



Spring Seasonal Recipes

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One Pan Shrimp, Sausage & Potatoes

3 servings

45 minutes

Ingredients

300 grams Mini Potatoes (halved)
 160 grams Shallot (halved)
 Sea Salt & Black Pepper (to taste)
 5 grams Old Bay Seasoning (divided)
 30 milliliters Avocado Oil (divided)
 227 grams Chicken Sausage (roughly sliced)
 283 grams Shrimp (peeled, deveined)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Place the potatoes and shallots on the sheet pan and toss with salt, pepper, half of the old bay seasoning, and 3/4 of the oil. Mix to combine and then place in the oven for 15 minutes.
- 3 Remove the baking sheet and flip the potatoes and shallots around. Add the sausage to the sheet pan and return to the oven for 15 minutes.
- 4 Remove the baking sheet and reduce the oven to 400°F (205°C). Add the shrimp to the sheet pan. Coat with the remaining oil and season with the remaining old bay. Place back in the oven for six to seven minutes, until cooked through.
- 5 Divide onto plates and season with salt and pepper, if needed. Enjoy!

Notes

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

Serving Size: One serving is about 3/4 of potatoes and shallots and 1 1/3 cup of sausage and shrimp combined.

Additional Toppings: Top with chopped parsley, and/or serve with an aioli or mayonnaise.



Greek Shrimp & Rice Bowls

3 servings

20 minutes

Ingredients

200 grams Basmati Rice (dry, rinsed)
 59 milliliters Extra Virgin Olive Oil (divided)
 1 Lemon (juiced, divided)
 10 grams Greek Seasoning
 227 grams Shrimp (peeled, deveined)
 1/4 Cucumber (medium, chopped)
 1 Tomato (medium, chopped)
 1 Red Bell Pepper (medium, sliced)
 80 grams Red Onion (sliced)
 75 grams Feta Cheese (crumbled)

Directions

- 1 Cook the rice according to the package directions then set aside.
- 2 While the rice is cooking, in a large bowl, mix together half of the oil, half of the lemon juice, and Greek seasoning. Add the shrimp and mix to coat.
- 3 Heat a pan over medium heat. Add the shrimp and the marinade to the pan. Cook for about two minutes per side or until cooked to your liking.
- 4 To assemble, divide the rice, shrimp, cucumber, tomato, bell peppers, and onions into bowls. Drizzle the remaining oil and lemon juice onto each bowl. Top with feta cheese. Enjoy!

Notes

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

Serving Size: One serving is approximately 2/3 cup of rice and 2/3 cup of vegetables with shrimp.

Additional Toppings: Oregano, tzatziki, and/or hummus.

No Greek Seasoning: Use other seasoning of choice like Italian seasoning or a mix of oregano and dried parsley.



Za'atar Chicken with Tahini Yogurt

4 servings

40 minutes

Ingredients

1 1/2 Lime (juiced, divided)
 19 grams Za'atar Spice
 2 grams Chili Flakes
 Sea Salt & Black Pepper (to taste)
 605 grams Chicken Thighs with Skin
 (bone-in)
 151 grams Plain Greek Yogurt
 30 grams Tahini
 12 grams Cilantro

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a bowl, whisk together 2/3 of the lime juice, za'atar, chili flakes, salt, and pepper. Add the chicken and stir well.
- 3 Place the chicken on to the baking sheet and bake for 30 to 35 minutes or until cooked through.
- 4 Meanwhile, in a bowl whisk together the yogurt, tahini, and the remaining lime juice. Whisk and add a splash of water as needed. Season the mixture with salt and pepper.
- 5 Spread the yogurt mixture onto a serving plate. Top with za'atar chicken, garnish with cilantro, and enjoy!

Notes

Leftovers: Refrigerate the chicken and yogurt mixture in separate airtight containers for up to three days.

Serving Size: One serving is equal to approximately two chicken thighs and two tablespoons yogurt mixture.

More Flavor: Let the chicken marinate for two hours or overnight. Add roasted vegetables.



Mediterranean Turkey & Rice Bowl

2 servings

30 minutes

Ingredients

100 grams Basmati Rice (dry, rinsed)
 5 milliliters Extra Virgin Olive Oil
 1/2 Yellow Onion (small, diced)
 283 grams Extra Lean Ground Turkey
 10 grams Greek Seasoning
 121 grams Diced Tomatoes (from the can, with the juices)
 Sea Salt & Black Pepper (to taste)
 75 grams Cherry Tomatoes (halved)
 1/4 Cucumber (medium, sliced)
 56 grams Tzatziki

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in pan over medium heat. Add the onion and sauté for about five minutes. Add in the turkey, stir and break it up as it cooks for about 10 minutes.
- 3 Add the Greek seasoning, diced tomatoes, salt, and pepper. Stir and cook for about 10 minutes or until everything has cooked.
- 4 Divide the rice, turkey, cherry tomatoes, and cucumbers between serving bowls. Top with tzatziki and enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup rice, 2/3 cup turkey, one cup cucumber and tomatoes, and two tablespoons of tzatziki.

More Flavor: Add bell pepper and garlic to the turkey mixture.

Additional Toppings: Add green onion.



