



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Week 1: Adrenals

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Spicy Sweet Potato, Turkey & Kale Bowl

4 servings

25 minutes

Ingredients

- 2 Sweet Potato (medium)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Chili Powder
- 1/2 tsp Cayenne Pepper (optional)
- 1 tbsp Coconut Oil
- 1 White Onion (diced)
- 454 grams Extra Lean Ground Turkey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper (optional)
- 8 cups Kale Leaves (finely diced)

Nutrition

Amount per serving	
Calories	319
Fat	17g
Carbs	19g
Fiber	5g
Protein	24g
Calcium	165mg

Directions

- 1 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 2 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 3 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 4 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

Notes

Save Time: Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

Vegan & Vegetarian: Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.



White Bean, Spinach & Tomato Salad

2 servings

10 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Shallot (diced)
- 2 Garlic (cloves, minced)
- 2 cups White Navy Beans (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (medium, diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	356
Fat	8g
Carbs	56g
Fiber	22g
Protein	18g
Calcium	201mg

Directions

- 1 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 2 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Notes

No White Beans: Use chickpeas or lentils instead.

Extra Flavour: Add avocado, lemon juice and/or feta cheese.

Leftovers: Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.



Sage & Lemon Chicken Thighs with Veggies

2 servings

50 minutes

Ingredients

227 grams Chicken Thighs with Skin (bone-in)
 1/2 Lemon (juiced)
 1/4 cup Fresh Sage
 Sea Salt & Black Pepper (to taste)
 1/2 cup Red Onion (chopped)
 1 Carrot (large, cut into sticks)
 1 Zucchini (large, cut into sticks)
 2 grams Avocado Oil Spray
 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	313
Fat	20g
Carbs	14g
Fiber	4g
Protein	21g
Calcium	113mg

Directions

- 1 In a bowl, add the chicken, lemon juice, sage, salt, and pepper. Wrap the bowl and let it sit in the fridge for about 20 minutes.
- 2 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 3 Place the marinated chicken, onion, carrot, and zucchini on the baking sheet. Spray the vegetables with oil spray and sprinkle with salt and pepper.
- 4 Bake in the oven for 25 to 30 minutes or until everything is cooked through. Top with green onions and enjoy!

Notes

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

Serving Size: One serving is one chicken thigh and approximately 1 1/2 cups of vegetables.

More Flavor: Add broccoli and/or sweet potatoes.

No Green Onion: Omit or use parsley or basil instead.

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Egg & Salsa Bell Pepper Boats

4 servings

45 minutes

Ingredients

- 2 Red Bell Pepper (large, halved)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Salsa
- 1/4 can Refried Beans
- 4 Egg (large)
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Cilantro (chopped)
- 1 stalk Green Onion (chopped)

Nutrition

Amount per serving	
Calories	130
Fat	7g
Carbs	9g
Fiber	3g
Protein	9g
Calcium	70mg

Directions

- 1 Preheat the oven to 400°F (205°C). Arrange the red bell pepper halves, cut side up, on a parchment-lined baking sheet. Season with salt and pepper and bake for 15 minutes or until the bell peppers begin to char.
- 2 Remove the baking sheet from the oven and divide the salsa and the refried beans between the pepper halves.
- 3 Crack an egg into each pepper cavity. Season with salt and pepper. Top each pepper boat with cheese. Bake for 15 to 20 minutes, or until the egg whites are set and the yolks are cooked to your liking.
- 4 Top with cilantro and green onions. Enjoy!

Notes

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

Serving Size: One serving is equal to one bell pepper boat.

Additional Toppings: Serve alongside rice. Add hot sauce and/or guacamole.



Sheet Pan Salmon, Fennel & Sweet Potato

3 servings

40 minutes

Ingredients

- 2 Sweet Potato (Japanese, small, cubed)
- 1 bulb Fennel (sliced thin)
- 1 Yellow Onion (large, chopped into large wedges)
- 1 tbsp Avocado Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 1 1/2 tbsps Fresh Oregano (chopped, divided)
- 454 grams Salmon Fillet
- 1/2 cup Green Olives (pitted)
- 1 tbsp Lemon Juice

Nutrition

Amount per serving	
Calories	384
Fat	14g
Carbs	30g
Fiber	7g
Protein	37g
Calcium	135mg

Directions

- 1 Preheat the oven to 425°F (215°C).
- 2 Place the sweet potato, fennel, and onion on a large baking sheet. Add 2/3 of the oil and season with half of the salt and half of the oregano. Toss to combine.
- 3 Place in the oven and bake for 20 minutes, flipping halfway through.
- 4 Remove the baking sheet and add the salmon. Drizzle the salmon with the remaining oil, salt, and oregano. Return to the oven and bake for 12 to 15 minutes, depending on thickness, or until cooked through.
- 5 Scatter the olives on the baking sheet and squeeze lemon juice over top of everything. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is about two cups of sweet potato, fennel, and onion with salmon.

More Flavor: Add black pepper, garlic, and/or chili flakes.