



**GOLDSTER**★

Week 1: Where digestion  
begins

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## Tuna & Avocado Hand Rolls

2 servings  
30 minutes

### Ingredients

- 1/3 cup Brown Rice (dry, rinsed)
- 2 Nori Sheets (quartered)
- 1 can Tuna (drained, flaked)
- 1/2 Avocado (medium, peeled, sliced)
- 1 1/2 tbsps Soy Sauce

### Nutrition

Amount per serving	
Calories	276
Fat	9g
Carbs	29g
Fiber	6g
Protein	21g
Calcium	37mg

### Directions

- 1 Cook the rice according to the package directions and let cool down slightly.
- 2 Top each nori sheet with brown rice, tuna, and avocado.
- 3 Serve the wraps with soy sauce to dip and enjoy!

### Notes

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

**Serving Size:** One serving is equal to four nori wraps.

**More Flavor:** Add cucumber and carrot.

**Additional Toppings:** Top with sesame seeds.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.



## Panang Fish Curry

2 servings  
25 minutes

### Ingredients

- 1 1/2 cups Chicken Broth, Low Sodium (divided)
- 1 Red Bell Pepper (medium, thinly sliced)
- 1/2 Yellow Onion (thinly sliced)
- 2 tbsps Panang Curry Paste
- 3/4 cup Lite Coconut Milk
- 1 tbsp Fish Sauce
- 1 Cod Fillet (cut into pieces)
- 1/2 cup Frozen Peas (thawed)
- 1 Lime (juiced)

### Nutrition

Amount per serving	
Calories	258
Fat	9g
Carbs	18g
Fiber	4g
Protein	28g
Calcium	59mg

### Directions

- 1 Add a splash of broth in a deep pan over medium-high heat. Add the bell pepper and onions. Cook for five to seven minutes or until softened.
- 2 Stir in the curry paste, then add the coconut milk, fish sauce, and the remaining broth. Bring to a boil. Reduce to a simmer and cook for five more minutes or until the peppers are tender.
- 3 Add the fish and the peas. Cover and cook on a simmer for three to five minutes or until the fish is cooked through.
- 4 Add the lime juice on top before serving, and enjoy!

### Notes

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

**Serving Size:** One serving is approximately one cup of curry with half a cod fillet.

**Serve it With:** Steamed rice, cilantro leaves, Thai basil leaves, and/or sliced fresh chilies.

**No Panang Curry Paste:** Use Thai red curry paste instead. Adjust as needed to your desired spice level.

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



## Thai Curry Carrot Soup

**2 servings**  
35 minutes

### Ingredients

- 4 cups Vegetable Broth, Low Sodium (divided, plus more as needed)
- 4 Carrot (large, chopped)
- 1 Yellow Onion (medium, chopped)
- 1 tbsp Thai Red Curry Paste
- 1/4 tsp Sea Salt (optional)
- 1 Lime (juiced)
- 2 tbsps Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	107
Fat	1g
Carbs	25g
Fiber	5g
Protein	2g
Calcium	64mg

### Directions

- 1 Add a splash of broth to a large pot over medium heat. Add the carrots and the onions and cook for five to seven minutes, stirring regularly.
- 2 Add the remaining broth and the curry paste to the pot, stirring constantly. Bring to a boil, then reduce the heat and simmer for 15 to 20 minutes or until the carrots are tender.
- 3 Blend until smooth. Adjust the consistency with more broth as needed. Add salt, if desired.
- 4 Divide into bowls. Top with lime juice and cilantro. Enjoy!

### Notes

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

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

**More Flavor:** Add coconut milk.

**Additional Toppings:** Green onions and/or sesame seeds.



## Mushroom Frittata

2 servings

20 minutes

### Ingredients

- 2 tps Extra Virgin Olive Oil
- 1/2 Yellow Onion (small, thinly sliced)
- 3 Cremini Mushrooms (sliced)
- 4 Egg (large, whisked)
- 1/3 cup Cow's Milk, Whole
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	228
Fat	16g
Carbs	7g
Fiber	1g
Protein	15g
Calcium	119mg

### Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Heat a cast iron pan over medium heat. Add the oil, onion, and mushrooms. Sauté for three to five minutes or until the onions have softened.
- 3 Combine the eggs, milk, salt, and pepper. Pour into the pan. Cook in the oven for 12 minutes or until the egg is cooked through. Enjoy!

### Notes

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

**Serving Size:** One serving is half of the frittata. An 8-inch (20 cm) cast iron pan was used to make two servings.

**More Flavor:** Add goat cheese in dollops to the frittata before it goes into the oven.

**Additional Toppings:** Smoked salmon and/or fresh dill.

**Dairy-Free:** Use dairy-free milk.



## Turkey, Barley & Squash Soup

5 servings  
50 minutes

### Ingredients

- 340 grams Turkey Breast
- 12 cups Chicken Broth, Low Sodium
- 2/3 cup Pearl Barley (uncooked)
- 2 Carrot (medium, diced)
- 1 Leeks (large, sliced)
- 2 stalks Celery (diced)
- 3 Garlic (clove)
- 2 cups Butternut Squash (peeled, seeds removed, cubed)
- 2 cups Brussels Sprouts (thinly sliced)
- 3 tbsps Pesto (optional)

### Nutrition

Amount per serving	
Calories	369
Fat	9g
Carbs	44g
Fiber	8g
Protein	33g
Calcium	136mg

### Directions

- 1 Place the turkey breast and the broth in a large pot and bring to a boil. Reduce the heat and simmer, covered, for 30 minutes or until the turkey is cooked through.
- 2 Meanwhile, cook the barley according to the package directions.
- 3 Remove the turkey and set aside. Add the carrots, leeks, celery, garlic, squash, and Brussels sprouts to the same liquid. Cook, covered, for 12 to 15 minutes or until tender.
- 4 While the vegetables cook, shred the cooked turkey breast in pieces using two forks.
- 5 Once the vegetables are cooked, return the turkey to the pot and continue cooking for two minutes or until heated through.
- 6 Cover the bottom of each bowl with barley and pour the soup over top. Top with pesto, if desired, and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1/3 cup of barley and two cups of soup.

**Make it Vegan:** Use vegetable broth and tofu, edamame, chickpeas, or lentils instead of turkey breast.

**Gluten-Free:** Use quinoa, gluten-free pasta, or rice instead of barley.