Easy Chicken Fried Rice

5 servings
 45 minutes

Ingredients

185 grams Brown Rice (dry, rinsed)
 44 milliliters Sesame Oil (divided)
 2 Egg (whisked)
 454 grams Chicken Breast (chopped)
 1 Red Bell Pepper (medium, diced)
 63 grams Snow Peas (chopped)
 4 stalks Green Onion (chopped, plus more for garnish)
 2 Garlic (clove, chopped)
 44 milliliters Tamari

Directions

- 1 Cook the rice according to the package directions.
- 2 In a large wok or pan, heat 1/3 of the oil over medium-high heat. Add the eggs and scramble them until fully cooked. Remove eggs and set aside.
- 3 In the same pan, add the remaining oil. Cook the chicken for three minutes over medium-high heat.
- 4 Add the bell peppers, snow peas, green onions, and garlic to the pan. Stir-fry until the chicken is cooked through and the vegetables are tender-crisp, three to five minutes.
- 5 Stir the rice and eggs into the chicken and vegetable mixture. Add the tamari and mix to coat.
- 6 Garnish with green onions (optional) and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Use turkey breast, ground chicken, or pork instead of chicken.

Short on Time: Use leftover cooked rice or cook your rice ahead of time.



Chocolate Protein Yogurt with Raspberries

1 serving

10 minutes

Ingredients

226 grams Plain Greek Yogurt
24 grams Chocolate Protein Powder
62 grams Raspberries
15 grams Granola

Directions

- 1 Add the yogurt and protein powder to a large bowl. Use a hand mixer to whip until thoroughly combined and fluffy.
- 2 Place in a serving bowl and top with raspberries and granola. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add the raspberries and granola just before serving.

Serving Size: One serving is about 1 3/4 cups.

Protein Powder: This recipe was developed and tested using whey protein powder. If using another type of protein powder, results may vary.

Likes it Sweet: Drizzle with honey.

Additional Toppings: Top with different fruits such as strawberries, cherries, banana, or apple. Drizzle with nut/seed butter.



Green Pea & Ranch Chopped Salad

2 servings

20 minutes

Ingredients

290 grams Fresh Peas (or frozen and thawed)

63 grams Matchstick Carrots

1/2 Red Bell Pepper (large, finely chopped)

20 grams Shallot (finely chopped)

2 stalks Celery (finely chopped)

160 grams Ranch Dressing

15 grams Parsley (finely chopped)

Sea Salt & Black Pepper (to taste)

Directions

- 1 Add the peas to a pot and add enough water to cover them. Bring to a boil over medium-high heat and cook for three minutes, or until tender. Rinse under cold water and drain.
- 2 Add the peas and all the remaining ingredients to a large bowl. Mix to coat and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add cheddar cheese, your favorite herbs, or your protein of choice.

Dairy-Free: Use your favorite creamy dairy-free dressing.



Chicken Puttanesca

2 servings

45 minutes

Ingredients

5 milliliters Extra Virgin Olive Oil
 340 grams Chicken Thighs with Skin (bone-in)
 Sea Salt & Black Pepper (to taste)
 1/2 Yellow Onion (medium, sliced)
 2 Garlic (clove, diced)
 2 grams Italian Seasoning
 242 grams Diced Tomatoes (from the can, with the juices)
 67 grams Green Olives (pitted, halved)
 8 grams Parsley (chopped)

Directions

- 1 Heat the oil in a pan over medium-high heat. Season the chicken thighs all over with salt and pepper.
- 2 Add the chicken to the pan. Cook for about five minutes on each side or until browned. Remove from the pan.
- 3 In the same pan, add the onion and sauté for five minutes. Add the garlic and Italian seasoning and cook for another minute.
- 4 Add the diced tomatoes and olives to the pot. Bring to simmer and transfer the chicken into the pan. Cover the pan with a lid, turn down the heat, and simmer for about 20 minutes or until the chicken is cooked through.
- 5 Top with parsley, serve, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one chicken thigh and 1/2 cup of tomato sauce.

More Flavor: Add capers.



Macadamia Coconut Crusted Cod Rice Bowls

2 servings

30 minutes

Ingredients

92 grams Jasmine Rice (dry, rinsed)
 200 grams Green Beans (trimmed)
 4 grams Avocado Oil Spray (divided)
 Sea Salt & Black Pepper (to taste)
 1 Cod Fillet
 1 Egg
 45 grams Macadamia Nuts (finely chopped)
 27 grams Unsweetened Shredded Coconut
 28 grams Mayonnaise
 10 grams Sweet Chili Sauce

Directions

- 1 Cook the rice according to the package directions.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Spray the green beans with half of the avocado oil spray and season with salt and pepper. Place on the prepared baking sheet and bake for ten minutes.
- 4 Pat the cod dry with paper towel and season with salt and pepper. Slice into one fillet per serving.
- 5 Whisk the egg in one bowl, combine the macadamia nuts and shredded coconut in a second bowl. Dip the cod in the egg and then in the coconut mixture, pressing to adhere.
- 6 Remove the baking sheet and add the cod. Spray with the remaining avocado oil. Return to the oven for 10 to 12 minutes or until cooked through.
- 7 Meanwhile, in a small bowl, combine the mayonnaise and sweet chili sauce.
- 8 Divide the rice, beans, and cod onto plates. Serve with the sweet chili mayonnaise on the side. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup of green beans and 3/4 cup rice with fish.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.



