



Cucumber Lime & Strawberry Salmon Salad

2 servings
25 minutes

Ingredients

283 grams Salmon Fillet
2 tbsps Extra Virgin Olive Oil (divided)
1/4 tsp Black Pepper
1 Lime (juiced)
1 tbsp Ginger (minced)
1/4 Cucumber (medium)
1 tsp Sea Salt
4 cups Mixed Greens
1 cup Cherry Tomatoes (halved)
1/2 cup Strawberries (sliced)

Nutrition

Amount per serving	
Calories	358
Fat	21g
Carbs	12g
Fiber	3g
Protein	34g
Calcium	78mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Add the salmon to the baking sheet and top with half the oil and black pepper. Cook in the oven for 15 minutes, or until the salmon is cooked through.
- 3 Meanwhile, blend the lime juice, ginger, cucumber, salt, and remaining oil until smooth.
- 4 Divide the mixed greens, tomatoes, strawberries, and salmon evenly between plates. Serve with the cucumber dressing and enjoy!

Notes

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

Serving Size: One serving is approximately two cups of salad with salmon and dressing.



Balsamic Roasted Vegetables

4 servings
30 minutes

Ingredients

- 4 Carrot (medium, peeled and chopped)
- 1 Red Bell Pepper (chopped)
- 2 cups Broccoli (cut into florets)
- 1 cup Red Onion (chopped)
- 2 tbsps Balsamic Vinegar
- 2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	71
Fat	0g
Carbs	16g
Fiber	4g
Protein	3g
Calcium	55mg

Directions

- 1 Place the vegetables in a mixing bowl and drizzle with the balsamic vinegar and Italian seasoning. Season with sea salt and black pepper to taste. Let the vegetables marinate while preheating the oven.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Arrange the vegetables on the baking sheet in an even layer and roast for 25 to 30 minutes until tender, stirring halfway through.
- 4 Remove the vegetables from the oven and season with additional salt and pepper if needed. Transfer to a plate and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of roasted vegetables.

More Flavor: Add other dried herbs and spices like garlic powder, onion powder or paprika.

Vegetables: Ensure the vegetables are diced to approximately the same size for even cooking.



Fish Taco Bowls

3 servings
20 minutes

Ingredients

- 2 Cod Fillet
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Turmeric (ground)
- 1/4 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (finely chopped)
- 6 leaves Romaine (large, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 Mango (peeled and cubed)
- 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	523
Fat	34g
Carbs	28g
Fiber	8g
Protein	31g
Calcium	72mg

Directions

- 1 Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
- 2 Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
- 3 Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
- 4 Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

Notes

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

More Flavor: Add jalapeno to the dressing before blending and purée. Add a touch of honey to the dressing to for a bit of sweetness.

Additional Toppings: Add crushed tortilla chips to the salad for crunch.

No Blender: Finely chop the cilantro and shake the dressing ingredients together in a jar.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.