

Turmeric Smoothie Bowl



2 servings



15 minutes

INGREDIENTS

- 1 banana
- 1 cup spinach
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon ginger powder
- 1/2 cup almond milk (or any plant-based milk)
- 1 tablespoon chia seeds
- 1/2 cup mixed berries (for topping)

DIRECTIONS

1. Blend banana, spinach, turmeric, ginger, and almond milk until smooth.
2. Pour into a bowl and top with chia seeds and mixed berries.

Berry Chia Pudding



2 servings



4 hours

INGREDIENTS

- 1/4 cup chia seeds
- 1 cup almond milk
- 1 tablespoon honey or maple syrup
- 1/2 cup mixed berries

DIRECTIONS

1. Mix chia seeds with almond milk and honey. Stir well.
2. Refrigerate overnight or for at least 4 hours.
3. Top with mixed berries before serving.



Oatmeal w/ Flaxseed & Walnuts



2 servings



15 minutes

INGREDIENTS

- 1/2 cup rolled oats
- 1 cup almond milk
- 1 tablespoon ground flaxseed
- 1/4 cup walnuts (chopped)
- 1/2 apple (diced) or other fresh fruit

DIRECTIONS

1. Cook oats in almond milk over medium heat until tender.
2. Stir in flaxseed and top with walnuts and diced fruit.

Avocado Toast with Tomato & Basil



1 serving



10 minutes

INGREDIENTS

- 1 ripe avocado
- 2 slices whole-grain bread
- 1 tomato (sliced)
- Fresh basil leaves
- 1 tablespoon olive oil
- Salt and pepper to taste

DIRECTIONS

1. Toast the bread slices.
2. Mash avocado and spread it over the toast.
3. Top with tomato slices and fresh basil. Drizzle with olive oil and season with salt and pepper.



Spinach and Mushroom Omelette



1 serving



15 minutes

INGREDIENTS

2 large eggs

1/2 cup spinach (chopped)

1/4 cup mushrooms
(sliced)

1 tablespoon olive oil

Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a skillet over medium heat.
2. Sauté mushrooms until tender, then add spinach and cook until wilted.
3. Beat eggs and pour over vegetables in the skillet. Cook until set.



Quinoa Salad w/ Roasted Veggies



3 servings



50 minutes

INGREDIENTS

- 1 cup quinoa
- 1 cup bell peppers (diced)
- 1 cup zucchini (diced)
- 1/2 cup red onion (diced)
- 2 tablespoons olive oil
- Salt and pepper to taste
- Juice of 1 lemon

DIRECTIONS

1. Cook quinoa according to package instructions.
2. Toss bell peppers, zucchini, and red onion with olive oil, salt, and pepper. Roast at 400°F (200°C) for 20-25 minutes.
3. Combine quinoa with roasted vegetables and lemon juice.



Salmon and Avocado Salad



2 servings



25 minutes

INGREDIENTS

- 1 cooked salmon fillet
(flaked)
- 2 cups mixed greens
- 1 avocado (sliced)
- 1/2 cup cherry tomatoes
(halved)
- 2 tablespoons olive oil
- Juice of 1 lemon

DIRECTIONS

1. Toss mixed greens with olive oil and lemon juice.
2. Top with flaked salmon, avocado slices, and cherry tomatoes.



Sweet Potato and Black Bean Tacos



3 servings



40 minutes

INGREDIENTS

- 1 large sweet potato (peeled and diced)
- 1 can black beans (rinsed and drained)
- 8 small corn tortillas
- 1 avocado (sliced)
- Juice of 1 lime
- 1 tablespoon olive oil
- Salt and pepper to taste

DIRECTIONS

1. Toss sweet potato with olive oil, salt, and pepper. Roast at 400°F (200°C) for 25-30 minutes.
2. Warm tortillas and fill with roasted sweet potato, black beans, and avocado slices. Squeeze lime juice over the top.



Kale and Chickpea Soup



3 servings



30 minutes

INGREDIENTS

- 1 bunch kale (chopped)
- 1 can chickpeas (rinsed and drained)
- 2 carrots (diced)
- 2 celery stalks (diced)
- 2 cloves garlic (minced)
- 4 cups vegetable broth
- 1 teaspoon turmeric
- Salt and pepper to taste

DIRECTIONS

1. Sauté garlic, carrots, and celery in a pot until softened.
2. Add vegetable broth, turmeric, kale, and chickpeas. Simmer for 20 minutes.