Spring Salad

4 servings

15 minutes

Ingredients

396 grams Green Lentils (cooked, drained and rinsed)
 300 grams Snap Peas (washed)
 160 grams Frozen Peas (thawed)
 60 grams Baby Spinach (chopped)
 2 cans Tuna (drained and flaked)
 44 milliliters Red Wine Vinegar
 15 milliliters Extra Virgin Olive Oil
 30 grams Dijon Mustard
 2 grams Sea Salt
 725 milligrams Black Pepper

Directions

- 1 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
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- 2 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

Notes

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

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Tuna: Use diced chicken breast instead.

Vegetarian and Vegan: Skip the tuna and add extra lentils.



Berry Banana Smoothie

1 serving
5 minutes

Ingredients

240 milliliters Unsweetened Almond Milk
187 grams Frozen Berries
1/2 Banana
21 grams Kale Leaves
24 grams Vanilla Protein Powder
10 grams Whole Flax Seeds

Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free: Use nut-free milk such as oat milk.



Matcha Overnight Oats

2 servings

8 hours

Ingredients

- 81 grams Oats (rolled)
- 300 milliliters Unsweetened Almond Milk
- 1 gram Green Tea Powder
- 24 grams Chia Seeds
- 2 milliliters Vanilla Extract
- 1 Banana (sliced)

Directions

- 1 Add the oats, almond milk, green tea powder, chia seeds, and vanilla extract together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Remove the oats from the fridge. Divide into containers and top with the banana slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

Serving Size: One serving is approximately 1 1/2 cups.

Nut-Free: Use a nut-free milk such as oat or soy.

No Banana: Use mixed berries instead.

Additional Toppings: Top with almond butter.



Flax Pancakes with Clementine

4 servings

20 minutes

Ingredients

13 grams Ground Flax Seed
 79 milliliters Water
 240 milliliters Unsweetened Almond Milk
 80 grams Maple Syrup
 226 grams Unbleached All Purpose Flour
 9 grams Baking Powder
 7 milliliters Extra Virgin Olive Oil
 2 Clementines (peeled and sectioned)

Directions

- 1 Combine the flax and water in a large mixing bowl and let sit for about five minutes until thickened.
- 2 To the same mixing bowl add the milk and maple syrup and mix well. Add the flour and baking powder and combine until a thick batter forms.
- 3 Heat a pan over medium-low heat and drizzle the oil into the pan. Spoon the batter into the pan in 1/4 cup portions. Cook the pancakes for about four minutes per side or until golden brown. Repeat with the remaining batter.
- 4 Divide the pancakes between plates and serve with clementines and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to three months. Reheat in a dry pan or a toaster.

Serving Size: One serving is approximately two to three pancakes and half a clementine.

More Flavor: Add vanilla extract, cinnamon, blueberries, or chocolate chips to the batter.

Additional Toppings: Serve it with butter, nut butter, coconut butter, maple syrup, or fresh berries.



Turmeric Chia Pudding

2 servings
3 hours 5 minutes

Ingredients

240 milliliters Unsweetened Almond Milk
2 grams Turmeric
1 gram Cinnamon
450 milligrams Ground Ginger (optional)
20 grams Maple Syrup
48 grams Chia Seeds

Directions

- 1 Combine the almond milk, turmeric, cinnamon, ginger, and maple syrup in a mixing bowl. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
- 2 Stir well then divide between bowls or jars. Enjoy!

Notes

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

Nut-Free: Use a nut-free milk like cow's milk, coconut milk, or oat milk.

More Flavor: Add vanilla extract, cardamom, nutmeg, or a pinch of black pepper.

No Maple Syrup: Use honey or another sweetener of choice instead.



Spinach Tortellini Soup

6 servings
15 minutes

Ingredients

1.4 liters Chicken Broth
340 grams Beef Tortellini
Sea Salt & Black Pepper (to taste)
90 grams Baby Spinach

Directions

- 1 Pour the chicken broth into a large-sized pot and bring to a low boil over medium heat.
- 2 Add in the tortellini and cook for six to seven minutes, until cooked through. Add the spinach and stir to combine, until just wilted, about 30 seconds.
- 3 Divide the soup into bowls and season with salt and pepper. Enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups soup.

Gluten-Free: Use gluten-free tortellini.

Additional Toppings: Top with parmesan, chili flakes, and/or parsley.

Make it Vegan: Use a vegan tortellini and vegetable broth.

Chicken Broth: This tastes best when using homemade chicken stock.



Chili Lime Spinach Chips

1 serving
30 minutes

Ingredients

667 milligrams Chili Powder
750 milligrams Sea Salt
1/2 Lime (small, zest only)
90 grams Baby Spinach
5 milliliters Avocado Oil

Directions

- 1 Preheat the oven to 300°F (150°C) and line a large baking sheet with parchment paper. In a small bowl combine the chili powder, salt, and lime zest.
- 2 Place the spinach in a mixing bowl and drizzle with the oil. Use your hands to mix the spinach and lightly coat each leaf with the oil. Add the chili and lime seasoning and mix to season the leaves evenly.
- 3 In batches, arrange the spinach leaves on the baking sheet in an even layer being careful not to overcrowd the baking sheet. Season with additional salt, if desired. Bake for 13 to 16 minutes or until the leaves are dry and crispy. Transfer to a plate and repeat with remaining spinach. Enjoy!

