

The Pink Salt Trust

Complete Evidence-Based Himalayan Pink Salt Diet Guide
with 90 Healthy Recipes, Morning Rituals,
and a 30-Day Balanced Meal Plan for Energy,
Metabolism Support and Wellness



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The author is a certified nutritionist, however, individual nutritional needs vary greatly. It is essential that you consult a licensed medical professional or registered dietitian before beginning this or any other new diet or nutrition program, especially if you have existing health conditions, food allergies, or are taking medications. This is particularly important for individuals with high blood pressure, kidney disease, or other conditions that may be affected by sodium intake.

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Introduction: From the Author

Not Another Hype Book. From Trend to Truth

When my teenage daughter came home from school last month asking if she should start drinking “sole water” every morning because her favorite influencer swore it would “detox her body and boost her metabolism,” I knew it was time to write this book.

As a mother and a nutritionist with over two decades of experience, I’ve watched countless food trends sweep through our culture—from the grapefruit diet of the early 2000s to the current obsession with Himalayan pink salt. What concerns me isn’t that people are interested in improving their health; it’s that they’re often getting their information from sources that prioritize clicks over science.

Throughout my 20+ years as a certified nutritionist and registered dietitian, I’ve worked with thousands of clients—from busy parents trying to feed their families better to athletes optimizing their performance. I’ve seen how nutrition misinformation can lead people down expensive, ineffective, and sometimes harmful paths. I’ve also witnessed the genuine confusion that arises when social media promises clash with scientific reality.

The pink salt phenomenon is a perfect example of this disconnect. Every week, clients ask me about the “miraculous” benefits they’ve heard about: instant weight loss, complete detoxification, perfect electrolyte balance, and even spiritual cleansing. When I explain what the research actually shows, I often see disappointment mixed with relief—disappointment that there’s no magic bullet, but relief that they don’t have to spend \$30 on a jar of salt to be healthy.

Here’s what I’ve learned after reviewing hundreds of studies and working with real people in real kitchens: Himalayan pink salt isn’t a superfood, but it’s not worthless either. It’s simply salt—sodium chloride—with trace amounts of minerals that give it its distinctive color and subtle flavor differences. The problem isn’t the salt itself; it’s the unrealistic expectations and misinformation surrounding it.

This book exists because you deserve better than hype. You deserve to understand what pink salt actually is, what it can and cannot do for your health, and how to use it wisely as part of a balanced approach to nutrition. I’m not here to sell you a miracle or convince you to overhaul your entire pantry. Instead, I want to give you the tools to make informed decisions based on evidence, not marketing.

What you’ll find in these pages is honest, science-backed information presented in a way that’s actually useful in your daily life. I’ll share what peer-reviewed research tells us about sodium, minerals, and hydration. I’ll explain why some claims about pink salt are overblown while acknowledging the legitimate ways it might fit into a healthy lifestyle. Most importantly, I’ll give you practical strategies for improving your overall nutrition—because that’s what actually matters for your health.

I promise you won’t find any before-and-after photos or testimonials about miraculous transformations. What you will find is respect for your intelligence, acknowledgment of the complexity of nutrition science, and practical advice you can trust. I’ll cite my sources, explain the limitations of studies, and help you develop the critical thinking skills to evaluate future health trends on your own.

My goal isn’t to make pink salt the star of your kitchen or your health routine. It’s to help you understand how this ingredient—like all foods—fits into the bigger picture of nourishing yourself and your family well. Because at the end of the day, sustainable health isn’t about finding the perfect superfood; it’s about making consistently good choices based on reliable information.

Thank you for trusting me to be your guide through the science and the hype. Let’s separate myth from truth together.

Isabella Martin, RD
Certified Nutritionist

Chapter 1: The Truth About Pink Salt – What Is the Pink Salt Diet?

If you've spent any time on social media in the past few years, you've probably seen it: someone holding a mason jar filled with cloudy, slightly pink water, promising that this simple morning ritual will transform your health, boost your energy, and help you lose weight effortlessly. Welcome to the world of the pink salt diet—a trend that has captured millions of followers and sparked countless debates about its effectiveness.

Origins of the Trend: From Kitchen Staple to Social Media Star

The pink salt phenomenon didn't emerge from medical journals or nutrition conferences. Instead, it exploded across our screens through TikTok videos, Instagram posts, and YouTube testimonials, driven by wellness influencers and lifestyle bloggers who discovered that pink salt content generated impressive engagement rates.

