





## Blueberry Chia Pancakes

3 servings

20 minutes

### Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	276
Fat	11g
Carbs	39g
Fiber	7g
Protein	8g
Calcium	216mg

### Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days, or freeze for up to two months.

**Serving Size:** One serving equals two to three 4-inch pancakes.

**More Flavor:** Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

**Additional Toppings:** Top with maple syrup, honey, cottage cheese, nut or seed butter.

**No Banana:** Use applesauce instead.

**No Oat Milk:** Use dairy or any alternative milk.

**Batter Consistency:** Add more milk if the batter is too thick, and more oats if the batter is too thin.



## One Pot White Fish & Rice

4 servings  
20 minutes

### Ingredients

- 1 1/2 cups Basmati Rice (rinsed)
- 2 cups Water
- 2 cups Cherry Tomatoes (chopped)
- 1 tbsp White Wine Vinegar
- 1 cup Basil Leaves (torn, divided)
- 1/2 cup Assorted Olives
- Sea Salt & Black Pepper (to taste)
- 2 Cod Fillet (cut into pieces)

### Nutrition

Amount per serving	
Calories	401
Fat	3g
Carbs	64g
Fiber	3g
Protein	28g
Calcium	71mg

### Directions

- 1 In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
- 2 Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
- 3 Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture ovetop and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
- 4 Garnish with the remaining basil, divide evenly between bowls and enjoy!

### Notes

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

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

**More Flavor:** Use olive tapenade or pesto instead of assorted olives.

**Additional Toppings:** Red pepper flakes and/or a drizzle of olive oil.

**No Cod:** Use haddock, tilapia, salmon, or shrimp.

**No White Wine Vinegar:** Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.

**Fillet Size:** One fillet is equal to 231 grams or 8 ounces.



## One Pan Salmon & Tomato Orzo

2 servings

30 minutes

### Ingredients

1 1/2 tpsps Extra Virgin Olive Oil  
 340 grams Salmon Fillet  
 Sea Salt & Black Pepper (to taste)  
 1 tbsp Italian Seasoning (divided)  
 2 Garlic (clove, sliced)  
 1/2 cup Orzo (dry)  
 1 1/4 cups Water  
 1 cup Cherry Tomatoes  
 1 tbsp Parsley (chopped)  
 1/2 Lemon (juiced, optional)

### Nutrition

Amount per serving	
Calories	379
Fat	12g
Carbs	25g
Fiber	2g
Protein	42g
Calcium	46mg

### Directions

- 1 Warm the oil in a pan over medium-high heat. Season the salmon fillets all over with salt, pepper, and half of the Italian seasoning. Place the salmon in the pan skin-side down, cooking for about three to five minutes or until the skin is crispy. Flip and cook for one to two minutes.
- 2 Remove the salmon from the pan and set aside. In the same pan, add the garlic and the remaining Italian seasoning. Sauté for one minute, then add the orzo, water, and cherry tomatoes. Stir to combine.
- 3 Bring the salmon back to the pan. Cover with a lid, turn the heat to low and let simmer for 15 to 20 minutes or until the water has absorbed and the orzo is cooked through.
- 4 Divide everything evenly between plates. Season with parsley and squeeze the lemon juice on top. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to one salmon fillet and approximately 2/3 cup orzo and tomato.

**More Flavor:** Add onion, bell pepper, and broccoli.



## Lentil & Bocconcini Salad

4 servings

10 minutes

### Ingredients

2 cups Lentils (cooked)  
113 grams Small Bocconcini (mini, or torn into small pieces)  
2 stalks Green Onion (chopped)  
1/2 cup Cherry Tomatoes (halved)  
2 stalks Celery (chopped)  
2 tsps Mint Leaves (chopped)  
2 tbsps Parsley (chopped)  
1/4 cup Balsamic Vinaigrette  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	260
Fat	12g
Carbs	23g
Fiber	9g
Protein	14g
Calcium	136mg

### Directions

- 1 Combine all of the ingredients in a large bowl. Mix well to combine. Divide evenly between serving bowls and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup.

**Make it Vegan:** Omit the bocconcini.

**More Flavor:** Add other fresh herbs like basil and chives. Add pumpkin and/or sunflower seeds.



## Pomegranate Rosemary Chicken

2 servings

35 minutes

### Ingredients

- 1 tsp Extra Virgin Olive Oil
- 454 grams Chicken Drumsticks
- 1/2 cup Pomegranate Juice
- 1 1/2 cups Chicken Broth, Low Sodium
- 1 tbsp Raw Honey
- 1 tsp Rosemary (fresh)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Cilantro (optional for garnish)

### Nutrition

Amount per serving	
Calories	478
Fat	24g
Carbs	19g
Fiber	0g
Protein	45g
Calcium	33mg

### Directions

- 1 Heat the oil in a pan over medium heat. Add the chicken to the pan and cook for eight to ten minutes or until brown on all sides.
- 2 Add the pomegranate juice, chicken broth, honey, rosemary, salt and pepper. Stir well, cover the pan with a lid and let simmer on low heat for about 20 minutes or until the chicken is cooked through. Flip the chicken occasionally.
- 3 Uncover the pan, turn the heat to medium and let simmer for three to four minutes or until the sauce reduces slightly.
- 4 Top the chicken with cilantro if using and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two drumsticks.

**Likes it Sweet:** Add more honey to the sauce, one teaspoon at a time, to desired taste.