmesan (!), but also two very useful ingredients: Tamari and Coconut Aminos. You can also use liquid aminos. Sesame oil, in conjunction with tamari or the aminos enhances the savory in my opinion.

- These savory liquids/oils are rich in glutamate, the molecule that gives you the sense of savory.

For this reason, I created a recipe pack featuring recipes that use either Tamari or Coconut Aminos so that you get a taste of what I'm talking about.

This recipe pack features mostly plant-based recipes, but I include a few featuring seafood to change up the protein and also lower the saturated fat content by using those ingredients.

Go ahead and give your taste buds a taste of savory from outside the animal!

Enjoy...

Amanda





## Sesame Orange Bok Choy

4 servings

15 minutes

### Ingredients

- 3 tbsps Orange Juice (freshly squeezed)
- 1 tbsp Coconut Aminos
- 1 tsp Ginger (finely grated)
- 1/8 tsp Sea Salt
- 1 tbsp Sesame Oil
- 8 cups Bok Choy (chopped)
- 1/2 tsp Sesame Seeds (optional)

### Nutrition

Amount per serving	
Calories	60
Fat	4g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	1g
Carbs	5g
Fiber	1g
Protein	2g
Vitamin A	6278IU
Vitamin C	69mg
Calcium	152mg
Vitamin D	0IU
Vitamin K	64µg
Vitamin B6	0.3mg
Folate	96µg
Vitamin B12	0µg
Phosphorous	56mg
Magnesium	29mg

### Directions

- 1 In a small mixing bowl whisk together orange juice, coconut aminos, ginger and salt. Set aside.
- 2 Heat the sesame oil in a large non-stick pan over medium-high heat. Add the chopped bok choy and sauté for 6 to 8 minutes or until wilted and tender.
- 3 Add the orange juice mixture to the pan, stir to combine with the bok choy and cook for another minute. Season with additional salt if needed. Transfer the bok choy and all the sauce to a bowl for serving and top with sesame seeds if using. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/4 cup cooked greens.

**More Flavor:** Serve with orange wedges.

**No Bok Choy:** Use kale, spinach or chard instead.

**No Coconut Aminos:** Use tamari or soy sauce instead and omit the salt.



## Egg Roll in a Bowl

4 servings

30 minutes

### Ingredients

- 2 tbsps Avocado Oil
- 1 Yellow Onion (medium, diced)
- 5 stalks Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 lb Lean Ground Pork
- 6 cups Coleslaw Mix
- 2 cups Bean Sprouts
- 1/4 cup Coconut Aminos

### Nutrition

Amount per serving	
Calories	407
Fat	26g
Saturated	6g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	21g
Fiber	6g
Protein	26g
Vitamin A	5100IU
Vitamin C	58mg
Calcium	101mg
Vitamin D	19IU
Vitamin K	24µg
Vitamin B6	0.7mg
Folate	7µg
Vitamin B12	0.8µg
Phosphorous	191mg
Magnesium	22mg

### Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

### Notes

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

**Meat-Free:** Replace the ground meat with scrambled eggs or tofu.





## Broccoli & Mushroom Fried Rice

4 servings

15 minutes

### Ingredients

- 2 cups Broccoli (chopped into small florets)
- 1 tbsp Avocado Oil
- 2 cups Mushrooms (sliced)
- 1/2 Garlic (clove, minced)
- 1 tbsp Coconut Aminos
- 1/4 cup Almonds (slivered)
- 1 tbsp Onion Powder
- 1 tsp Sea Salt
- 3 stalks Green Onion (chopped)
- 1/4 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	122
Fat	8g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	9g
Fiber	3g
Protein	5g
Vitamin A	711IU
Vitamin C	44mg
Calcium	60mg
Vitamin D	3IU
Vitamin K	63µg
Vitamin B6	0.2mg
Folate	45µg
Vitamin B12	0µg
Phosphorous	123mg
Magnesium	42mg

### Directions

- 1 Add the broccoli florets to a food processor and pulse until a rice consistency forms.
- 2 Heat a large pan over medium heat and add in the avocado oil. Once the oil is warmed, add in the broccoli, mushrooms and garlic. Cook for 10 minutes.
- 3 Once the ingredients are cooked through, add in the coconut aminos, almonds, onion powder and sea salt. Cook for roughly 3 minutes, stirring often to combine the flavors. Remove from heat.
- 4 Top with green onions and cilantro. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, reheat in a skillet.

