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stressful times

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Spiced Cauliflower Rice Bowl

2 servings
40 minutes

Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

Nutrition

Amount per serving	
Calories	529
Fat	26g
Carbs	68g
Fiber	14g
Protein	13g
Calcium	136mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

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

Additional Toppings: Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



Chickpea Flatbread Pizza

2 servings
1 hour 20 minutes

Ingredients

- 1 cup Chickpea Flour
- 1 cup Water
- 1 1/2 tbsps Avocado Oil (divided)
- 1/4 tsp Sea Salt
- 1/3 cup Tomato Sauce
- 1/4 tsp Oregano
- 1/8 tsp Garlic Powder
- 1/8 tsp Red Pepper Flakes
- 170 grams Mozzarella Cheese (shredded)
- 2 tbsps Basil Leaves (finely chopped)

Nutrition

Amount per serving	
Calories	495
Fat	29g
Carbs	29g
Fiber	6g
Protein	26g
Calcium	349mg

Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 2 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 4 Reduce the oven temperature to 350°F (176°C).
- 5 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 6 Slice and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

Serving Size: One serving is equal to approximately three slices of pizza.

Dairy-Free: Use a dairy-free shredded cheese instead.

More Flavor: Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings: Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.



Coconut Chia Seed Yogurt

1 serving
30 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon
- 1/4 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	368
Fat	23g
Carbs	37g
Fiber	17g
Protein	9g
Calcium	799mg

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

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

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Cod & Shrimp Stew

2 servings

20 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 cup Asparagus (trimmed, chopped)
- 1 tsp Cumin
- 1 tbsp Tomato Paste
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Water
- 1/2 cup Canned Coconut Milk
- 1 Cod Fillet (cubed)
- 85 grams Shrimp (peeled, deveined)
- 1 tbsp Chives (chopped, for garnish)
- 1/2 Lime (cut into wedges)

Nutrition

Amount per serving	
Calories	284
Fat	14g
Carbs	7g
Fiber	2g
Protein	32g
Calcium	86mg

Directions

- 1 Heat the oil in a pan over medium heat. Add the asparagus and sauté for three to four minutes. Add the cumin, tomato paste, salt, and pepper.
- 2 Add the water and coconut milk to the pan and stir well. Bring to a boil, then turn down the heat to simmer. Place the cod and shrimp in the pan, cover with a lid and cook for seven to eight minutes or until everything is cooked through.
- 3 Divide the stew between serving plates, top with chives, and serve with lime wedges. Enjoy!

Notes

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

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

More Flavor: Add diced tomato, carrot, and red onion.

Additional Toppings: Cilantro and red onion.

Serve it With: Serve over rice or with your choice of bread.

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



Romaine with Tofu Caesar Dressing

4 servings

10 minutes

Ingredients

198 grams Tofu (soft, crumbled)
1 tbsp Nutritional Yeast
1 tbsp Dijon Mustard
1 tbsp Apple Cider Vinegar
1 tbsp Water
1 1/2 tsps Tamari
2 Garlic (cloves, minced)
1/8 tsp Sea Salt (to taste)
12 leaves Romaine (large, chopped)

Nutrition

Amount per serving	
Calories	72
Fat	3g
Carbs	5g
Fiber	3g
Protein	8g
Calcium	173mg

Directions

- 1 Add all of the ingredients, except for the romaine, to a food processor and blend until smooth. Taste and adjust flavors if needed. If the dressing is too thick, add water, one tablespoon at a time until desired consistency is reached.
- 2 In a large bowl, toss the chopped romaine with the dressing until well coated. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store the dressing separately for up to five days.

Serving Size: One serving equals approximately two cups.

Additional Toppings: Add croutons, crushed tortillas, bacon bits, parmesan, and/or sliced red onion.