Notes

Leftovers: Best enjoyed immediately or within a day.

Serving Size: One serving is approximately equal to one cup of chips.

More Flavor: Add other dried herbs and spices to taste, like cumin or cayenne pepper.

No Avocado Oil: Use extra virgin olive oil instead.



Avocado & Feta Dip

4 servings

5 minutes

Ingredients

2 Avocado (cubed)
40 grams Red Onion (sliced thin)
50 grams Feta Cheese (crumbled)
15 milliliters Extra Virgin Olive Oil
8 milliliters White Wine Vinegar
Sea Salt & Black Pepper (to taste)
2 grams Cilantro (chopped)

Directions

- 1 In a medium-sized bowl, combine the avocado, red onion, and feta cheese. Drizzle with oil and vinegar and season with salt and pepper. Top with cilantro and stir gently to combine. Enjoy!

Notes

Leftovers: Best enjoyed the day you make it.
Serving Size: One serving size is about 3/4 cup.
Serve With: Crackers or chips.
More Flavor: Add chili flakes.
Additional Toppings: Add chopped tomatoes.
Make it Vegan: Use a vegan cheese.



Cucumber & Herbed Yogurt Dip

1 serving
5 minutes

Ingredients

75 grams Unsweetened Coconut Yogurt
556 milligrams Fresh Dill (finely chopped)
4 grams Parsley (finely chopped)
2 grams Sea Salt (to taste)
1/2 Cucumber (large, sliced)

Directions

- 1 In a bowl, combine the coconut yogurt, dill, parsley, and salt. Serve alongside the cucumber slices. Enjoy!

Notes

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

More Flavor: Add fresh chives, basil, and green onion to the yogurt dip.

Additional Toppings: Add pita bread, crackers, cherry tomatoes, carrots, celery, or radishes.



Green Goddess Sandwich

2 servings

15 minutes

Ingredients

30 milliliters Water
 1 Avocado (medium)
 30 grams Parsley (stems removed)
 1 stalk Green Onion (trimmed)
 750 milligrams Sea Salt
 198 grams Sourdough Bread (toasted)
 43 grams Microgreens
 60 grams Baby Spinach

Directions

- 1 Add the water, avocado, parsley, green onion, and salt to a food processor. Blend until smooth.
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- 2 Spread the sauce evenly over each slice of sourdough. Add the microgreens and spinach. Close the sandwich and enjoy!

Notes

Leftovers: Best enjoyed immediately or refrigerate in an airtight container for up to two days.

Serving Size: One serving is one sandwich.

Gluten-Free: Use gluten-free bread instead of sourdough.

More Flavor: Add red pepper flakes, garlic, or lime juice.

Additional Toppings: Add cucumber slices, red onion, tomato, chickpeas, or cheese.

No Spinach: Use arugula, mixed greens, or kale instead.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Chocolate Pistachio Protein Balls

15 servings

15 minutes

Ingredients

170 grams Dark Chocolate (roughly chopped)
22 grams Cocoa Powder
9 grams Vanilla Protein Powder
171 grams Sunflower Seed Butter
123 grams Pistachios (removed from shell, divided)

Directions

- 1 Add the dark chocolate, cocoa powder, protein powder, sunflower seed butter, and half the pistachios to a food processor and blend until well mixed and sticky. Add more sunflower seed butter if the mixture is too dry, or more pistachios if too wet.
- 2 Transfer to a mixing bowl and form into even balls with your hands, roughly one-inch in diameter.
- 3 Crush the remaining pistachios and coat each ball evenly. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days or in the freezer for three months.

Serving Size: One serving is equal to one ball.

More Flavor: Add vanilla extract.



Maple Ginger Stir Fry Bowl with Rice

2 servings

30 minutes

Ingredients

93 grams Brown Rice
 283 grams Chicken Breast (cut into small cubes)
 15 milliliters Sesame Oil (divided)
 2 Carrot (medium, peeled, and sliced thin)
 100 grams Snap Peas (trimmed and chopped)
 89 milliliters Water (divided)
 30 milliliters Coconut Aminos
 4 grams Ginger (fresh, grated or minced)
 20 grams Maple Syrup
 1 Garlic (clove, minced)
 1 gram Arrowroot Powder

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, heat half of the sesame oil in a pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Transfer to a plate.
- 3 Add the carrots and snap peas to the pan. Stir to combine with any remaining juices in the pan then add two-thirds of the water and cover with a lid. Steam the vegetables for four to five minutes or until just tender.
- 4 Meanwhile, in a small bowl combine the coconut aminos, ginger, maple syrup, garlic, arrowroot powder, and the remaining sesame oil and water and mix well.
- 5 Add the chicken back to the pan with vegetables then pour in the ginger sauce. Cook for one to two minutes or until the sauce begins to bubble and thicken and the chicken warms through.
- 6 Divide the rice and chicken stir fry between bowls or meal prep containers. Enjoy!

