



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Nutrition for boosting energy

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Chicken & Broccoli Slaw with Peanut Sauce

4 servings

35 minutes

Ingredients

567 grams Chicken Breast
 Sea Salt & Black Pepper (to taste)
 1/4 cup All Natural Peanut Butter
 1 tbsp Tamari
 1 Lime (juiced)
 1 tbsp Extra Virgin Olive Oil
 1 tbsp Ginger (peeled and grated)
 1 Garlic (clove, minced)
 1/4 cup Water
 4 cups Broccoli Slaw
 1 Red Bell Pepper (sliced)
 3 stalks Green Onion (chopped)
 1/4 cup Cilantro (chopped, optional)
 1/4 cup Raw Peanuts (chopped)

Nutrition

Amount per serving	
Calories	395
Fat	20g
Carbs	15g
Fiber	5g
Protein	41g
Calcium	57mg

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
- 2 In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 3 In a large salad bowl, combine broccoli slaw, red pepper and green onion.
- 4 Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

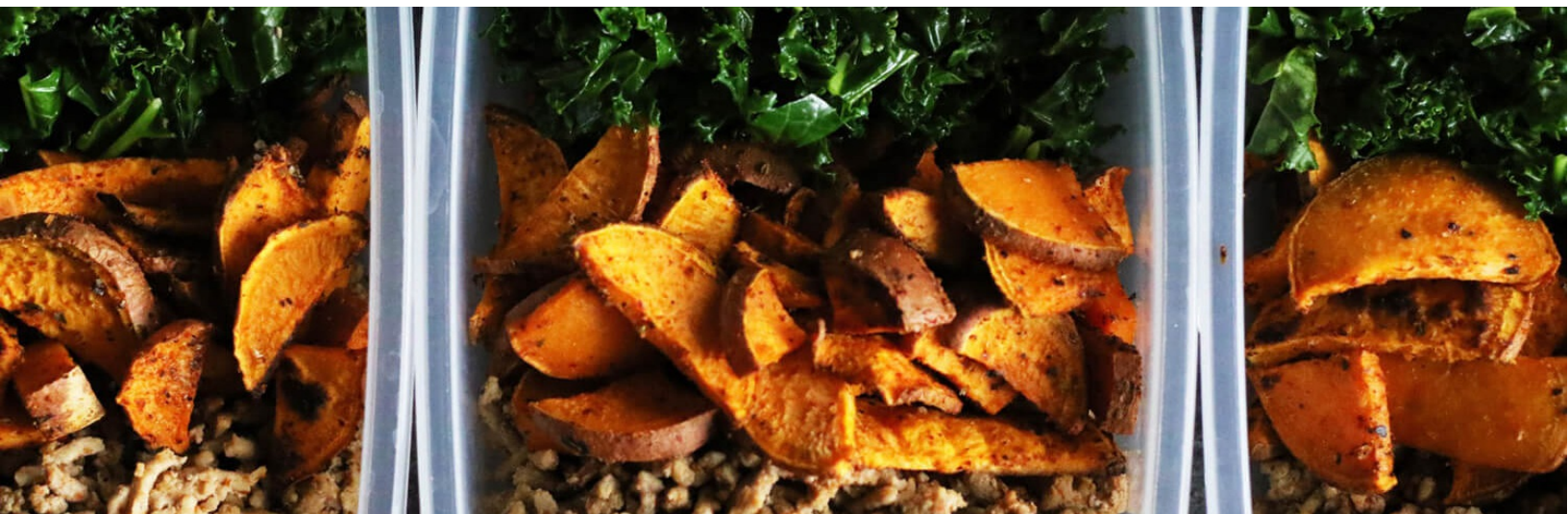
Notes

Vegan & Vegetarian: Use roasted chickpeas instead of diced chicken.

Slow Cooker Version: Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead: The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

Leftovers: Store in an airtight container in the fridge up to 3 days.



Cajun Chicken, Sweet Potatoes & Kale

4 servings
35 minutes

Ingredients

- 2 Sweet Potato (medium, diced into 1/2 inch thick pieces)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Cajun Spice (divided)
- 1 tbsp Coconut Oil (divided)
- 454 grams Extra Lean Ground Chicken
- 8 cups Kale Leaves (sliced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	293
Fat	17g
Carbs	15g
Fiber	4g
Protein	22g
Calcium	133mg

Directions

- 1 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper.
- 2 Place the diced sweet potatoes in a mixing bowl. Drizzle with olive oil and add half of the cajun spice. Toss well. Spread across the baking sheet and bake for 30 minutes, tossing at the half way mark.
- 3 Meanwhile, heat half the coconut oil in a skillet over medium heat. Add the ground chicken. Saute for 10 minutes or until completely cooked through, breaking it up as it cooks. Add in the remaining cajun spice. Continue to saute until the spice is evenly distributed. Transfer the ground chicken to a bowl and cover to keep warm.
- 4 Place the skillet back over medium heat and add the remaining coconut oil. Add in the kale, season with sea salt and black pepper then saute just until wilted. Turn off the heat.
- 5 Divide cajun chicken, sweet potatoes and sauteed kale between plates. Enjoy!

Notes

- No Ground Chicken:** Use any type of ground meat.
- Vegan & Vegetarian:** Use lentils or chickpeas instead of chicken.
- Storage:** Store in an airtight container in the fridge up to 3 days.



Cinnamon Ginger Energy Balls

12 servings

15 minutes

Ingredients

- 3/4 cup Pitted Dates
- 1/2 cup Almonds (raw)
- 1/4 cup Cashews (raw)
- 1/2 tsp Cinnamon (ground)
- 1/4 tsp Ground Ginger
- 1/2 tsp Vanilla Extract
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	78
Fat	4g
Carbs	9g
Fiber	2g
Protein	2g
Calcium	22mg

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size: One serving is equal to one ball.

Leftovers: Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



Blueberry Energy Smoothie

2 servings

10 minutes

Ingredients

- 1/2 cup Cashews
- 1/4 cup Hemp Seeds
- 2 cups Water
- 2 cups Baby Spinach
- 1 1/2 cups Frozen Blueberries

Nutrition

Amount per serving	
Calories	374
Fat	27g
Carbs	28g
Fiber	6g
Protein	13g
Calcium	92mg

Directions

- 1 Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
- 2 Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter: Add in a few soaked dates to sweeten it up.



Spinach & Feta Scrambled Lettuce Wrap

2 servings

15 minutes

Ingredients

- 2 Egg
- 1/3 cup Egg Whites
- 1/2 Tomato (chopped)
- 1/2 Yellow Bell Pepper (chopped)
- 1/2 cup Baby Spinach (packed)
- 1 tbsp Feta Cheese (crumbled)
- 1/4 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 tsp Avocado Oil
- 1/4 head Green Lettuce (leaves separated)

Nutrition

Amount per serving	
Calories	146
Fat	8g
Carbs	5g
Fiber	1g
Protein	12g
Calcium	69mg

Directions

- 1 Crack the eggs into a bowl and add the eggs whites. Whisk well.
- 2 Add the tomato, bell pepper, spinach, feta cheese, garlic powder, salt, and pepper and mix to combine.
- 3 Heat the oil in a pan over medium heat. Pour the egg mixture into the pan and scramble until it is cooked to your liking.
- 4 Divide the scrambled eggs between the lettuce leaves and wrap them up. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one lettuce wrap with 1/2 cup of the scramble.

Serve it With: Serve with fresh fruit such as blueberries, strawberries, and blackberries.