



**GOLDSTER**★  
*THE BEST SOLUTION FOR YEARS*

Week 2: Healthy hair

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## Citrus, Edamame & Kale Salad

2 servings

15 minutes

### Ingredients

- 2 cups Frozen Edamame
- 4 cups Kale Leaves (finely chopped)
- 1 Carrot (large, grated)
- 1 Grapefruit (peeled, seeded, chopped)
- 1/2 cup Pecans
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	488
Fat	33g
Carbs	33g
Fiber	14g
Protein	23g
Calcium	248mg

### Directions

- 1 Bring a pot of water to a boil. Add the edamame and cook for five minutes. Drain, rinse under cold water, and set aside.
- 2 Add the kale to a large bowl and massage until broken down. Add the carrot, edamame, grapefruit, and pecans. Mix to combine. Add the lemon juice and oil, toss, and season with salt and pepper. Toss once more until well coated. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add fresh parsley or cilantro.



## Sweet Potato Lasagna

**10 servings**  
**1 hour 30 minutes**

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 1 cup Mushrooms (thinly sliced)
- 454 grams Extra Lean Ground Turkey
- 3 Garlic (cloves, minced)
- 1 tbsp Dried Basil
- 1 tbsp Oregano
- 3 cups Crushed Tomatoes
- 2 cups Cashews (soaked for 1 hour and drained)
- 1 Lemon (juiced)
- 1 tbsp Nutritional Yeast
- 2/3 cup Water
- 1/2 tsp Sea Salt
- 2 Sweet Potato
- 4 cups Baby Spinach
- 2 Zucchini (sliced into rounds)

### Nutrition

Amount per serving	
Calories	307
Fat	18g
Carbs	24g
Fiber	4g
Protein	16g
Calcium	90mg

### Directions

- 1 Start by making the tomato meat sauce. Heat your olive oil in a skillet over medium heat. Add onion, mushrooms and extra lean ground turkey and saute until meat is cooked through. Add garlic and saute for another minute. Now add in dried basil, oregano and crushed tomatoes. Bring to a boil then reduce to a simmer. Cover and let simmer while you prepare the rest.
- 2 Now let's make your cashew ricotta cheese by combining soaked cashews, lemon juice, nutritional yeast, water and sea salt together in a blender or food processor. Blend very well until completely smooth. Transfer to a bowl and set aside.
- 3 Slice your sweet potatoes into thin rounds as thinly and as evenly as possible. Place them in a large mixing bowl and toss with a splash of olive oil and season with sea salt and pepper.
- 4 Preheat oven to 375°F (191°C).
- 5 Grab a baking dish (we use 13 x 9) and lightly grease the bottom. Create a layer of sweet potatoes in the bottom of the dish so that the base is completely covered. Next use a spatula to spread on a layer of your cashew ricotta cheese. Top it with a layer of your tomato sauce. Arrange a layer of spinach over top then a layer of zucchini rounds. Add the remaining spinach and top with the remaining tomato sauce. Add another layer of sweet potato rounds and finish off by spreading the remaining cashew ricotta over top.
- 6 Cover dish tightly with foil and bake for 45 minutes.
- 7 Remove from oven and let sit for 15 minutes. Cut into slices and enjoy!

### Notes

**Leftovers:** Transfer leftovers into an airtight container and freeze for later.

**Vegans & Vegetarians:** Use 1 can of cooked lentils in replace of 1 lb. ground meat.

**Slow Cooker It:** Layer ingredients into a slow cooker. Cook on low for 6 - 8 hours or on high for 3 - 4 hours.



## Wild Rice & Nori Bowl

4 servings

30 minutes

### Ingredients

- 1 cup Wild Rice (dry)
- 1/3 cup Tahini
- 1/4 cup Water
- 2 tbsps Rice Vinegar
- 1 tbsp Honey
- 1 tsp Miso Paste
- 1 Cucumber (chopped)
- 2 cups Matchstick Carrots
- 2 cups Frozen Edamame (thawed)
- 4 Nori Sheets (small, thinly sliced)

### Nutrition

Amount per serving	
Calories	415
Fat	15g
Carbs	55g
Fiber	11g
Protein	21g
Calcium	181mg

### Directions

- 1 Cook the rice according to package directions.
- 2 Add the tahini, water, vinegar, honey, and miso to a jar or bowl. Whisk, blend, or shake until smooth. Adjust any flavors to your preference as needed.
- 3 Divide the rice, cucumbers, carrots, and edamame into bowls. Top with the miso dressing and nori. Enjoy!

### Notes

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

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

**More Flavor:** Add grated ginger, garlic, tamari, and/or sesame oil to the dressing.

**Additional Toppings:** Add sesame seeds, green onions, chives, toasted cashews, tofu, chopped bell peppers, and/or avocado.



## Charred Corn & Tomato Salad

4 servings

15 minutes

### Ingredients

- 3 ears Corn on the Cob (husk removed)
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Red Wine Vinegar
- 3 cups Cherry Tomatoes (halved)
- 1/4 cup Red Onion (thinly sliced)
- 1/4 cup Parmigiano Reggiano (shaved)
- 1/3 cup Basil Leaves (chopped)

### Nutrition

Amount per serving	
Calories	211
Fat	13g
Carbs	20g
Fiber	2g
Protein	6g
Calcium	95mg

### Directions

- 1 Heat a cast-iron skillet over medium heat. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove and let it cool before slicing the kernels off the cob. Season with salt and pepper and transfer to a large bowl.
- 2 In a small jar, combine the oil, vinegar, salt, and pepper and shake to combine.
- 3 Add the tomatoes and red onion to the bowl with the corn. Add the dressing and toss to combine. Top with parmesan cheese and basil. Season if needed and enjoy!

### Notes

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

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

**Make it Vegan:** Omit the parmesan or use a plant-based version.



## Salmon Lettuce Wraps with Shredded Purple Cabbage

2 servings

20 minutes

### Ingredients

227 grams Salmon Fillet  
 1 Lemon (juiced, divided)  
 1/2 tsp Turmeric  
 Sea Salt & Black Pepper (to taste)  
 2 cups Purple Cabbage (shredded)  
 1 Carrot (medium, shredded)  
 1 1/2 tsps Extra Virgin Olive Oil  
 1 head Boston Lettuce (leaves separated)

### Nutrition

Amount per serving	
Calories	227
Fat	9g
Carbs	12g
Fiber	3g
Protein	27g
Calcium	64mg

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the salmon onto the baking sheet. Add half of the lemon juice on top of the salmon and season with turmeric, salt, and pepper.
- 3 Bake in the oven for 12 to 15 minutes or until cooked through.
- 4 Meanwhile, in a bowl, toss together the cabbage, carrot, oil, and the remaining lemon juice. Season with salt and pepper.
- 5 Flake the salmon with a fork. Divide the salmon and cabbage mixture between lettuce leaves and enjoy!

### Notes

**Leftovers:** Refrigerate the salmon and cabbage mixture in separate containers for up to three days. Assemble just before serving.

**Serving Size:** One serving is approximately four lettuce wraps.

**Additional Toppings:** Add tomato and parsley.