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Roasted Salmon with Avocado Salsa

2 servings

30 minutes

Ingredients

340 grams Salmon Fillet
1 tsp Extra Virgin Olive Oil
1 tbsp Lemon Juice (divided)
1/2 tsp Sea Salt (divided)
1/2 tsp Garlic Powder
1/2 Avocado (chopped)
1 tbsp Red Onion (diced)

Nutrition

Amount per serving	
Calories	348
Fat	20g
Carbs	6g
Fiber	4g
Protein	35g
Calcium	29mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Coat the salmon fillets with olive oil, 1/2 of the lemon juice, 1/2 of the sea salt, and garlic powder. Place the fillets on the prepared baking sheet. Bake for 14 to 16 minutes or until cooked through.
- 3 In the meantime, in a medium bowl, mix together the chopped avocado, red onion, and the remaining lemon juice and salt.
- 4 Divide salmon between serving plates. Top them with avocado salsa and enjoy.

Notes

Leftovers: Refrigerate the salmon in an airtight container for up to two to three days. Avocado salsa is best made fresh just before serving.

Serving Size: One serving is equal to approximately six ounces of salmon and 1/3 cup avocado salsa.

More Flavor: Add oregano to salmon seasoning and chopped cilantro to the salsa.



Lentil Salad Lettuce Wraps

2 servings

10 minutes

Ingredients

1 1/2 cups Lentils (cooked, rinsed well)
1/4 cup Red Onion (finely chopped)
1 Tomato (medium, diced)
1/4 Cucumber (diced)
Sea Salt & Black Pepper (to taste)
1/2 tsp Oregano (dried)
1/8 tsp Garlic Powder
3 tbsps Red Wine Vinegar
6 leaves Romaine (large)

Nutrition

Amount per serving	
Calories	215
Fat	1g
Carbs	38g
Fiber	15g
Protein	16g
Calcium	75mg

Directions

- 1 Add the lentils to a mixing bowl and combine with the red onion, tomato, cucumber, salt, pepper, oregano, garlic powder, and red wine vinegar. Mix to combine and season with additional salt and pepper to taste.
- 2 To serve, divide the lettuce leaves between plates and top with the lentil salad. Enjoy!

Notes

Leftovers: Refrigerate salad in an airtight container for up to two days. Assemble wraps just before serving.

Serving Size: One serving is approximately equal to 1 1/2 cups salad and/or three lettuce wraps.

More Flavor: Use fresh garlic or fresh herbs instead. Add olives, feta cheese, or extra virgin olive oil.

No Lettuce Leaves: Use tortilla or pita bread instead or serve over mixed greens.

No Red Wine Vinegar: Use lemon juice or balsamic vinegar instead.

More Veggies: Add bell pepper, zucchini, and/or arugula.



One Pan Salmon with Green Beans & Roasted Tomato

4 servings

25 minutes

Ingredients

4 cups Green Beans (washed and trimmed)
2 cups Cherry Tomatoes
1 tbsp Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
567 grams Salmon Fillet

Nutrition

Amount per serving	
Calories	275
Fat	13g
Carbs	10g
Fiber	4g
Protein	31g
Calcium	61mg

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

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

No Salmon: Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan: Use roasted chickpeas instead of salmon.

More Carbs: Serve with quinoa or rice.

Added Touch: Toss the green beans in balsamic vinegar before serving.



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
Carbs	15g
Fiber	3g
Protein	23g
Calcium	175mg

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.



Marinated Mixed Bean Salad

4 servings

15 minutes

Ingredients

2 cups Green Beans (fresh or frozen)
4 cups Mixed Beans (cooked)
1/4 cup Extra Virgin Olive Oil
2 tbsps Apple Cider Vinegar
1 tbsp Italian Seasoning
1 Garlic (clove, minced)
1 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	365
Fat	15g
Carbs	45g
Fiber	13g
Protein	16g
Calcium	83mg

Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

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

Leftovers: Keeps well covered in the fridge up to 4 to 5 days.