



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Nutrition for Muscles & Bones

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Orzo Salad with Mackerel

4 servings

15 minutes

Ingredients

1 cup Orzo (dry)
3 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced, zested)
1 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)
113 grams Canned Mackerel (skinless, boneless)
1/3 cup Pitted Kalamata Olives
2 cups Arugula
2 cups Cherry Tomatoes (halved)
1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	272
Fat	14g
Carbs	25g
Fiber	2g
Protein	11g
Calcium	125mg

Directions

- 1 Cook the orzo according to package directions. Drain and add to a large bowl.
- 2 In a small bowl, whisk together the olive oil, lemon juice, lemon zest, mustard, salt and pepper.
- 3 Add the mackerel, olives, arugula, and tomatoes to the orzo and toss well to combine. Pour the dressing over top and stir to combine. Top with parsley. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is about 3/4 cup orzo salad.

Gluten-Free: Use gluten-free pasta or rice instead and adjust cook time and instructions as needed.

No Olives: Use capers instead.

No Mackerel: Use canned tuna or sardines instead.



Lentil Masala Soup

4 servings

30 minutes

Ingredients

- 1 1/2 tsp Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Kale Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Protein	17g
Calcium	118mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

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

Additional Toppings: Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



Smoked Salmon Lettuce Rollup

1 serving

5 minutes

Ingredients

1/8 head Green Lettuce
1 1/2 tbsps Cream Cheese, Regular
30 grams Smoked Salmon (sliced)
1/4 Cucumber (sliced in quarters)

Nutrition

Amount per serving	
Calories	113
Fat	8g
Carbs	4g
Fiber	0g
Protein	8g
Calcium	32mg

Directions

- 1 Spread the cream cheese evenly onto the lettuce leaf.
- 2 In the center of the leaf, add the smoked salmon. Top with the sliced cucumber.
- 3 From the bottom of the lettuce leaf, roll up. Slice the roll in half, serve on a plate and enjoy!

Notes

Leftovers: This is best enjoyed immediately after making.

Serving Size: One serving size is equal to one lettuce wrap.

More Flavor: Add in chopped dill and capers for extra flavor.



Pecan Trail Mix

4 servings

5 minutes

Ingredients

1 cup Pecans
1/4 cup Pumpkin Seeds
1/4 cup Dried Unsweetened Cranberries
57 grams Dark Chocolate (at least 70%, chopped)

Nutrition

Amount per serving	
Calories	324
Fat	28g
Carbs	16g
Fiber	5g
Protein	6g
Calcium	31mg

Directions

- 1 Add all of the ingredients into a jar. Shake well until mixed together. Enjoy!

Notes

Leftovers: Store in an airtight container in the pantry for up to one month.
Serving Size: One serving equals approximately 1/2 cup.



Moroccan Chicken Tagine

2 servings

50 minutes

Ingredients

283 grams Chicken Leg, Bone-in (with skin)
1 tbsp Extra Virgin Olive Oil
2 tbsps Moroccan Spice Blend (divided)
1 Yellow Onion (small, sliced)
3 Garlic (cloves, finely chopped)
2 Carrot (medium, peeled, and sliced thin)
1 1/2 cups Water
1/2 cup Dried Apricots
1/2 cup Green Olives (pitted)
1/4 cup Almonds (coarsely chopped)
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	647
Fat	43g
Carbs	39g
Fiber	8g
Protein	30g
Calcium	172mg

Directions

- 1 In a medium bowl add the chicken legs, olive oil, and half of the Moroccan spice blend. Heat up a tagine or a dutch oven over medium-high heat. Brown chicken legs, skin side down for four to six minutes. Flip the chicken and cook for another four to six minutes. Remove and transfer it to a plate.
- 2 In the same pot, sauté the onions until soft. Add the garlic and cook for another two to three minutes, stirring frequently. Add in the sliced carrot and remaining Moroccan spice. Cook for another one to two minutes.
- 3 Transfer the chicken back to the pot and add the water. Cover with a lid. Turn the heat down to simmer and let it cook for about 20 minutes.
- 4 Add in the dried apricot, olives, and salt. Stir then cover again. Cook for another 10 minutes or until the chicken is cooked through.
- 5 Adjust the seasoning to your taste and sprinkle the chopped almonds on top before serving. Enjoy.

Notes

Leftovers: Refrigerate the leftovers in an airtight container for up to two days.

Nut-Free: Use sunflower seeds instead of almonds.

More Flavor: Add preserved lemon, tomato paste, lemon juice, chopped cilantro, or mint.

How to Serve: Enjoy as is or serve it over couscous.