



Chickpea Shakshuka

1 serving
15 minutes

Ingredients

- 1 cup Chickpeas (cooked)
- 1/4 cup Tomato Purée
- 1 tsp Harissa
- 1/2 cup Baby Spinach
- 1 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	368
Fat	9g
Carbs	51g
Fiber	14g
Protein	22g
Calcium	134mg

Directions

- 1 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 2 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 3 Season with salt and pepper and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add onion and bell pepper.

Additional Toppings: Add feta cheese and fresh herbs.



Egg & Mushroom Buckwheat Bowl

2 servings
35 minutes

Ingredients

- 1/3 cup Buckwheat Groats
- 1 1/3 tbsps Extra Virgin Olive Oil (divided)
- 1 Garlic (clove, small, minced)
- 6 Cremini Mushrooms (sliced)
- 1 cup Asparagus (trimmed and chopped)
- 2 stalks Green Onion (chopped, divided)
- 2 cups Kale Leaves (chopped)
- 2 tbsps Tamari
- 2 Egg

Nutrition

Amount per serving	
Calories	295
Fat	15g
Carbs	28g
Fiber	6g
Protein	15g
Calcium	116mg

Directions

- 1 Cook the buckwheat according to the package directions.
- 2 Add half the oil to a large pan over medium heat. Add the garlic, mushrooms, asparagus, and half of the green onion. Sauté for five to seven minutes or until the mushrooms start to brown.
- 3 Add the kale and tamari to the pan and sauté for two minutes or until the kale wilts. Set aside.
- 4 Add the remaining oil to a separate pan over medium heat. Once hot, add the eggs and cook until the egg whites have set and the yolk is cooked to your preference.
- 5 Divide the buckwheat, vegetables, and eggs between plates. Garnish with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container. Cook the eggs when ready to serve. To meal prep, hard boil the eggs.

Serving Size: One serving is 1/3 cup cooked buckwheat, 1 1/2 cups of vegetables, and one egg.

Make it Vegan: Omit the egg.

Additional Toppings: Sesame seeds and/or chilli flakes.



Lentil & Broccoli Salad with Tahini Dressing

2 servings
20 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 cups Broccoli (cut into large florets)
- 1 1/2 cups Green Lentils (cooked)
- 1 Lemon (juiced, divided)
- 2 tbsps Parsley
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Tahini
- 1 1/2 tbsps Water (warm)

Nutrition

Amount per serving	
Calories	297
Fat	9g
Carbs	40g
Fiber	15g
Protein	18g
Calcium	127mg

Directions

- 1 Heat the oil in a pan over medium heat. Add in the broccoli and cook for about 10 to 12 minutes or until browned.
- 2 Add the lentils and cook for another five minutes. Remove from the heat and stir in half of the lemon juice, parsley, salt, and pepper.
- 3 In a small bowl, whisk together the tahini, the remaining lemon juice, water, salt, and pepper. If the sauce seems too thick, add more water to reach the desired consistency.
- 4 Transfer the lentils and broccoli onto a serving plate. Drizzle the tahini dressing on top. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add asparagus, almonds, chopped dates, and/or dried chopped apricots.