Notes

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

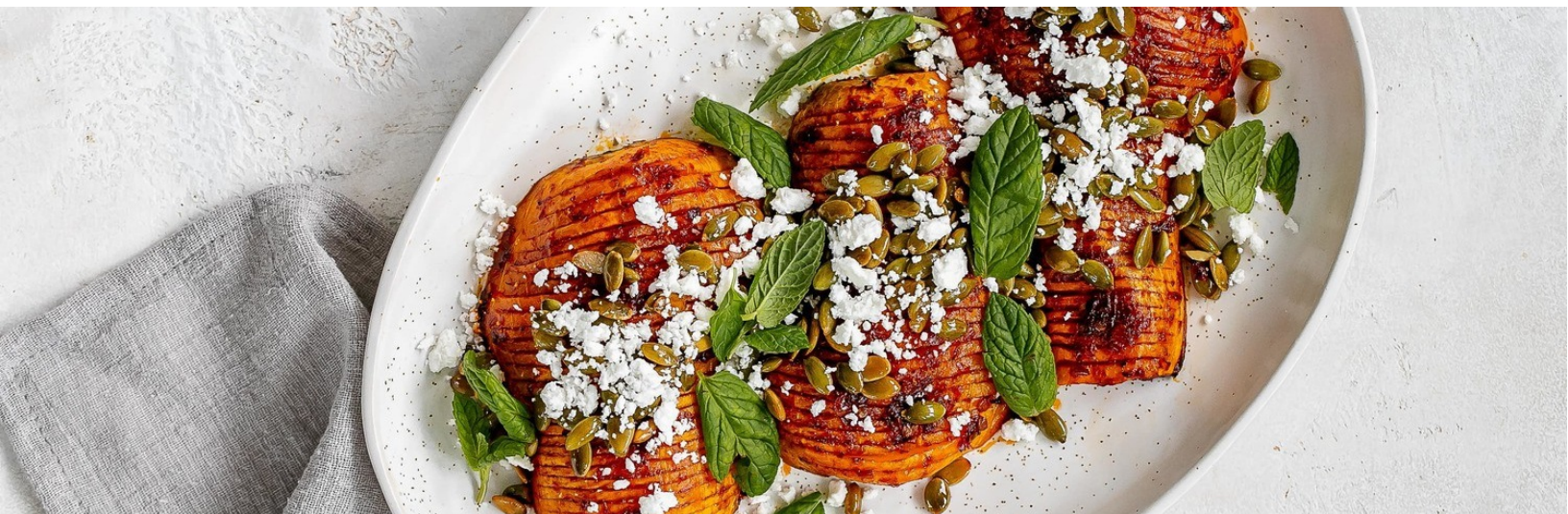
Serving Size: One serving is approximately 1 1/2 cups stir fry and 3/4 cup rice.

Additional Toppings: Hot sauce, red pepper flakes, sesame seeds, chopped cashews, or green onion.

Veggies: Use broccoli, cauliflower, bell pepper, or mushrooms instead.

No Coconut Aminos: Use soy sauce or tamari instead.

No Chicken Breast: Use chicken thighs or pork instead.



Hasselback Butternut Squash with Harissa

4 servings

1 hour

Ingredients

420 grams Butternut Squash (peeled and sliced lengthwise, seeds removed)
 30 milliliters Extra Virgin Olive Oil (divided)
 Sea Salt & Black Pepper (to taste)
 12 grams Harissa
 21 grams Honey
 32 grams Pumpkin Seeds (toasted)
 38 grams Feta Cheese (crumbled)
 5 grams Mint Leaves (torn)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Rub half the oil over the squash halves and season with salt and pepper. Place the squash halves on the baking sheet, cut side down, and roast for 15 minutes to soften.
- 3 Remove the squash and allow to cool somewhat. Place two chopsticks (or wooden spoons) on both sides of the squash lengthwise. Using a sharp knife, thinly slice the squash until it reaches the chopstick (this prevents the knife from going all the way through). Repeat with remaining squash.
- 4 In a small bowl, stir together the harissa paste, honey, and remaining oil. Brush half of the mixture on the squash and place back in the oven for 20 minutes. Remove the squash, brush with the remaining harissa mixture and bake for another 16 to 20 minutes, until cooked through.
- 5 Place the squash on a large platter and garnish with pumpkin seeds, feta cheese, and mint. Enjoy!

Notes

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

Serving Size: One serving is half of a small butternut squash or 3/4 cup.

Butternut Squash: One small butternut squash is approximately 1 1/2 cups.

Dairy-Free: Omit the feta cheese, or use a vegan feta cheese.

Make it Vegan: Use maple syrup instead and omit the feta.



Black Bean & Veggie Rice Bowl

4 servings

20 minutes

Ingredients

184 grams Jasmine Rice (uncooked)
 344 grams Black Beans (cooked, rinsed)
 1/2 Carrot (medium, shredded or chopped into matchsticks)
 200 grams Snap Peas (trimmed)
 149 grams Cherry Tomatoes (halved)
 60 milliliters Lemon Juice
 9 grams Fresh Dill
 1 Garlic (clove, minced)
 Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the rice according to the directions on the package, and set aside to cool.
- 2 Divide the rice, black beans, carrots, snap peas, and tomatoes into bowls. Top with dill, lemon juice, garlic, salt, and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving equals approximately 1 1/2 to two cups.
No Basmati Rice: Use jasmine rice, bulgur, buckwheat, or couscous.



