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Recipes for post menopause

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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.



Sardine Spread with Cucumbers

1 serving

5 minutes

Ingredients

- 85 grams Sardines (in oil, drained)
- 1 1/2 tbsps Mayonnaise
- 2 1/2 tbsps Apple Cider Vinegar
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	348
Fat	25g
Carbs	6g
Fiber	1g
Protein	22g
Calcium	353mg

Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add black pepper or your choice of fresh or dried herbs.

No Cucumbers: Use bell pepper slices, carrot sticks, celery sticks or crackers instead.



Wild Rice & Nori Bowl

4 servings

30 minutes

Ingredients

- 1 cup Wild Rice (dry)
- 1/3 cup Tahini
- 1/4 cup Water
- 2 tbsps Rice Vinegar
- 1 tbsp Honey
- 1 tsp Miso Paste
- 1 Cucumber (chopped)
- 2 cups Matchstick Carrots
- 2 cups Frozen Edamame (thawed)
- 4 Nori Sheets (small, thinly sliced)

Nutrition

Amount per serving	
Calories	415
Fat	15g
Carbs	55g
Fiber	11g
Protein	21g
Calcium	181mg

Directions

- 1 Cook the rice according to package directions.
- 2 Add the tahini, water, vinegar, honey, and miso to a jar or bowl. Whisk, blend, or shake until smooth. Adjust any flavors to your preference as needed.
- 3 Divide the rice, cucumbers, carrots, and edamame into bowls. Top with the miso dressing and nori. Enjoy!

Notes

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

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

More Flavor: Add grated ginger, garlic, tamari, and/or sesame oil to the dressing.

Additional Toppings: Add sesame seeds, green onions, chives, toasted cashews, tofu, chopped bell peppers, and/or avocado.



Singapore Noodles with Crispy Tofu

4 servings

1 hour

Ingredients

450 grams Tofu (extra firm)
 1/4 cup Tamari
 1 tbsp Sesame Oil
 1 tbsp Rice Vinegar
 2 tbsps Curry Powder
 1/4 tsp Sea Salt
 2 tbsps Sesame Seeds
 2 tbsps Coconut Oil (divided)
 1 cup Brown Rice Vermicelli Noodles (dry)
 1 tbsp Ginger (peeled and grated)
 2 Garlic (cloves, minced)
 4 cups Coleslaw Mix (pre-sliced from the bag)
 4 stalks Green Onion

Nutrition

Amount per serving	
Calories	367
Fat	19g
Carbs	36g
Fiber	7g
Protein	18g
Calcium	430mg

Directions

- 1 Pat tofu dry with paper towels or a clean tea towel. Wrap it in a dry towel or paper towels and place it between two cutting boards or plates. Place a weight (such as a pot of water or heavy books) on top to press the tofu. Leave it for about 30 minutes to remove moisture.
- 2 While the tofu is being pressed, make the stir fry sauce by combining the tamari, sesame oil, rice vinegar and curry powder in a small bowl. Set aside.
- 3 Once the tofu has finished being pressed, pat it dry again and cut it into small cubes. Sprinkle with sea salt and sesame seeds. Melt half the coconut oil in a large skillet over medium heat. Add the tofu cubes, cooking until golden brown and crispy on all sides.
- 4 While the tofu is cooking, place the rice noodles in a bowl and bring a full kettle of water to a boil. Pour hot kettle water over the noodles and let stand for about 5 minutes, then drain.
- 5 Remove the tofu from the skillet. Add the rest of the coconut oil and the ginger, garlic and coleslaw mix. Sauté for 1 to 2 minutes.
- 6 Add the cooked rice noodles, stir fry sauce, and crispy tofu cubes back to the skillet. Toss the contents of the skillet together until everything is combined and evenly coated with sauce. Remove from heat and sprinkle the green onions over top. Enjoy!

Notes

No Tofu: Use edamame, cashews, or tempeh.

Save Time: Skip the tofu-pressing step. The tofu may not get as crispy but will still be delicious!

Leftovers: Keeps well in the fridge up to 3 to 4 days.



Flaxseed Pudding Parfait

2 servings

35 minutes

Ingredients

- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Unsweetened Coconut Yogurt
- 1/2 cup Raspberries
- 1/4 cup Pecans (crushed)

Nutrition

Amount per serving	
Calories	395
Fat	26g
Carbs	34g
Fiber	13g
Protein	9g
Calcium	805mg

Directions

- 1 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
- 2 To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.
- 3 Top the parfaits with raspberries and pecans. Enjoy!

Notes

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

Nut-Free: Use pumpkin seeds or hemp seeds instead of pecans.

More Flavor: Add vanilla extract or a variety of berries.