The trend gained serious momentum around 2021–2022, when wellness creators began sharing videos of their morning routines featuring Himalayan pink salt mixed with water. These posts often promised dramatic results: "I lost 10 pounds in two weeks," "My bloating disappeared overnight," or "This ancient remedy changed my life." The hashtag #pinksalt has accumulated over 200 million views on TikTok alone, while #solewater has garnered millions more.

What made this trend particularly appealing was its simplicity. Unlike complicated diet plans or expensive supplements, the pink salt ritual required just two ingredients: water and salt. The "natural" and "ancient" positioning resonated with people seeking alternatives to processed foods and synthetic supplements. The beautiful pink color didn't hurt either—it made for visually appealing content that performed well on image-focused platforms.

The trend also benefited from perfect timing, emerging during a period when people were spending more time at home, focusing on wellness routines, and seeking simple ways to feel more in control of their health. Influencers positioned pink salt as a return to "ancestral wisdom" and "natural healing," concepts that felt particularly attractive in our increasingly digital world.

What Is "Sole Water"? Understanding the Morning Ritual

At the heart of the pink salt diet lies a practice called "sole water" (pronounced "so-lay," from the German word for brine). This involves creating a saturated salt solution by dissolving Himalayan pink salt in water until no more salt can be absorbed—typically achieved by adding salt to a jar of water until some crystals remain undissolved at the bottom.

The popular morning ritual is straightforward: take one teaspoon of this concentrated sole solution and mix it into a glass of room temperature water, then drink it first thing in the morning on an empty stomach. Some variations suggest drinking it 30 minutes before breakfast, while others recommend waiting an hour before eating.

Proponents on social media claim this simple practice delivers a remarkable range of benefits:

- **Enhanced hydration** by improving the body's ability to absorb and retain water
- **Balanced electrolytes** for better cellular function and energy levels
- **Weight loss** through reduced bloating and improved metabolism
- **Detoxification** by supporting kidney and liver function

- **Better digestion** and reduced inflammation
- **Improved sleep quality** and stress management

The ritual has spawned numerous variations and additions. Some influencers suggest adding lemon juice for extra detox benefits, while others recommend specific timing protocols or combining it with other wellness practices like meditation or journaling. The flexibility of the practice has allowed it to adapt to different lifestyle approaches and personal preferences.

Real People, Real Results—or Just Hype?

Scroll through the comments on any pink salt video, and you'll find a fascinating mix of experiences. Sarah from Texas writes: "I've been doing this for three months and lost 15 pounds without changing anything else!" Meanwhile, Jennifer from California shares: "Tried it for six weeks and felt absolutely no difference—just expensive water."

The testimonials range from dramatic transformation stories to more modest improvements. Some people report feeling more energized in the mornings, experiencing less afternoon fatigue, or noticing reduced bloating after meals. Others mention improved digestion, better sleep, or simply feeling more motivated to make other healthy choices throughout the day.

However, for every glowing review, there's someone who tried the ritual faithfully for weeks or months without experiencing any noticeable changes. Some report initial improvements that faded over time, while others mention side effects like increased thirst, headaches, or digestive discomfort.

What's particularly interesting is how people interpret their experiences. Those who see positive results often attribute them specifically to the pink salt, while those who don't notice changes sometimes blame themselves for not doing it "right" or not being consistent enough. This pattern is common with wellness trends that rely heavily on personal testimonials rather than controlled studies.

The challenge with evaluating these real-world experiences is that they occur within the context of people's entire lifestyles. Someone who starts a pink salt routine might also be drinking more water overall, paying more attention to their diet, or making other health-conscious changes simultaneously. Separating the effects of the salt from these other variables becomes nearly impossible without controlled conditions.

What's Next?

These varied experiences raise important questions: What's actually happening in the bodies of people who report benefits? Are the improvements real, or are they the result of other factors? And most importantly, what does scientific research tell us about the claims surrounding pink salt and sole water?

In the following chapters, we'll examine the evidence behind these popular claims, explore what happens in your body when you consume salt water, and help you understand how to evaluate the difference between correlation and causation in wellness trends. We'll look at what science actually says about hydration, electrolyte balance, and weight management—and where pink salt truly fits into the bigger picture of health and nutrition.