Quick Chana Masala

2 servings

20 minutes

Ingredients

7 milliliters Coconut Oil
 1/2 Yellow Onion (small, chopped)
 2 Garlic (clove, minced)
 3 grams Ginger (fresh, minced or grated)
 11 grams Chana Masala Spice Blend
 123 grams Tomato Sauce (plain)
 119 milliliters Water
 246 grams Chickpeas (cooked, rinsed well)

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes or until the onion begins to soften. Add the garlic, ginger, chana masala spice blend, and salt. Cook for another minute until very fragrant.
- 2 Add the tomato sauce and water and bring the sauce to a simmer.
- 3 Add the chickpeas and cook for five to 10 minutes or until the chickpeas are warmed through and the sauce has thickened slightly. Season with additional salt if needed.
- 4 To serve, divide between plates or bowls and enjoy!

Notes

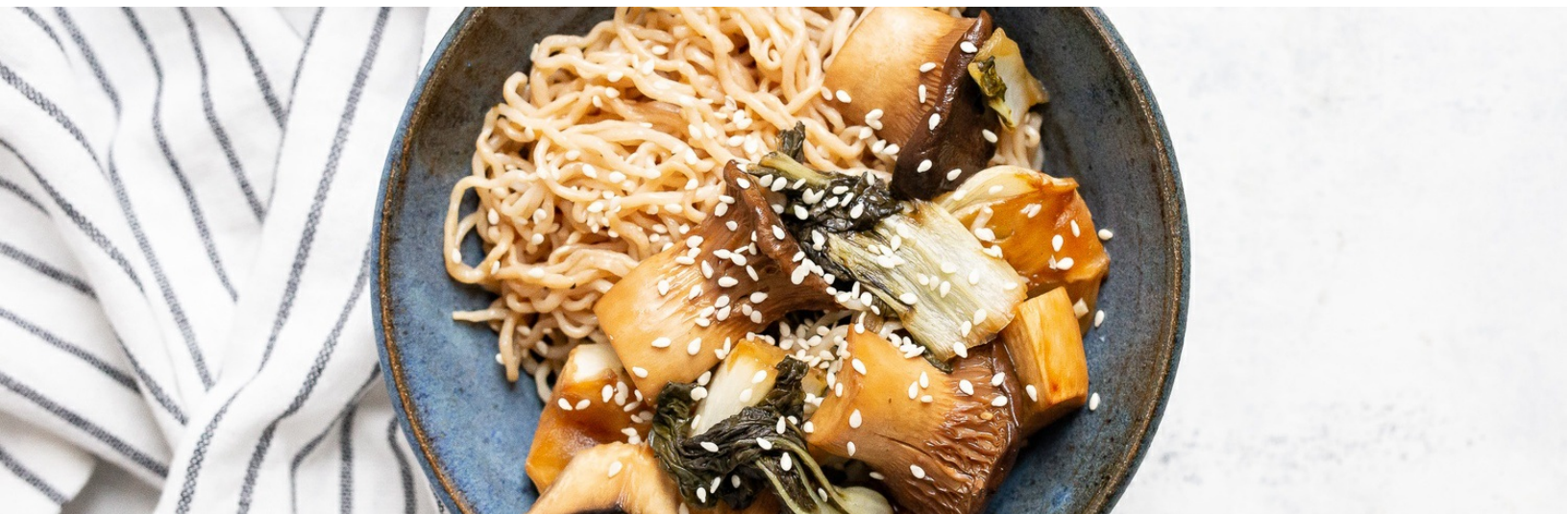
Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

More Flavor: Add red pepper flakes, cayenne pepper, or another hot pepper spice for a spicier dish.

Serve It With: Rice, cauliflower rice, naan bread, pita bread, or other flatbread.

No Chana Masala Spice Blend: Use a combination of paprika, coriander, cumin, cardamom, cinnamon, black pepper, and turmeric.



Oyster Mushroom & Bok Choy Noodles

2 servings
 30 minutes

Ingredients

30 milliliters Tamari
 15 milliliters Water
 14 grams Coconut Sugar (to taste)
 2 milliliters Lime Juice (to taste)
 258 grams Oyster Mushrooms
 (chopped)
 210 grams Bok Choy (chopped)
 340 grams Shirataki Noodles (rinsed)
 2 grams Sesame Seeds

Directions

- 1 Add the tamari, water, coconut sugar, and lime juice to a pan over medium heat. Whisk until dissolved.
- 2 Add the oyster mushrooms and bok choy. Cook for five to eight minutes or until soft.
- 3 Stir in the noodles until combined. Divide into bowls and garnish with sesame seeds. Enjoy!

Notes

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

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

More Flavor: Add ginger, garlic, red hot chili peppers, or chili oil. Replace some of the lime juice with rice vinegar.

Additional Toppings: Top with green onions.



Couscous Salad

6 servings

15 minutes

Ingredients

346 grams Couscous
1 Yellow Bell Pepper (medium, seeds removed, diced)
1 Carrot (small, diced)
40 grams Red Onion (diced)
8 grams Cilantro (stems removed, chopped)
30 milliliters Lemon Juice (to taste)
3 grams Sea Salt (to taste)

Directions

- 1 Cook the couscous according to the package directions and let cool.
- 2 In a large mixing bowl, combine the couscous with the remaining ingredients. Enjoy!

Notes

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

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

More Flavor: Add cinnamon, cumin, olive oil, feta cheese, olives, or capers.

No couscous: Use quinoa or barley instead.



