



GOLDSTER★

Week 5: Bladder

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Coconut Yogurt Parfait

1 serving

5 minutes

Ingredients

1 cup Unsweetened Coconut Yogurt (divided)

2 tbsps Walnuts (roughly chopped, divided)

1/2 cup Strawberries (chopped, divided)

Nutrition

Amount per serving	
Calories	231
Fat	17g
Carbs	20g
Fiber	5g
Protein	4g
Calcium	526mg

Directions

- 1 Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

Notes

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

Nut-Free: Use sunflower seeds instead of walnuts.

Additional Toppings: Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.



Butternut Squash Buckwheat Bowl

2 servings

30 minutes

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Butternut Squash (chopped into small cubes)
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 1 tsp Sea Salt
- 1 tsp Dried Basil

Nutrition

Amount per serving	
Calories	444
Fat	16g
Carbs	71g
Fiber	11g
Protein	11g
Calcium	107mg

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 3 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

Notes

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

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

More Flavor: Add diced onions or minced garlic.



One Pot Turkey, Cabbage & Mushrooms

2 servings
20 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
340 grams Extra Lean Ground Turkey
3 cups Green Cabbage (finely sliced)
2 cups Portobello Mushroom (sliced)
1/8 tsp Sea Salt
1/4 cup Thai Basil (chopped)
2 tbsps Lime Juice

Nutrition

Amount per serving	
Calories	388
Fat	22g
Carbs	15g
Fiber	6g
Protein	38g
Calcium	104mg

Directions

- 1 Heat the oil in a large pan over medium-high heat. Add the ground turkey, breaking it up as it cooks. Cook for three to five minutes.
- 2 Add the cabbage and the mushrooms. Season with salt and cook for five to seven minutes, stirring occasionally, until softened.
- 3 Add the basil and the lime juice and cook another two minutes, until well combined.
- 4 Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Use beef, pork, or lamb instead of turkey. Add more vegetables. Season with garlic and onion.



Teriyaki Chicken & Edamame Quinoa Bowl

4 servings
25 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 tsps Extra Virgin Olive Oil
- 454 grams Chicken Thighs (boneless, skinless)
- 1 cup Frozen Edamame
- 2 tsps Teriyaki Sauce
- 1/4 cup Water
- 1 tbsp Cilantro (minced)
- 1/2 tsp Chili Flakes

Nutrition

Amount per serving	
Calories	290
Fat	10g
Carbs	18g
Fiber	4g
Protein	30g
Calcium	46mg

Directions

- 1 Cook the quinoa according to package directions.
- 2 In a large pan over medium heat, add the oil. Once the oil is hot, add the chicken. Cook for three to five minutes on each side.
- 3 Add the edamame and teriyaki sauce. Toss and coat everything well with the sauce. Add the water to deglaze as needed, and scrape up the fond (brown caramel bits) from the pan.
- 4 Divide the quinoa, chicken, and edamame between bowls. Garnish with the cilantro and chili flakes. Enjoy!

Notes

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

Serving Size: One serving is approximately 1/4 cup of cooked quinoa and 1/4 cup of edamame with chicken.

Make it Vegan: Use another cooked protein of choice instead of chicken, or omit.

Additional Toppings: Sesame seeds and chopped green onions.



Moroccan Spiced Chicken & Vegetables with Couscous

2 servings
25 minutes

Ingredients

- 1/2 cup Couscous (uncooked)
- 1/2 cup Chicken Broth
- 1/2 Yellow Onion (large, sliced)
- 1 Carrot (medium, sliced)
- 1 Zucchini (medium, sliced)
- 1 cup Diced Tomatoes (from the can, with the juices)
- 1 tsp Moroccan Spice Blend
- Sea Salt & Black Pepper (to taste)
- 227 grams Chicken Breast (skinless, chopped)

Nutrition

Amount per serving	
Calories	368
Fat	4g
Carbs	46g
Fiber	6g
Protein	34g
Calcium	75mg

Directions

- 1 Cook the couscous according to package directions.
- 2 Meanwhile, heat a large non-stick skillet over medium-high heat. Add a splash of broth and cook the onions for five minutes or until softened. Add the carrots, zucchini, tomatoes, Moroccan spice blend, and remaining broth. Season with salt and pepper and mix well.
- 3 Add the chicken to the skillet. Cover and simmer for 15 minutes or until the carrots are tender and the chicken is cooked through.
- 4 Serve the chicken and vegetable tomato sauce over the cooked couscous and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Serving Size:** One serving is equal to 1 1/2 cups vegetables and one cup of couscous with chicken.
- Additional Toppings:** Top with cilantro and/or parsley.
- Gluten-Free:** Use quinoa in place of couscous.
- More Flavor:** Cook the couscous in chicken broth instead of water.