**Nut-Free:** Omit the almonds or use sunflower or sesame seeds instead.

**More Protein:** Top with a fried egg or stir in a scrambled egg.



## Savory Mushroom Oats

2 servings

15 minutes

### Ingredients

- 1 tbsp Organic Vegetable Broth
- 10 White Button Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 tsp Thyme (fresh, minced)
- 1 tsp Nutritional Yeast
- 1 cup Oats (rolled)
- 2 cups Water
- 1 1/2 tsps Coconut Aminos

### Nutrition

Amount per serving	
Calories	186
Fat	3g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	32g
Fiber	5g
Protein	9g
Vitamin A	36IU
Vitamin C	3mg
Calcium	53mg
Vitamin D	6IU
Vitamin K	1µg
Vitamin B6	1.4mg
Folate	28µg
Vitamin B12	5.7µg
Phosphorous	246mg
Magnesium	70mg

### Directions

- 1 In a skillet over medium-low heat, add the vegetable broth and the mushrooms. Cook for 5 minutes. Add the garlic, thyme and nutritional yeast and continue cooking for 4 to 5 minutes.
- 2 Meanwhile, add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the coconut aminos and stir.
- 3 Add the oats to a bowl and top with mushrooms. Enjoy!

### Notes

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

**More Flavor:** Add extra virgin olive oil, ghee or butter on top.

**Additional Toppings:** Add chopped parsley, parmesan or dairy-free cheese on top.

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

**No Vegetable Broth:** Use avocado oil, or omit if using a non-stick pan.





## Chickpeas with Sweet & Spicy Peanut Sauce

4 servings

35 minutes

### Ingredients

- 1 cup Brown Rice
- 1/2 cup All Natural Peanut Butter
- 1/4 cup Organic Coconut Milk (from the can)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Coconut Aminos
- 1 tbsp Maple Syrup
- 1/2 tsp Red Pepper Flakes
- 2 Garlic (clove, minced)
- 1/2 cup Water (divided)
- 4 cups Baby Spinach (chopped)
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 1/2 Yellow Onion (chopped)

### Nutrition

Amount per serving	
Calories	526
Fat	22g
Saturated	6g
Polyunsaturated	5g
Monounsaturated	9g
Carbs	68g
Fiber	9g
Protein	17g
Vitamin A	2927IU
Vitamin C	12mg
Calcium	98mg
Vitamin D	0IU
Vitamin K	148µg
Vitamin B6	0.5mg
Folate	204µg

### Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, in a small pot over medium-low heat add the peanut butter, coconut milk, lime juice, coconut aminos, maple syrup, red pepper flakes, garlic and half of the water. Whisk until combined. Continue to heat until just warmed through, stirring often to prevent burning. Season with salt or additional lime juice if needed.
- 3 Heat a large skillet or pan with a lid over medium-high heat. Add the spinach, chickpeas and onion to the pan along with the remaining water and cover with the lid. Steam for about 5 minutes or until the onions have softened and most of the water has evaporated.
- 4 Remove from the heat and add the warm peanut sauce to the pan with the chickpeas and stir to combine.
- 5 To serve, divide the rice between plates and top with the peanut chickpea mixture. Enjoy!

### Notes

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

**More Flavor:** Add fresh ginger to the peanut sauce.

**Additional Toppings:** Serve with lime wedges, hot sauce and/or freshly chopped cilantro.

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

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Vitamin B12	0µg
Phosphorous	374mg
Magnesium	164mg





## Antipasto Salad Jar

4 servings  
40 minutes

### Ingredients

- 2 Red Bell Pepper (diced)
- 1 cup Red Onion (diced)
- 1 cup Cherry Tomatoes (halved)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 cup Basil Leaves
- 4 cups Baby Spinach (divided)
- 1 Lemon (juiced)
- 1/3 cup Sunflower Seeds
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Tamari
- 2 Garlic (cloves, peeled and chopped)
- 1/3 cup Black Olives (pitted and chopped)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	406
Fat	23g
Saturated	3g
Polyunsaturated	7g
Monounsaturated	12g
Carbs	42g
Fiber	8g
Protein	11g
Vitamin A	5591IU
Vitamin C	100mg
Calcium	116mg
Vitamin D	0IU
Vitamin K	203µg

