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*THE BEST SOLUTION FOR YEARS*

Week 3: Healthy Skin part 1

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## Salmon Quinoa Salad

**1 serving**  
**30 minutes**

### Ingredients

1/4 cup Quinoa (dry)  
170 grams Salmon Fillet  
2 tbsps Red Onion (sliced)  
2 tbsps Lemon Juice (fresh, divided)  
1 cup Cherry Tomatoes (halved)  
1/4 Cucumber (chopped)  
1 tbsp Cilantro (minced)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	432
Fat	11g
Carbs	40g
Fiber	6g
Protein	46g
Calcium	69mg

### Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
- 3 Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
- 4 Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and cilantro to the quinoa and mix. Add salt and pepper to taste.
- 5 Divide the quinoa salad between servings and top with the salmon. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for two days.

**Serving Size:** One serving is approximately one cup of quinoa salad and 6 oz of salmon.

**More Flavor:** Spread dijon mustard and olive oil on the salmon. Add shaved parmesan or goat cheese to the quinoa salad.

**Additional Toppings:** Chopped parsley, pine nuts, pumpkin seeds and/or walnuts.



## Mango, Avocado & Black Bean Salad

2 servings

20 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 Garlic (clove, whole)
- 1 tsp Raw Honey
- Sea Salt & Black Pepper (to taste)
- 1 Tomato (large, chopped)
- 1 Mango (small, peeled, chopped)
- 1 Avocado (cubed)
- 1 cup Black Beans (cooked, rinsed)
- 1/3 cup Red Onion (thinly sliced)
- 1/2 cup Feta Cheese (crumbled)

### Nutrition

Amount per serving	
Calories	631
Fat	38g
Carbs	65g
Fiber	18g
Protein	17g
Calcium	253mg

### Directions

- 1 In a jar, add the oil, lime juice, garlic, honey, salt, and pepper. Add a splash of water and close the jar. Shake it until smooth and emulsified. Let the garlic infuse in the dressing for five to ten minutes. Discard the garlic before adding the dressing to the salad.
- 2 In a large bowl, combine the tomato, mango, avocado, beans, onion, and feta cheese.
- 3 Pour the dressing onto the salad and toss to combine. Divide evenly onto plates or bowls and enjoy!

### Notes

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

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

**Make it Vegan:** Use a plant-based cheese alternative.



## Chicken Thigh Shredded Salad

4 servings  
40 minutes

### Ingredients

454 grams Chicken Thighs with Skin  
1/4 tsp Sea Salt  
1/4 tsp Thyme (dried)  
1/2 cup Red Onion (thinly sliced)  
3 Carrot (shredded)  
1/2 Cucumber (large, julienned)  
1 cup Radishes (thinly sliced)  
1/4 cup Mint Leaves (finely chopped)  
2 tbsps Avocado Oil  
1 tbsp Lime Juice  
1/8 tsp Ground Ginger  
2 tbsps Coconut Aminos

### Nutrition

Amount per serving	
Calories	359
Fat	26g
Carbs	11g
Fiber	2g
Protein	20g
Calcium	46mg

### Directions

- 1 Preheat the oven to 375°F (191°C). Season the chicken with sea salt and thyme.
- 2 In a large cast-iron skillet over medium-high heat, add the chicken thighs and cook skin side down for 6 to 8 minutes. Flip the chicken over and transfer to the oven to cook for 16 to 18 minutes or until cooked through. Remove, let cool and then shred. Set aside.
- 3 In a large bowl, add the red onion, carrots, cucumber, radishes and mint. Add the avocado oil, lime juice, ginger and coconut aminos and toss to combine.
- 4 Serve the salad with the shredded chicken on top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, store the dressing separately.

**More Flavor:** Add additional herbs such as cilantro or seasoning such as chili flakes. Top with sesame seeds.

**Make it Vegan:** Omit the chicken and use tofu or roasted chickpeas instead.

**No Avocado Oil:** Use extra virgin olive oil instead.

**Meal Prep:** Save time by slicing the veggies ahead of time and cooking the chicken.

**No Coconut Aminos:** Use tamari or soy sauce instead.



## Grilled Halloumi & Watermelon Salad

3 servings

20 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil (plus more for greasing grill)
- 249 grams Halloumi (sliced)
- 1/4 Seedless Watermelon (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/4 cup Mint Leaves
- 1 tsp Raw Honey
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	497
Fat	32g
Carbs	33g
Fiber	2g
Protein	24g
Calcium	779mg

### Directions

- 1 Preheat the grill to medium heat and grease it with oil. Place the halloumi on the grill and cook for two to three minutes per side or until browned.
- 2 Cut the halloumi into smaller pieces (approximately two inches/five cm). Add the halloumi pieces, watermelon, tomatoes, mint, honey, oil, and salt to a large bowl. Mix to combine. Divide evenly between plates or into bowls and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

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

**More Flavor:** Add more fresh herbs like parsley and cilantro.



## Veggie Pad Thai

4 servings

20 minutes

### Ingredients

- 302 grams Rice Vermicelli Noodles (dry)
- 2 tsps Avocado Oil
- 425 grams Tofu (extra firm, drained, cubed)
- 1 1/2 cups Matchstick Carrots
- 2 Egg (whisked)
- 1 cup Peanut Sauce
- 5 stalks Green Onion (chopped)
- 1 cup Bean Sprouts
- 1/2 cup Raw Peanuts (toasted)
- 1 Lime (sliced)

### Nutrition

Amount per serving	
Calories	761
Fat	32g
Carbs	92g
Fiber	8g
Protein	25g
Calcium	367mg

### Directions

- 1 Cook the rice noodles according to package directions.
- 2 Meanwhile, heat the oil in a large pan or wok over medium heat. Add the tofu and cook for five minutes. Add the carrots and continue to cook for another five minutes, until the tofu has started to brown and the carrots have softened.
- 3 Add the cooked noodles to the pan, then add the eggs and stir for two minutes or until the eggs have been scrambled and cooked through. Add the peanut sauce and green onion and continue to cook for two to three minutes.
- 4 Remove from the heat and divide evenly between plates. Top with bean sprouts, peanuts, and lime slices. Enjoy!

### Notes

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

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

**Additional Toppings:** Cilantro or Thai basil.