



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Nutriton to Support Cognition

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One Pot White Fish & Rice

4 servings
20 minutes

Ingredients

- 1 1/2 cups Basmati Rice (rinsed)
- 2 cups Water
- 2 cups Cherry Tomatoes (chopped)
- 1 tbsp White Wine Vinegar
- 1 cup Basil Leaves (torn, divided)
- 1/2 cup Assorted Olives
- Sea Salt & Black Pepper (to taste)
- 2 Cod Fillet (cut into pieces)

Nutrition

Amount per serving	
Calories	401
Fat	3g
Carbs	64g
Fiber	3g
Protein	28g
Calcium	71mg

Directions

- 1 In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
- 2 Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
- 3 Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture ovetop and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
- 4 Garnish with the remaining basil, divide evenly between bowls and enjoy!

Notes

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

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

More Flavor: Use olive tapenade or pesto instead of assorted olives.

Additional Toppings: Red pepper flakes and/or a drizzle of olive oil.

No Cod: Use haddock, tilapia, salmon, or shrimp.

No White Wine Vinegar: Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Meal Prep Chicken & Cilantro Lime Quinoa

2 servings

15 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1/4 cup Cilantro (chopped)
- 2 tsps Lime Juice (to taste)
- 1/8 tsp Sea Salt (to taste)
- 4 cups Arugula (packed)
- 2 Carrot (small, chopped)
- 227 grams Chicken Breast, Cooked (sliced)
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	366
Fat	7g
Carbs	35g
Fiber	6g
Protein	42g
Calcium	115mg

Directions

- 1 Cook the quinoa according to the package directions and let cool.
;
- 2 Toss the quinoa with cilantro, lime juice, and salt.
;
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

Notes

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

More Flavor: Use balsamic vinegar or your dressing of choice.

Additional Toppings: Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



Blueberry Chia Pancakes

3 servings

20 minutes

Ingredients

- 1 cup Oats
- 1/2 cup Oat Milk (unsweetened, plain)
- 1 Banana (medium)
- 1 Egg (large)
- 1 tsp Baking Powder
- 1 cup Frozen Blueberries
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	278
Fat	11g
Carbs	39g
Fiber	7g
Protein	8g
Calcium	212mg

Directions

- 1 Add the oats to a blender and blend into a flour consistency, about 30 seconds. Add the milk, banana, egg, and baking powder. Blend until smooth, scraping down the sides as needed. Gently stir in the frozen blueberries and chia seeds.
- 2 Heat the oil in a non-stick pan over medium heat. Pour 1/4 cup of the batter at a time and cook for two to three minutes per side, or until cooked through. Transfer to a plate. Repeat until all the batter is used.
- 3 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze for up to two months.

Serving Size: One serving equals two to three 4-inch pancakes.

More Flavor: Add cinnamon, vanilla extract, salt, flax seeds, or hemp hearts.

Additional Toppings: Top with maple syrup, honey, cottage cheese, nut or seed butter.

No Banana: Use applesauce instead.

No Oat Milk: Use dairy or any alternative milk.

Batter Consistency: Add more milk if the batter is too thick, and more oats if the batter is too thin.



Nut & Seed Keto Granola

11 servings

10 minutes

Ingredients

- 1 cup Almonds
- 1 cup Sunflower Seeds
- 1 cup Walnuts
- 1 tsp Cinnamon
- 1 1/2 tbsps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 1/3 cup Unsweetened Shredded Coconut
- 1/3 cup Hemp Seeds

Nutrition

Amount per serving	
Calories	274
Fat	25g
Carbs	8g
Fiber	4g
Protein	8g
Calcium	60mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and salt. Spread the mixture onto the baking sheet.
- 3 Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
- 4 Remove from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is 1/3 cup.

Nut-Free: Omit the almonds and walnuts and replace them with pumpkin seeds and more sunflower seeds.

More Flavor: Add two tbsps of cacao powder to the mixture before baking.



Nut & Seed Keto Granola Yogurt Bowl

4 servings

10 minutes

Ingredients

- 1/3 cup Almonds
- 1/3 cup Sunflower Seeds
- 1/3 cup Walnuts
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 3 tbsps Unsweetened Shredded Coconut
- 3 tbsps Hemp Seeds
- 2 cups Unsweetened Coconut Yogurt
- 1 cup Strawberries (sliced)

Nutrition

Amount per serving	
Calories	346
Fat	29g
Carbs	17g
Fiber	7g
Protein	9g
Calcium	313mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and sea salt. Spread the mixture onto the baking sheet.
- 3 Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
- 4 Remove the granola from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds to the bowl and mix well.
- 5 Divide the coconut yogurt, strawberries, and granola evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate the granola in an airtight container for up to one week.

More Flavor: Add cacao powder to the granola mixture before baking.

Additional Toppings: Top with other fresh berries, peaches, cacao nibs, or maple syrup for sweetness.