### Directions

- 1 Preheat oven to 410°F (210°C). Place your diced red pepper, red onion and cherry tomatoes together in a mixing bowl and toss with a splash of extra virgin olive oil. Season with sea salt and pepper. Line a baking sheet with parchment paper and spread veggies across evenly. Bake in the oven for 30 minutes.
- 2 Meanwhile, place your quinoa in a saucepan with the water. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 minutes or until all the water has been absorbed. Remove from heat, fluff with a fork and set aside.
- 3 Next make your pesto by combining basil, half of the spinach, lemon juice, sunflower seeds, olive oil, tamari and garlic cloves in a food processor. Blend until a creamy consistency forms.
- 4 Remove vegetables from oven and place back in the mixing bowl. Add the black olives and toss well.
- 5 Gather your mason jars. Place a few spoonfuls of quinoa in the bottom of each jar. Next add a spoonful or two of pesto. Then layer in the roasted veggies. Finish each jar by packing it with spinach. Shake and dump into a bowl when ready to enjoy!

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Vitamin B6	0.7mg
Folate	213µg
Vitamin B12	0µg
Phosphorous	384mg
Magnesium	148mg



## Deconstructed Sushi Bowl

2 servings

20 minutes

### Ingredients

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps 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
Vitamin B6	0.6mg
Folate	93µg
Vitamin B12	3.7µg
Phosphorous	277mg
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.





## Tempeh Buddha Bowl

3 servings

30 minutes

### Ingredients

- 9 ozs Tempeh (sliced into strips)
- 2 tbsps Tamari
- 1/4 tsp Paprika
- 1 tbsp Avocado Oil
- 4 cups Cauliflower Rice
- 3 tbsps Tahini
- 1 tbsp Maple Syrup
- 2 tbsps Lemon Juice
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1 Avocado (sliced)
- 3 tbsps Sunflower Seeds

### Nutrition

Amount per serving	
Calories	512
Fat	36g
Saturated	6g
Polyunsaturated	12g
Monounsaturated	16g
Carbs	30g
Fiber	10g
Protein	28g
Vitamin A	1153IU
Vitamin C	17mg
Calcium	273mg
Vitamin D	0IU
Vitamin K	58µg
Vitamin B6	0.5mg
Folate	151µg

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 2 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 3 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 4 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

### Notes

**Leftovers:** Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

**More Flavor:** Add chili flakes to the cauliflower rice.

**Additional Toppings:** Add cooked sweet potato or other veggies if desired.

**No Avocado Oil:** Use extra virgin olive oil or coconut oil.

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Vitamin B12	0.1µg
Phosphorous	501mg
Magnesium	139mg



## Asian Veggie Omelette

1 serving  
20 minutes

### Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 cup Shiitake Mushrooms (sliced)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tsps Tamari
- 2 stalks Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	339
Fat	21g
Saturated	10g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	15g
Fiber	3g
Protein	23g
Vitamin A	4898IU
Vitamin C	35mg
Calcium	175mg
Vitamin D	143IU
Vitamin K	70µg
Vitamin B6	0.6mg
Folate	142µg
Vitamin B12	1.4µg
Phosphorous	367mg
Magnesium	51mg

### Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

### Notes

**Make it Fluffy:** Whisk unsweetened almond milk into your egg mixture.

**More Flavour:** Whisk sesame oil into your egg mixture.

**Mix it Up:** Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

**Likes it Spicy:** Serve with hot sauce.





## Soba Breakfast Bowl

2 servings

15 minutes

### Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles
- 1 1/2 tsps Tamari
- 1 1/2 tsps Rice Vinegar
- 4 Egg
- 4 cups Kale Leaves (stems removed, roughly chopped)
- 1/4 cup Water
- 1 tbsp Sesame Seeds (black)

### Nutrition

Amount per serving	
Calories	418
Fat	13g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	40g
Fiber	3g
Protein	21g
Vitamin A	2561IU
Vitamin C	39mg
Calcium	210mg
Vitamin D	82IU
Vitamin K	164µg
Vitamin B6	0.3mg
Folate	78µg
Vitamin B12	0.9µg
Phosphorous	255mg
Magnesium	44mg

