



One Pan Kale & Leeks with Eggs

1 serving
15 minutes

Ingredients

- 2 tsp Extra Virgin Olive Oil
- 1 Leeks (small, thinly sliced)
- 2 cups Kale Leaves (stems removed, chopped)
- 1/2 Lemon (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 3 Egg
- 1/4 tsp Chili Flakes

Nutrition

Amount per serving	
Calories	368
Fat	24g
Carbs	17g
Fiber	3g
Protein	21g
Calcium	245mg

Directions

- 1 Heat a cast iron pan over medium heat. Add the oil, leeks, and kale. Sauté for three to five minutes, or until the leeks are fragrant and the kale has started to wilt. Add the lemon juice and season with salt and pepper.
- 2 Make space in the kale mixture for the number of eggs you are using, and crack an egg into each space. Cover and cook until the whites are set and the yolks are cooked to your desired doneness.
- 3 Garnish with the chili flakes and serve. Enjoy!

Notes

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

Serving Size: One serving is three eggs and 1 1/2 cups of cooked kale and leeks.

More Flavor: Add minced garlic and/or hot sauce.



Homemade Pumpkin Seed Butter

10 servings

30 minutes

Ingredients

2 cups Pumpkin Seeds

1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	144
Fat	13g
Carbs	3g
Fiber	2g
Protein	8g
Calcium	12mg

Directions

- 1 Preheat the oven to 325°F (160°C).
- 2 Spread the pumpkin seeds on a baking sheet and cook in the oven for ten minutes. Remove the pumpkin seeds and cool for five minutes on the baking sheet.
- 3 Add the pumpkin seeds to a food processor with the salt and blend continuously until smooth, about 10 to 12 minutes, scraping down the sides as needed. Enjoy!

Notes

Leftovers: Store in a glass jar in a cool area or in the fridge.

Serving Size: One serving is two tablespoons.



Savory Kimchi & Avocado Oats with Eggs

1 serving
20 minutes

Ingredients

- 1 Egg
- 1/2 cup Oats (rolled)
- 1 cup Water
- 1 tsp Tamari
- 1/4 cup Kimchi
- 1/2 Avocado (medium, sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	395
Fat	22g
Carbs	38g
Fiber	11g
Protein	15g
Calcium	98mg

Directions

- 1 Bring a small pot of water to a boil and use a spoon to carefully lower the egg(s) inside. Boil for seven to eight minutes, then immediately remove them and place them into a bowl of icy water for at least three minutes.
- 2 Meanwhile, add the oats and water to another pot. Bring to a gentle boil over medium-low heat and cook for eight to 10 minutes. Stir frequently. Once cooked through, add the tamari and stir.
- 3 Add the oats to a bowl and top with the egg(s), kimchi, and avocado. Season with salt and pepper. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Eggs are best served fresh. To meal prep, hard boil the eggs and refrigerate for up to five days.

Serving Size: One serving is approximately 3/4 cup of oatmeal with one egg and toppings.

Make it Vegan: Omit the egg.

More Flavor: Add chili flakes or sriracha on top.

Additional Toppings: Sesame seeds, green onion, sautéed greens, or mushrooms.