Grilled Chicken w Spinach and Strawberry Salad

★★★★★



3 servings



30 minutes

INGREDIENTS

- 1 chicken breast (grilled and sliced)
- 2 cups fresh spinach
- 1/2 cup strawberries (sliced)
- 1/4 cup almonds (sliced)
- 2 tablespoons balsamic vinaigrette

DIRECTIONS

1. Toss spinach with balsamic vinaigrette.
2. Top with sliced grilled chicken, strawberries, and almonds.



Baked Salmon with Asparagus



2 servings



30 minutes

INGREDIENTS

2 salmon fillets

1 bunch asparagus
(trimmed)

2 tablespoons olive oil

1 lemon (sliced)

Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Place salmon and asparagus on a baking sheet.
Drizzle with olive oil, season with salt and pepper, and place lemon slices on top.
3. Bake for 15-20 minutes, until salmon is cooked through.



Turmeric Cauliflower Rice Stir-Fry



2 servings



25 minutes

INGREDIENTS

- 1 head cauliflower (grated into rice-sized pieces)
- 1 cup bell peppers (diced)
- 1 cup snap peas
- 1/2 cup onions (diced)
- 1 tablespoon olive oil
- 1/2 teaspoon turmeric
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a skillet. Add onions and cook until translucent.
2. Add bell peppers and snap peas; cook until tender.
3. Stir in cauliflower rice and turmeric. Cook for an additional 5 minutes.



Lentil and Sweet Potato Stew



4 servings



40 minutes

INGREDIENTS

1 cup lentils

1 large sweet potato
(peeled and diced)

1 can diced tomatoes

2 carrots (diced)

1 tablespoon olive oil

1 teaspoon cumin

1 teaspoon coriander

4 cups vegetable broth

Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a pot. Add carrots and cook until softened.
2. Stir in lentils, sweet potato, tomatoes, cumin, coriander, and vegetable broth. Simmer for 25-30 minutes until lentils and sweet potatoes are tender.



Chicken and Broccoli Skillet



4 servings



40 minutes

INGREDIENTS

- 2 chicken breasts (diced)
- 2 cups broccoli florets
- 2 cloves garlic (minced)
- 1 tablespoon ginger
(grated)
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- Salt and pepper to taste

DIRECTIONS

1. Heat sesame oil in a skillet. Add garlic and ginger, and cook until fragrant.
2. Add chicken and cook until browned. Add broccoli and soy sauce. Cook until broccoli is tender.



Stuffed Bell Peppers



4 servings



45 minutes

INGREDIENTS

- 4 bell peppers (tops cut off and seeds removed)
- 1 cup cooked quinoa
- 1 can black beans (rinsed and drained)
- 1 cup corn (fresh or frozen)
- 1/2 cup diced tomatoes
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Mix quinoa, black beans, corn, tomatoes, cumin, paprika, salt, and pepper.
3. Stuff bell peppers with the mixture and place in a baking dish.
4. Bake for 30-35 minutes, until peppers are tender.



Apple Slices with Almond Butter



2 servings



5 minutes

INGREDIENTS

2 apples (sliced)

1/4 cup almond butter

DIRECTIONS

1. Slice apples and serve with almond butter for dipping.



Homemade Hummus with Carrot Sticks



4 servings



10 minutes

INGREDIENTS

- 1 can chickpeas (rinsed and drained)
- 1/4 cup tahini
- Juice of 1 lemon
- 2 cloves garlic
- 2 tablespoons olive oil
- Salt to taste
- Carrot sticks for dipping

DIRECTIONS

1. Blend chickpeas, tahini, lemon juice, garlic, and olive oil until smooth.
2. Serve with carrot sticks.



Berry and Yogurt Parfait



2 servings



5 minutes

INGREDIENTS

- 1 cup Greek yogurt
- 1/2 cup fresh berries
- 1/4 cup granola

DIRECTIONS

1. Layer Greek yogurt, berries, and granola in a glass or bowl.



Edamame with Sea Salt



2 servings



10 minutes

INGREDIENTS

- 1 cup edamame (in pods)
- Sea salt to taste

DIRECTIONS

1. Steam edamame for 5-7 minutes until tender.
2. Sprinkle with sea salt before serving.



Roasted Pumpkin Seeds



4 servings



25 minutes

INGREDIENTS

1 cup pumpkin seeds
1 tablespoon olive oil
1/2 teaspoon paprika
Salt to taste

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Toss pumpkin seeds with olive oil, paprika, and salt.
3. Spread on a baking sheet and roast for 10-15 minutes until crispy.