The goal isn't to dismiss people's experiences or declare the trend completely worthless. Rather than relying on online buzz, we'll focus on the science, giving you the tools to make choices grounded in evidence.

Chapter 2: What the Science Actually Says

Now that we understand how the pink salt trend emerged and spread, it's time to examine what happens when social media claims meet scientific scrutiny. As a nutritionist, I've learned that the most empowering thing I can give my clients isn't a simple "yes" or "no" answer—it's the ability to understand what the research actually shows, so they can make informed decisions for themselves.

Electrolytes, Sodium, and Hydration: What's Actually Proven

Let's start with the basics your body actually needs. Electrolytes—sodium, potassium, chloride, magnesium, and calcium—are minerals that carry electrical charges and help regulate crucial functions like fluid balance, muscle contractions, and nerve signals. Think of them as your body's electrical system coordinators.

Sodium, the primary component of all salt, plays a particularly important role in hydration. The National Institutes of Health explains that sodium supports hydration by keeping the balance of fluids inside and outside your cells, helping your body hold onto the water you consume. When you're properly hydrated, your blood volume stays stable, your kidneys function efficiently, and your cells can perform their jobs effectively.

Here's where the science gets interesting—and where pink salt's marketing often diverges from reality. Laboratory analysis published in the *Journal of Food Composition and Analysis* shows that Himalayan pink salt is approximately 95–98% sodium chloride, virtually identical to regular table salt. The remaining 2–5% consists of trace minerals like iron (which creates the pink color), calcium, magnesium, and potassium.

To put this in perspective, Harvard Medical School notes that a teaspoon of pink salt contains about 1,680 milligrams of sodium—nearly the entire daily limit recommended by the American Heart Association. Those trace minerals that give pink salt its appeal? You'd get more calcium from a single bite of cheese, more magnesium from a handful of almonds, and more potassium from a few slices of banana.

The Mayo Clinic emphasizes that effective hydration depends primarily on adequate water intake and overall electrolyte balance—not on the specific type of salt you consume. Your body can't distinguish between sodium from pink salt versus sodium from table salt; it processes them identically.

Research vs. Real Life: Bridging the Gap

This is where things get nuanced. While controlled studies don't support most claims about pink salt's unique benefits, that doesn't automatically invalidate every positive experience people report. Understanding this distinction is crucial for making sense of conflicting information.

A large-scale review in the *American Journal of Clinical Nutrition* analyzed data on sodium consumption and health effects from studies including more than 133,000 people. The research found that moderate sodium intake (2,000–3,000 mg daily) from any source supported proper hydration and cellular function. However, the studies showed no measurable difference in outcomes based on salt type—whether participants consumed pink salt, sea salt, or regular table salt.

So why do some people feel better when they start a pink salt routine? Research from the *Journal of Behavioral Medicine* suggests several possibilities:

The Hydration Factor: Many people who begin sole water rituals dramatically increase their overall water intake. If you were previously dehydrated, drinking an extra 16–32 ounces of water daily (regardless of what's in it) can improve energy, reduce headaches, and enhance mental clarity.

The Routine Effect: Studies in *Health Psychology* show that establishing any consistent morning routine can improve mood and energy levels through psychological mechanisms, independent of the specific activities involved.

The Awareness Phenomenon: When people focus on one aspect of their health, they often unconsciously improve other behaviors. Someone tracking their pink salt intake might also eat more vegetables, exercise more regularly, or sleep better—changes that could explain their improved well-being.

Risks and Safety: What You Need to Know

While pink salt isn't inherently dangerous for most people, it's still salt—and excess sodium consumption carries real health risks that social media posts rarely mention.

The World Health Organization recommends limiting sodium intake to 2,000 mg daily (about one teaspoon of salt), while the American Heart Association suggests an ideal limit of 1,500 mg for optimal cardiovascular health. These recommendations apply regardless of salt type.

According to research published in *Hypertension journal*, people with certain conditions should be particularly cautious:

High Blood Pressure: The National Heart, Lung, and Blood Institute notes that excess sodium can raise blood pressure in salt-sensitive individuals, regardless of the source. If you have hypertension, adding any form of salt to your routine without medical supervision could be counterproductive.

Kidney Disease: The National Kidney Foundation warns that damaged kidneys struggle to process excess sodium, leading to fluid retention and increased blood pressure. People with kidney problems should consult healthcare providers before making any changes to sodium intake.

