





Miso Glazed Eggplant

4 servings

25 minutes

Ingredients

- 2 tbsps Miso Paste
- 2 tbsps Coconut Aminos
- 1 tbsp Avocado Oil
- 1 Eggplant (medium, sliced into 1/2 inch pieces lengthwise)
- 1 tbsp Cilantro (chopped)

Nutrition

Amount per serving	
Calories	88
Fat	4g
Carbs	12g
Fiber	5g
Protein	2g
Calcium	12mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Mix together the miso paste, coconut aminos, and oil. Brush each eggplant slice with the miso mixture, being sure to cover both sides, and place on the baking sheet. Roast the eggplant for 15 to 20 minutes, flipping it halfway through.
- 3 Top the eggplant with the cilantro and enjoy!

Notes

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

Serving Size: One serving is two eggplant pieces.

Additional Toppings: Add sesame seeds.



Ginger Salmon Patties with Fennel & Cucumber Salad

2 servings

20 minutes

Ingredients

2 1/2 tbsps Extra Virgin Olive Oil (divided)
 1 tbsp Lime Juice
 1 tsp Maple Syrup
 1/4 tsp Sea Salt (divided)
 1 Cucumber (large, thinly sliced)
 1 bulb Fennel (small, thinly sliced)
 1/4 cup Fresh Dill (chopped)
 340 grams Salmon Fillet (skinless, chopped into small chunks)
 2 stalks Green Onion (chopped)
 1 tbsp Ginger (grated)

Nutrition

Amount per serving	
Calories	466
Fat	28g
Carbs	18g
Fiber	5g
Protein	36g
Calcium	115mg

Directions

- 1 In a medium bowl, whisk together 3/5 of the oil, the lime juice, maple syrup, and half of the sea salt. Add the cucumber, fennel, and dill and toss to coat.
- 2 In a separate bowl, add the salmon chunks, green onions, ginger, and the remaining salt. Mix gently.
- 3 Divide the salmon mixture evenly into equal parts, and form into slightly flattened patties, about three to four inches in diameter.
- 4 Add the remaining oil to a non-stick pan over medium heat. Cook the patties for six to eight minutes, flipping once halfway.
- 5 Divide the salad and salmon patties between plates and enjoy!

Notes

Leftovers: Refrigerate in separate airtight containers for up to three days.

Serving Size: One serving is equal to two patties

More Flavor: Add or swap other fresh vegetables and leafy greens to the salad such as radishes, grated carrots, baby spinach, and kale. Add or swap other chopped fresh herbs like chives, basil, or cilantro.

Additional Toppings: Serve with wasabi mayo, mashed avocado, or guacamole.

Prepare in advance: The salmon mixture can be prepared a few hours ahead of time of cooking and kept stored in the refrigerator. The salad can also be prepared in advance and kept stored in the refrigerator.



Sheet Pan Shrimp & Edamame Rice

4 servings

25 minutes

Ingredients

- 3 tbsps Soy Sauce
- 1 tbsp Cane Sugar
- 3 tbsps Sesame Oil (divided)
- 2 Carrot (large, peeled, diced)
- 1 tbsp Ginger (fresh, chopped)
- 340 grams Shrimp (peeled, deveined)
- 2 cups Frozen Edamame (thawed)
- 4 cups Kale Leaves (chopped)
- 4 1/2 cups Basmati Rice, Cooked
- 1 Lime (quartered, optional)

Nutrition

Amount per serving	
Calories	535
Fat	15g
Carbs	67g
Fiber	7g
Protein	34g
Calcium	195mg

Directions

- 1 With the rack in the middle position, preheat the oven to 425°F (220°C).
- 2 In a small bowl, combine the soy sauce, sugar and 1/3 of the oil. Set aside.
- 3 On a baking sheet lined with parchment paper, combine the carrot with the ginger and 1/3 of the oil. Bake for five minutes or until starting to brown.
- 4 Remove from the oven. Add the shrimp, edamame, kale, and the remaining oil. Mix well. Bake for another five to seven minutes.
- 5 Remove from the oven. Add the cooked rice and soy sauce mixture. Mix well. Bake for another five to seven minutes. Remove from the oven.
- 6 Divide the rice mixture evenly between plates and serve with a lime slice. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 3/4 cups.

Cooked Rice Quantity: 1 1/2 cups of uncooked rice should equal to approximately 4 1/2 cups of cooked rice.

No Shrimp: Use cubed chicken or tofu instead.

More Flavor: Top with chopped fresh cilantro. Swap the kale for spinach.



Carrot & Parsley Omelette

1 serving
10 minutes

Ingredients

- 1 tsp Butter
- 2 Egg
- 1 cup Grated Carrot
- 2 tbsps Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	225
Fat	14g
Carbs	12g
Fiber	3g
Protein	14g
Calcium	104mg

Directions

- 1 Heat the butter in a non-stick pan over medium heat.
- 2 Whisk the eggs, carrot, and parsley in a small bowl and season with salt and pepper.
- 3 Add the egg mixture to the pan. Cook for about five minutes or until almost set. Flip the omelette and cook for another two to three minutes.
- 4 Remove from heat and enjoy!

Notes

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

Serving Size: One serving is equal to one two-egg omelette.

More Flavor: Add cheese, spinach, and chili flakes.



Creamy Dill Salad with Chicken

4 servings

30 minutes

Ingredients

454 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
2 tbsps Water
2/3 cup Fresh Dill (chopped, divided)
1 cup Walnuts (divided)
2 heads Romaine Hearts (chopped)
1 cup Black Olives

Nutrition

Amount per serving	
Calories	434
Fat	33g
Carbs	7g
Fiber	3g
Protein	31g
Calcium	73mg

Directions

- 1 Preheat the oven to 400°F (205°C). Place the chicken breasts on a baking sheet and season with salt and pepper. Bake in the oven for 30 minutes.
- 2 While the chicken is cooking, make your salad dressing by combining the oil, apple cider vinegar, water, 1/4 of the dill, and 1/4 of the walnuts in a blender. Blend until smooth and creamy. Add more water if necessary until desired consistency is achieved. Season with salt if needed. Set aside.
- 3 In a large bowl, combine the romaine, remaining dill, remaining walnuts, and black olives. Add the dressing and mix well until everything is coated.
- 4 Divide the salad evenly between bowls and top with chicken breasts. Serve and enjoy!

Notes

Leftovers: Best if enjoyed immediately. Refrigerate the salad ingredients and dressing separately for up to five days. Refrigerate the chicken for up to three days.

Serving Size: One serving is equal to approximately two cups of salad with chicken.

Make it Vegan: Use tofu or tempeh in place of the chicken.

More Flavor: Add garlic and honey to the dressing.

Additional Toppings: Add more vegetables like red peppers, red onion, cucumbers, tomatoes, roasted cauliflower and/or broccoli, or parsley.