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Recipes for Micro/ Macro  
nutrient recap

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## Lentil Goulash

8 servings

30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 6 Garlic (cloves, minced)
- 2 Red Bell Pepper (diced)
- 3 Yellow Potato (medium, peeled, diced)
- 2 cups Lentils (cooked)
- 1 1/8 tbsps Paprika
- 1 1/2 cups Vegetable Broth, Low Sodium
- 2 cups Diced Tomatoes (from the can, with juices)
- 1 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	168
Fat	2g
Carbs	31g
Fiber	7g
Protein	7g
Calcium	43mg

### Directions

- 1 Heat the oil in a large pot over medium heat. Add the onion and garlic and cook until the onion softens, about five minutes.
- 2 Add the peppers, potatoes, lentils, paprika, vegetable broth, and diced tomatoes. Bring to a boil and simmer for 25 to 30 minutes, or until the potatoes are fork tender. Season with salt, serve, and enjoy!

### Notes

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

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

**More Flavor:** Use Hungarian paprika or smoked paprika instead.



## Grilled Eggplant with Spiced Walnuts & Yogurt

4 servings

25 minutes

### Ingredients

4 Eggplant (small, cut in half lengthwise)  
2 tbsps Avocado Oil (divided)  
1 tbsp Cumin (divided)  
Sea Salt & Black Pepper (to taste)  
1 cup Walnuts (chopped)  
2 tbsps Coconut Aminos  
1 cup Unsweetened Coconut Yogurt  
1/4 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	436
Fat	30g
Carbs	42g
Fiber	19g
Protein	10g
Calcium	219mg

### Directions

- 1 Score the flesh of the eggplant and brush with half of the oil. Season with half of the cumin, salt, and pepper.
- 2 Heat the grill or a grill-pan to medium high heat. Once hot, place the eggplant on the grill, flesh side down. Grill for five minutes on each side, until golden brown and soft to touch. Set aside.
- 3 In a small frying pan, on medium low heat, toast the walnuts with the remaining oil, coconut aminos, and the remaining cumin for about three minutes. Remove from heat and set aside.
- 4 To assemble, top the eggplant with equal parts of yogurt, walnuts, and cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving is two small eggplant halves.

**More Flavor:** Use za'atar seasoning instead of cumin. Add chopped parsley and shallots to the walnut mixture.

**Additional Toppings:** Parsley, chives, basil, and/or sesame seeds.

**No Coconut Yogurt:** Use any other type of yogurt instead.



## Sardine Fritters with Tzatziki

3 servings

15 minutes

### Ingredients

- 120 grams Sardines (packed in oil, drained, roughly chopped)
- 1 cup White Navy Beans (cooked)
- 1 Egg
- 2 tbsps Bread Crumbs
- 1/4 cup Extra Virgin Olive Oil (for frying)
- 1 cup Microgreens
- 1 cup Tzatziki
- 1 Lemon (cut into wedges)

### Nutrition

Amount per serving	
Calories	462
Fat	30g
Carbs	25g
Fiber	7g
Protein	21g
Calcium	380mg

### Directions

- 1 In a bowl, mash the sardines and beans coarsely with a fork. Stir in the egg and breadcrumbs.
- 2 Form the mixture into small fritters, using approximately one to two tablespoons of the sardine mixture. Flatten each fritter slightly.
- 3 Heat the oil in a large non-stick skillet over medium-high heat. Once hot, add the fritters. Cook for two minutes on each side. Drain on a paper towel and let cool. Work in batches if needed.
- 4 Serve the fritters with microgreens, tzatziki, and lemon wedges. Enjoy!

### Notes

**Leftovers:** Keep all ingredients refrigerated separately. Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is equal to approximately four fritters.

**Gluten-Free:** Use gluten-free bread crumbs

**No Sardines:** Use canned tuna or canned salmon instead. Be sure they are packed in oil and drained.



## Cumin Chicken & Zucchini with Rice

4 servings

30 minutes

### Ingredients

- 1 cup Brown Basmati Rice (uncooked)
- 3 tbsps Cumin Seed
- 1 tbsp Fennel Seed
- 1 tsp Sea Salt
- 2 Zucchini (large, chopped)
- 1 1/2 tbsps Coconut Oil (melted, divided)
- 454 grams Chicken Breast (skinless, boneless, cut into one-inch cubes)

### Nutrition

Amount per serving	
Calories	381
Fat	11g
Carbs	41g
Fiber	3g
Protein	31g
Calcium	83mg

### Directions

- 1 Preheat the oven to 350°F (175°C). Line a large baking sheet with parchment paper. Cook the basmati rice according to package directions.
- 2 Meanwhile, coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Add the salt and set aside.
- 3 In a bowl, coat the zucchini in half the coconut oil and half the spices. Transfer to one side of the baking sheet.
- 4 In the same bowl, coat the chicken in the remaining coconut oil and spices. Transfer to the baking sheet and bake for 20 minutes or until cooked through.
- 5 Divide the rice, chicken, and zucchini onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four ounces of chicken, 3/4 cup of rice, and 1 1/2 cups of zucchini.

**More Flavor:** Add fresh herbs.

**Additional Toppings:** Serve with sauerkraut or other pickled vegetables.



## Baked Sole Tapenade with Broccoli & Beans

2 servings

15 minutes

### Ingredients

- 340 grams Sole Fillet
- 1/4 cup Pitted Kalamata Olives (chopped)
- 1 tbsp Capers (chopped)
- 1 tbsp Parsley (finely chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Chili Flakes
- 2 cups Broccoli (cut into florets)
- 2 cups Green Beans (trimmed)

### Nutrition

Amount per serving	
Calories	321
Fat	19g
Carbs	14g
Fiber	6g
Protein	26g
Calcium	135mg

### Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper or a silicone mat.
- 2 Arrange the sole fillets onto the baking sheet and bake for 10 to 15 minutes or until the fish is opaque.
- 3 Meanwhile, in a bowl, combine the olives, capers, parsley, oil and chili flakes. Set aside.
- 4 Place the broccoli and the green beans in a steamer basket over boiling water and cover. Steam for three to five minutes.
- 5 Divide the fish and vegetables evenly between plates. Top with the olive mixture and enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- No Sole Fillet:** Use any other white fish like haddock or cod.
- No Kalamata Olives:** Use green olives or additional capers instead.
- More Flavor:** Add chopped anchovies to the chimichurri.