Mixed Greens with Walnut and Pear Salad ★★★★★

Pear Salad



2 servings



10 minutes

INGREDIENTS

- 2 cups mixed greens
- 1 pear (sliced)
- 1/4 cup walnuts (toasted)
- 2 tablespoons balsamic vinaigrette

DIRECTIONS

1. Toss mixed greens with balsamic vinaigrette.
2. Top with pear slices and toasted walnuts.



Cucumber and Tomato Salad



2 servings



10 minutes

INGREDIENTS

- 1 cucumber (sliced)
- 1 cup cherry tomatoes (halved)
- 1/4 cup red onion (sliced)
- 2 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper to taste

DIRECTIONS

1. Combine cucumber, cherry tomatoes, and red onion.
2. Drizzle with olive oil and lemon juice. Season with salt and pepper.



Beet and Goat Cheese Salad



2 servings



30 minutes

INGREDIENTS

- 2 medium beets (roasted and sliced)
- 2 cups arugula
- 1/4 cup goat cheese (crumbled)
- 2 tablespoons balsamic glaze

DIRECTIONS

1. Roast beets at 400°F (200°C) for 25–30 minutes until tender.
2. Toss arugula with beets and goat cheese. Drizzle with balsamic glaze.

Greek Salad



2 servings



30 minutes

INGREDIENTS

- 1 cucumber (diced)
- 1 cup cherry tomatoes
(halved)
- 1/4 cup olives (sliced)
- 1/4 cup feta cheese
(crumbled)
- 2 tablespoons olive oil
- Juice of 1 lemon
- Oregano to taste

DIRECTIONS

1. Mix cucumber, cherry tomatoes, olives, and feta cheese.
2. Drizzle with olive oil, lemon juice, and oregano.



Spinach and Quinoa Salad



4 servings



20 minutes

INGREDIENTS

- 2 cups fresh spinach
- 1 cup cooked quinoa
- 1 avocado (diced)
- 1/2 cup cherry tomatoes (halved)
- 2 tablespoons lemon-tahini dressing

DIRECTIONS

1. Toss spinach with quinoa, avocado, and cherry tomatoes.
2. Drizzle with lemon-tahini dressing.



Ginger Carrot Soup



4 servings



30 minutes

INGREDIENTS

- 4 large carrots (peeled and chopped)
- 1 tablespoon ginger (grated)
- 1 onion (chopped)
- 4 cups vegetable broth
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS

1. Sauté onion and ginger in olive oil until translucent.
2. Add carrots and vegetable broth. Simmer until carrots are tender.
3. Blend until smooth. Season with salt and pepper.



Butternut Squash Soup



4 servings



40 minutes

INGREDIENTS

- 1 large butternut squash
(peeled and diced)
- 1 onion (chopped)
- 2 cloves garlic (minced)
- 4 cups vegetable broth
- 2 tablespoons olive oil
- 1/4 teaspoon nutmeg
- Salt and pepper to taste

DIRECTIONS

1. Sauté onion and garlic in olive oil until soft.
2. Add butternut squash and vegetable broth.
Simmer until squash is tender.
3. Blend until smooth. Season with nutmeg, salt, and pepper.



Tomato Basil Soup



4 servings



30 minutes

INGREDIENTS

- 4 cups tomatoes (chopped)
- 1 onion (chopped)
- 2 cloves garlic (minced)
- 1 cup fresh basil leaves
- 2 cups vegetable broth
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS

1. Sauté onion and garlic in olive oil until translucent.
2. Add tomatoes and vegetable broth. Simmer for 15 minutes.
3. Blend until smooth. Stir in basil. Season with salt and pepper.

Miso Soup with Tofu



4 servings



15 minutes

INGREDIENTS

4 cups water
1/4 cup miso paste
1 cup tofu (cubed)
1 cup mushrooms (sliced)
1 green onion (sliced)

DIRECTIONS

1. Heat water and dissolve miso paste.
2. Add tofu and mushrooms. Simmer for 5-7 minutes.
3. Garnish with green onion before serving.



Zucchini Noodles with Pesto



2 servings



15 minutes

INGREDIENTS

- 2 zucchinis (spiralized)
- 1/4 cup pesto sauce
- 1 tablespoon olive oil

DIRECTIONS

1. Sauté zucchini noodles in olive oil for 5 minutes.
2. Toss with pesto sauce and serve.

Roasted Brussels Sprouts with ★★★★★ Balsamic Glaze



4 servings



30 minutes

INGREDIENTS

1 pound Brussels sprouts
(halved)
2 tablespoons olive oil
1/4 cup balsamic glaze
Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts with olive oil, salt, and pepper. Roast for 20-25 minutes.
3. Drizzle with balsamic glaze before serving.