Pesto Barley & Tofu Bowl

2 servings

35 minutes

Ingredients

150 grams Pearl Barley (dry, rinsed well)
 15 milliliters Extra Virgin Olive Oil (divided)
 175 grams Tofu (extra firm, pressed then cut into 1/2-inch cubes)
 Sea Salt & Black Pepper (to taste)
 182 grams Broccoli (finely chopped)
 63 grams Pesto

Directions

- 1 Cook the barley according to package directions until soft but chewy, approximately 25 to 30 minutes. Drain any excess liquid from the pot and fluff the barley with a fork.
- 2 Meanwhile, heat half of the oil in a pan. Brown the tofu pieces for three to five minutes per side until golden brown. Transfer to a plate, season with salt and pepper to taste and set aside.
- 3 Add the remaining oil to the same pan then add the chopped broccoli. Cook for eight to 10 minutes or until the broccoli is fork-tender.
- 4 Add the cooked barley and tofu to the pan with the broccoli and stir in the pesto. Cook for one to two minutes or until the tofu pieces are warmed through. Season with salt and pepper to taste. Divide between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately equal to 1 1/2 cups.

Gluten-Free: Use brown rice instead of barley.

More Flavor: Add fresh garlic, lemon juice, red pepper flakes, nutritional yeast, or parmesan cheese. Add more pesto to taste.

No Broccoli: Use cauliflower, bell pepper, or zucchini instead.

No Tofu: Use beans or lentils instead.



Salmon & Roasted Root Veggie Salad

2 servings

35 minutes

Ingredients

- 1 Sweet Potato (medium, peeled and diced)
- 1 Beet (medium, peeled, and diced)
- 44 milliliters Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 283 grams Salmon Fillet
- 15 milliliters Lemon Juice
- 5 grams Dijon Mustard
- 375 milligrams Turmeric
- 90 grams Baby Spinach
- 16 grams Pumpkin Seeds

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the diced sweet potato on one side of the baking sheet and the diced beet on the other. Drizzle with a third of the oil and season with salt and pepper to taste. Bake for 15 minutes.
- 3 Remove the baking sheet from the oven and stir the sweet potatoes and the beets. Pat the salmon dry then carefully place the salmon in the center of the baking sheet. Season with salt and pepper to taste. Return the baking sheet to the oven and continue to bake for 15 to 18 minutes or until the salmon is cooked through and the vegetables are tender.
- 4 Meanwhile, make the dressing by combining the lemon juice, Dijon mustard, turmeric, and the remaining oil in a small bowl or jar. Season with salt and pepper to taste.
- 5 To assemble the salad, divide the spinach between bowls and top with the sweet potato, beet, and salmon. Sprinkle with the pumpkin seeds and drizzle with the dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Assemble and/or dress the salad just before serving.

Serving Size: One serving is approximately 3/4 cup roasted veggies, five ounces of salmon, and 1 1/2 tablespoons of dressing.

Additional Toppings: Cooked quinoa or wild rice, avocado, lentils or chickpeas, sliced cucumber, bell pepper, or hemp seeds.

No Salmon: Use chicken or tofu instead.



Pan-Fried Trout with Herbed Rice

4 servings

30 minutes

Ingredients

720 milliliters Vegetable Broth, Low Sodium
 300 grams Basmati Rice (uncooked)
 57 grams Butter (divided)
 30 grams Parsley (chopped)
 4 grams Fresh Dill (chopped)
 Sea Salt & Black Pepper (to taste)
 4 Rainbow Trout Fillet (patted dry)
 20 grams All Purpose Gluten-Free Flour

Directions

- 1 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 2 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 3 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 4 Divide the herbed rice and trout onto plates and enjoy!

Notes

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

Serving Size: One serving equals one trout fillet and just over a cup of herbed rice.

Trout Fillets: One fillet is equal to approximately 159 grams or 5.6 ounces in size.

Dairy-Free: Use vegan butter, olive oil, or coconut oil instead.

More Flavor: Add cilantro and saffron to the rice.

Additional Toppings: Add lemon juice and fresh herbs.



Mediterranean Tuna Salad

2 servings
10 minutes

Ingredients

1 can Tuna (drained)
149 grams Cherry Tomatoes (halved)
67 grams Pitted Kalamata Olives (halved)
40 grams Red Onion (sliced)
420 grams Cannellini Beans (drained and rinsed)
30 milliliters Extra Virgin Olive Oil
15 milliliters Lemon Juice
11 grams Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a medium-sized bowl, combine the tuna, tomatoes, olives, red onion, beans, olive oil, lemon juice, and parsley and toss to combine. Season with salt and pepper.
- 2 Divide onto plates, serve and enjoy!

Notes

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

Serving Size: One serving is about two cups.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Chicken & Bell Pepper Orzo

4 servings

25 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil (divided)
 425 grams Chicken Breast (skinless, boneless, cut into 3/4-inch cubes)
 4 Cremini Mushrooms (diced)
 1 Orange Bell Pepper (medium, seeds removed, diced)
 3 grams Italian Seasoning
 5 grams Sea Salt (to taste)
 112 grams Orzo (dry)
 474 milliliters Water (or broth)
 15 milliliters Apple Cider Vinegar

Directions

- 1 Heat the oil in a large non-stick pan over medium-high heat. Cook the chicken for about five to seven minutes or until opaque on all sides.
- 2 Add the mushrooms, bell pepper, Italian seasoning, and salt. Cook for five minutes.
- 3 Stir in the orzo, water, and apple cider vinegar. Bring to a gentle simmer and cook uncovered, stirring often for about 10 to 15 minutes or until the orzo is al dente. Add more water if needed.
- 4 Season with more salt if needed and divide into bowls. Enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add onions, garlic, parmesan cheese, or nutritional yeast. Use broth instead of water.