### Directions

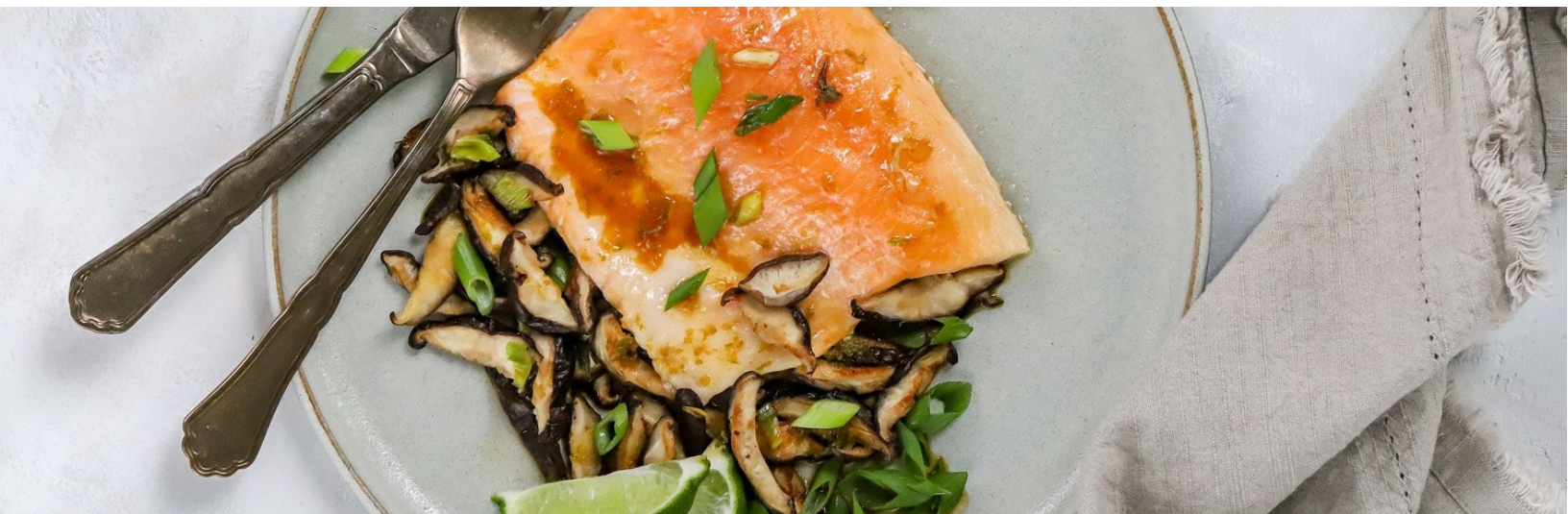
- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 2 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 3 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 4 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

**Make it Vegan:** Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.



## Citrus Glazed Salmon

2 servings

25 minutes

### Ingredients

- 8 ozs 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
Vitamin B6	1.1mg
Folate	65µg
Vitamin B12	3.6µg
Phosphorous	270mg
Magnesium	56mg

### 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!

### Notes

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

**More Flavor:** Add chili flakes.

**Additional Toppings:** Top with sesame seeds. Serve with rice, cauliflower rice, leafy greens or roasted veggies.

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





## Ginger Cilantro Salmon Burgers

2 servings

30 minutes

### Ingredients

- 8 ozs Salmon Fillet (skinless, cut into 1/2-inch chunks)
- 1/4 cup Cilantro (finely chopped)
- 1 tbsp Ginger (peeled and finely grated)
- 2 tsps Coconut Aminos
- 1 tsp Sesame Oil
- 1 tsp Lime Juice
- 1 tbsp Avocado Oil

### Nutrition

Amount per serving	
Calories	251
Fat	16g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	8g
Carbs	2g
Fiber	0g
Protein	23g
Vitamin A	182IU
Vitamin C	1mg
Calcium	16mg
Vitamin D	0IU
Vitamin K	7µg
Vitamin B6	0.9mg
Folate	30µg
Vitamin B12	3.6µg
Phosphorous	229mg
Magnesium	35mg

### Directions

- 1 Add the salmon to the bowl of a food processor (including the blade) and place in the freezer for 15 minutes.
- 2 Meanwhile, in a large mixing bowl combine the cilantro, ginger, coconut aminos, sesame oil and lime juice. Set aside.
- 3 Remove the food processor bowl from the freezer. Pulse the salmon 4 to 5 times until finely chopped but not a puree. Fold the chopped salmon into the cilantro and ginger mixture.
- 4 Form the mixture into patties. If it is too wet, refrigerate for 20 minutes to stiffen before forming into patties.
- 5 Heat the avocado oil in a large non-stick pan over medium-high heat. Cook the salmon burgers for 4 to 5 minutes per side, or until cooked through and firm to the touch. Serve immediately and enjoy.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to 2 days.