Almond-Crusted Chicken Tenders



4 servings



30 minutes

INGREDIENTS

1 pound chicken tenders

1 cup almond meal

1 egg (beaten)

1/2 cup whole wheat flour

Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Dredge chicken tenders in flour, dip in egg, and coat with almond meal.
3. Bake for 20-25 minutes until crispy.



Cauliflower and Chickpea Curry



4 servings



40 minutes

INGREDIENTS

- 1 head cauliflower (cut into florets)
- 1 can chickpeas (rinsed and drained)
- 1 onion (chopped)
- 2 cloves garlic (minced)
- 1 tablespoon curry powder
- 1 can coconut milk
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS

1. Sauté onion and garlic in olive oil until soft.
2. Add cauliflower, chickpeas, and curry powder.
Cook for 5 minutes.
3. Stir in coconut milk and simmer for 20 minutes.



Garlic Lemon Shrimp



2 servings



15 minutes

INGREDIENTS

- 1 pound shrimp (peeled and deveined)
- 2 cloves garlic (minced)
- 2 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a skillet. Add garlic and cook until fragrant.
2. Add shrimp and cook until pink and opaque. Drizzle with lemon juice and season with salt and pepper.



Avocado and Black Bean Wrap



2 servings



10 minutes

INGREDIENTS

- 1 avocado (sliced)
- 1 can black beans (rinsed and drained)
- 2 whole-grain wraps
- 1/2 cup salsa
- 1/4 cup shredded cheese (optional)

DIRECTIONS

1. Warm wraps if desired.
2. Layer avocado, black beans, salsa, and cheese on each wrap.
3. Roll up and serve.



Coconut Chia Pudding



2 servings



5 minutes
prep

INGREDIENTS

1/4 cup chia seeds

1 cup coconut milk

1 tablespoon maple syrup

Fresh fruit for topping

DIRECTIONS

1. Mix chia seeds with coconut milk and maple syrup.
2. Refrigerate overnight.
3. Top with fresh fruit before serving.

Sweet Potato and Kale Hash



4 servings



25 minutes

INGREDIENTS

2 large sweet potatoes
(peeled and diced)
2 cups kale (chopped)
1 onion (diced)
2 tablespoons olive oil
Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a skillet. Sauté onion until soft.
2. Add sweet potatoes and cook until tender, about 15 minutes.
3. Stir in kale and cook until wilted. Season with salt and pepper.

Lentil and Spinach Salad



4 servings



20 minutes

INGREDIENTS

- 1 cup cooked lentils
- 2 cups fresh spinach
- 1/2 cup cherry tomatoes
(halved)
- 1/4 cup feta cheese
(crumbled)
- 2 tablespoons lemon
vinaigrette

DIRECTIONS

1. Combine lentils, spinach, cherry tomatoes, and feta cheese.
2. Toss with lemon vinaigrette before serving.



Salmon with Dill and Lemon



2 servings



20 minutes

INGREDIENTS

2 salmon fillets
1 tablespoon olive oil
Juice of 1 lemon
Fresh dill (chopped)
Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Place salmon on a baking sheet. Drizzle with olive oil and lemon juice, and sprinkle with dill.
3. Bake for 15-20 minutes until cooked through.



Cucumber and Avocado Smoothie



2 servings



5 minutes

INGREDIENTS

- 1 cucumber (peeled and chopped)
- 1 avocado
- 1 cup spinach
- 1 cup almond milk
- Juice of 1 lime

DIRECTIONS

1. Blend cucumber, avocado, spinach, almond milk, and lime juice until smooth.

Roasted Chickpeas



4 servings



25 minutes

INGREDIENTS

- 1 can chickpeas (rinsed and drained)
- 1 tablespoon olive oil
- 1 teaspoon smoked paprika
- Salt to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with olive oil, paprika, and salt.
3. Roast for 20-25 minutes until crispy.

Brussels Sprouts with Apple and Walnuts



4 servings



30 minutes

INGREDIENTS

- 1 pound Brussels sprouts
(halved)
- 1 apple (diced)
- 1/4 cup walnuts (toasted)
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts with olive oil, salt, and pepper. Roast for 20 minutes.
3. Add apples and roast for an additional 10 minutes. Top with toasted walnuts.