



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Body exterior: week 1

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Snap Pea, Olive & Feta Salad

2 servings

10 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 3 cups Mixed Greens
- 1 cup Snap Peas (trimmed, chopped)
- 1/3 cup Dried Unsweetened Cranberries
- 1/4 cup Green Olives (pitted, halved)
- 1/4 cup Pecans
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	362
Fat	29g
Carbs	24g
Fiber	4g
Protein	6g
Calcium	165mg

Directions

- 1 In a small bowl, whisk together the oil, lemon juice, salt, and pepper. Set aside.
- 2 Add the mixed greens, snap peas, cranberries, olives, pecans, and feta cheese to a bowl. Pour the dressing all over and toss.
- 3 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add the dressing when ready to eat.

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

Make it Vegan: Omit feta cheese.

More Flavor: Add cucumber and croutons.

No Dried Cranberries: Omit or use raisins or chopped dates instead.



Cucumber Mint Gazpacho

1 serving
10 minutes

Ingredients

- 1 Cucumber (large, peeled, chopped)
- 1/2 Avocado (medium)
- 1/4 cup Mint Leaves
- 1 stalk Green Onion (chopped)
- 1 Garlic (clove)
- 1 tbsp Dried Basil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice
- 1/2 cup Water
- 2 tbsps Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	240
Fat	16g
Carbs	26g
Fiber	10g
Protein	5g
Calcium	210mg

Directions

- 1 Add the cucumber, avocado, mint, green onion, garlic, dried basil, salt, black pepper, lemon juice, and water to a blender and blend until smooth.
- 2 Divide into bowls and top with yogurt. Enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to one day.

Serving Size: One serving equals two cups.

More Flavor: Use fresh basil instead of dried basil.

Additional Toppings: Top with fresh basil, mint, or sliced cucumbers.

No Lemon Juice: Use apple cider vinegar instead.

Temperature: Enjoy at room temperature or chilled.



Mojito Sorbet

2 servings
10 minutes

Ingredients

- 1/2 Cucumber (large, chopped and frozen)
- 1/4 cup Mint Leaves (fresh)
- 1/2 Lime (juiced)
- 1 tbsp Maple Syrup
- 2 tbsps Water (cold)

Nutrition

Amount per serving	
Calories	42
Fat	0g
Carbs	11g
Fiber	1g
Protein	1g
Calcium	33mg

Directions

- 1 Add frozen cucumber and mint to a food processor or high-powered blender and blend until completely shaved.
- 2 Add lime juice, maple syrup and water until well combined and smooth. Scoop into bowls and enjoy!



Strawberry Ice Cream

2 servings

5 minutes

Ingredients

- 2 Banana (sliced and frozen)
- 1 cup Frozen Strawberries

Nutrition

Amount per serving	
Calories	144
Fat	1g
Carbs	37g
Fiber	5g
Protein	2g
Calcium	24mg

Directions

- 1 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 2 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

Notes

More Creamy: Add 2 tbsp coconut milk.

More Scoopable: Add 1 tbsp vodka to prevent hard freeze.

Make it Chunky: Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.



Shrimp & Farro Mason Jar Salad

2 servings

30 minutes

Ingredients

- 1/4 cup Farro (uncooked, rinsed)
- 3 tbsps Italian Dressing
- 227 grams Shrimp, Cooked (small)
- 1 Red Bell Pepper (large, diced)
- 1/4 cup Red Onion (chopped)
- 1/4 cup Pitted Kalamata Olives (halved)
- 2 cups Baby Spinach
- 2 tbsps Sunflower Seeds

Nutrition

Amount per serving	
Calories	304
Fat	7g
Carbs	28g
Fiber	5g
Protein	34g
Calcium	155mg

Directions

- 1 Cook the farro according to the package directions. Let it cool to room temperature.
- 2 Divide and layer the ingredients into mason jars in the following order: Italian dressing, shrimp, farro, bell peppers, red onion, olives, spinach, and sunflower seeds.
- 3 Seal the jar and refrigerate until ready to serve.
- 4 When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers: Store in the fridge for up to three days.

Serving Size: 16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Season with salt, pepper, or your choice of herbs and spices.