Sesame Chicken & Noodle Jar

2 servings
 15 minutes

Ingredients

113 grams Rice Vermicelli Noodles (dry)
 32 grams All Natural Peanut Butter
 15 milliliters Tamari
 2 milliliters Sesame Oil
 8 milliliters Rice Vinegar
 4 grams Honey
 22 milliliters Water
 170 grams Chicken Breast, Cooked (shredded)
 89 grams Purple Cabbage (thinly sliced)
 1/2 Yellow Bell Pepper (chopped)

Directions

- 1 Cook the noodles according to package directions and set aside.
- 2 In a small bowl, whisk together the peanut butter, tamari, sesame oil, rice vinegar, and honey. Add the water to thin and set aside.
- 3 Divide the noodles into jars, followed by the chicken, cabbage, and pepper. Seal and store in the fridge separate from the dressing.
- 4 When ready to eat, toss everything together in a bowl. Enjoy!

Notes

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

Nut-Free: Use tahini or sunflower seed butter.

More Flavor: Add sriracha or chili flakes to the dressing.

Additional Toppings: Add chopped peanuts and/or cilantro.

No Rice Vinegar: Use lime juice.



Mayo-Dijon Chicken with Pear Salad

2 servings

35 minutes

Ingredients

28 grams Mayonnaise
 15 grams Dijon Mustard
 283 grams Chicken Breast (boneless, skinless)
 Sea Salt & Black Pepper (to taste)
 120 grams Baby Spinach
 1 Pear (medium, seeds removed, chopped)
 36 grams Sliced Almonds

Directions

- 1 Preheat the oven to 400°F (205°C). In a bowl, mix together the mayonnaise and dijon mustard.
- 2 Place the chicken on a baking sheet and season with salt and pepper. Coat the chicken in the mayo-dijon mixture. Bake for about 25 to 30 minutes, or until cooked through. Let rest for five minutes before slicing.
- 3 Arrange the sliced chicken breast and spinach onto plates. Top with the chopped pear and almonds. Enjoy!

Notes

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

Serving Size: One serving equals approximately five ounces of chicken and three cups of salad.

More Flavor: Top the salad with olive oil or your dressing of choice.

Additional Toppings: Add feta cheese, raisins, or cranberries to the salad.



Turkey & Mushroom Cauliflower Risotto

2 servings
 30 minutes

Ingredients

5 milliliters Avocado Oil
 227 grams Extra Lean Ground Turkey
 1 Carrot (medium, diced)
 2 Cremini Mushrooms (diced)
 291 grams Cauliflower Rice
 237 milliliters Beef Broth
 10 milliliters Apple Cider Vinegar
 Sea Salt & Black Pepper (to taste)
 8 grams Arrowroot Powder

Directions

- 1 Heat the oil in a pan over medium-high heat. Cook the ground turkey for eight to 10 minutes or until cooked through. Drain and transfer to a bowl.
- 2 In the same pan, add the carrot and mushrooms. Cook for about five minutes.
- 3 Stir in the cauliflower rice, broth, apple cider vinegar, salt and pepper. Lower the heat to a gentle simmer and cook until the carrot is soft and broth is absorbed, about six to 10 minutes.
- 4 In a small bowl, stir the arrowroot powder with a bit of water until dissolved. Stir the slurry and turkey into the risotto to incorporate.
- 5 Add more salt and pepper, if needed. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add butter, onions, and garlic.

Additional Toppings: Top with chopped parsley, nutritional yeast, or parmesan.

No Ground Turkey: Use ground beef instead.



Hamburger Barley Soup

8 servings
 55 minutes

Ingredients

567 grams Extra Lean Ground Beef
 1 Yellow Onion (chopped, medium size)
 2 Garlic (cloves, minced)
 800 milligrams Thyme (dried)
 Sea Salt & Black Pepper (to taste)
 847 grams Diced Tomatoes (from the can, undrained)
 946 milliliters Beef Broth
 100 grams Pearl Barley
 2 Carrot (large, sliced)
 4 stalks Celery (sliced)

Directions

- 1 Heat a large pot over medium heat. Once hot, add the beef and onion and cook, stirring often until the beef is no longer pink and the onion is soft, about eight minutes.
- 2 Add the garlic, thyme, salt, and pepper and cook for one minute, until fragrant. Pour in the tomatoes (with their juices), broth and barley. Cover and bring to a boil and then reduce the heat to low and simmer for 25 to 30 minutes, until the barley is just cooked.
- 3 Add in the carrots and celery and cook for another 10 minutes, until the veggies are just fork tender. Remove from the heat. Divide into bowls and enjoy!

Notes

Leftovers: Store in the fridge for up to three days, or freeze for longer.

Serving Size: One serving is approximately two cups.

Gluten-Free: Omit the barley.

More Flavor: Add additional spices while cooking such as paprika, chili powder, and/or cayenne.

Additional Toppings: Top with chopped parsley.