**Serving Size:** One serving is equal to one salmon burger.

**More Flavor:** Add minced garlic, honey, lime zest, red pepper flakes or hot sauce to the burger mixture.

**Serve it With:** Leafy greens topped with extra lime juice, chopped cilantro, sesame seeds, and sliced avocado.

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

**No Avocado Oil:** Use extra virgin olive oil or coconut oil instead.





## Ginger Steamed Cod Fillets

2 servings

15 minutes

### Ingredients

- 2 tbsps Tamari
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Water
- 1 tbsp Ginger (grated)
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 3 stalks Green Onion

### Nutrition

Amount per serving	
Calories	211
Fat	2g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	3g
Fiber	1g
Protein	43g
Vitamin A	812IU
Vitamin C	5mg
Calcium	53mg
Vitamin D	83IU
Vitamin K	28µg
Vitamin B6	0.6mg
Folate	25µg
Vitamin B12	2.1µg
Phosphorous	499mg
Magnesium	86mg

### Directions

- 1 In a large skillet, add tamari, apple cider vinegar, water and grated ginger and stir until combined. Season cod fillets with salt and pepper each side, and place in skillet.
- 2 Bring to a boil then reduce heat to simmer. Cover for 8 minutes or until fish is mostly opaque.
- 3 Meanwhile, thinly slice green onions diagonally or into 3-inch lengths. Spread over fish and cook for additional 2 minutes or until fish is completely cooked through.
- 4 Divide fish and broth into bowls. Enjoy!

### Notes

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

**Serve it With:** Brown rice, quinoa, couscous or cauliflower rice.

**Fillet Size:** One fillet is equal to 231 grams or 8 ounces.



## Shrimp & Green Beans

4 servings

20 minutes

### Ingredients

- 1 tbsp Avocado Oil (divided)
- 2 1/2 cups Green Beans (trimmed)
- 2 lbs Shrimp (raw, peeled and deveined)
- 1/8 tsp Sea Salt
- 1 tbsp Tamari
- 1/2 tsp Red Pepper Flakes

### Nutrition

Amount per serving	
Calories	247
Fat	5g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	5g
Fiber	2g
Protein	47g
Vitamin A	525IU
Vitamin C	8mg
Calcium	170mg
Vitamin D	0IU
Vitamin K	27µg
Vitamin B6	0.1mg
Folate	22µg
Vitamin B12	0µg
Phosphorous	516mg
Magnesium	97mg

### Directions

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 2 to 3 days.

**Serve It With:** Rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

**No Tamari:** Use soy sauce or coconut aminos instead.





## Green Cabbage & Edamame Salad

6 servings

15 minutes

### Ingredients

- 5 cups Green Cabbage (shredded)
- 1 Cucumber (thinly sliced)
- 1 cup Frozen Edamame (thawed)
- 3 tbsps Sunflower Seed Butter
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 1 tbsp Lime Juice
- 1 tbsp Sesame Oil
- 1 tbsp Water
- 1/2 cup Sunflower Seeds
- 1/3 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	199
Fat	13g
Saturated	1g
Polyunsaturated	6g
Monounsaturated	5g
Carbs	15g
Fiber	5g
Protein	8g
Vitamin A	269IU
Vitamin C	31mg
Calcium	72mg
Vitamin D	0IU
Vitamin K	75µg
Vitamin B6	0.3mg
Folate	161µg
Vitamin B12	0µg
Phosphorous	255mg
Magnesium	73mg

### Directions

- 1 Add the cabbage, cucumber and edamame to a large bowl.
- 2 To make the dressing, add the sunflower seed butter, maple syrup, tamari, lime juice, sesame oil and water to a blender and blend on high until smooth and creamy.
- 3 Add the dressing to the salad and mix well. Top with sunflower seeds and cilantro. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For longer-lasting leftovers, store the salad ingredients separate from the dressing for up to five days.

**No Sunflower Seed Butter:** Use almond butter or peanut butter instead.

**Additional Toppings:** Top with a protein of your choice, like chicken, chickpeas, or tofu.