Heart Conditions: Research from the *Journal of the American College of Cardiology* shows that individuals with heart failure or other cardiovascular conditions may need to limit sodium more strictly than healthy individuals.

Pregnancy and Children: The American College of Obstetricians and Gynecologists notes that pregnant women should be cautious about dramatically increasing sodium intake, while pediatric guidelines suggest that children's developing kidneys may be more sensitive to sodium fluctuations.

Even for healthy adults, consuming sole water incorrectly can cause problems. Drinking highly concentrated salt solutions can lead to nausea, diarrhea, or electrolyte imbalances. The key is moderation and proper dilution.

Weight Loss: Science or Hype?

This might be the most important section for many readers, so let's address it directly: no peer-reviewed research supports the claim that pink salt directly causes weight loss.

A systematic review published in *Obesity Reviews* analyzed 67 studies on various weight loss interventions and found that sustainable weight loss occurs through one fundamental mechanism: creating a calorie deficit over time. No single ingredient, including pink salt, can override this basic energy balance equation.

However, the picture isn't entirely black and white. Research from the *International Journal of Obesity* suggests that some people who start pink salt routines do lose weight—but not for the reasons they think:

Water Weight Changes: When you modify sodium intake, your body adjusts its water retention accordingly. This can create temporary weight fluctuations of 1–3 pounds, but it's not fat loss.

Improved Food Choices: People who invest in specialty ingredients like pink salt often become more conscious of their overall diet quality, leading to better food choices and natural calorie reduction.

Increased Water Intake: Drinking more water can increase feelings of fullness and slightly boost metabolism through thermogenesis, according to studies in the *Journal of Clinical Endocrinology & Metabolism*.

Enhanced Meal Satisfaction: When healthy foods taste better (thanks to better seasoning), people may feel more satisfied and less likely to overeat or snack on processed foods.

The bottom line from current research: pink salt can be part of a weight management strategy, but only as a small component of a comprehensive approach that includes appropriate calorie intake, regular physical activity, and sustainable lifestyle changes.

Moving Forward: Integration, Not Magic

The scientific evidence paints a clear picture: pink salt is salt with a pretty color and a premium price tag. It can support hydration when used as part of adequate water intake, and it can make healthy foods more enjoyable when used as a seasoning. What it cannot do is magically transform your health, detoxify your body, or melt away excess weight.

This doesn't make pink salt worthless—it simply puts it in proper perspective. Like any tool, its value depends on how you use it and what realistic expectations you bring to the experience.

In our next chapter, we'll explore how to safely integrate pink salt into your routine and combine it with other evidence-based healthy habits that actually do make a measurable difference in how you look and feel.

Chapter 3: Real Nutrition & Pink Salt

After examining the science behind pink salt claims, it's time to talk about what actually moves the needle when it comes to your health and well-being. In my two decades of practice, I've watched countless clients chase the latest superfood or miracle ingredient, only to discover that lasting results come from mastering the fundamentals. Pink salt can have a place in your kitchen, but only when it's part of a solid nutritional foundation.

The Whole Foods Foundation: Your Real Health Game-Changer

Think of your body as a high-performance vehicle. You wouldn't expect it to run optimally on low-quality fuel, would you? Yet that's exactly what happens when we focus on individual ingredients while ignoring the overall quality of our food choices.

Whole foods—vegetables, fruits, whole grains, lean proteins, nuts, seeds, and legumes—provide your body with the complex array of nutrients it evolved to thrive on. Unlike processed foods that have been stripped of their natural components and often loaded with additives, whole foods come packaged with fiber, vitamins, minerals, antioxidants, and countless other compounds that work together synergistically.

Research from Harvard's T.H. Chan School of Public Health, following over 120,000 people for more than 30 years, consistently shows that people who base their diets on whole foods have:

- **Lower rates of heart disease** by up to 30%
- **Reduced risk of type 2 diabetes** by as much as 40%
- **Better weight management** over the long term
- **Improved energy levels** and mental clarity
- **Stronger immune function** and faster recovery from illness

The magic isn't in any single food—it's in the cumulative effect of consistently choosing quality ingredients that support your body's natural processes.

Why Whole Foods Work: The Science Made Simple

Eating an orange provides much more than just vitamin C. You're getting fiber that feeds beneficial gut bacteria, flavonoids that reduce inflammation, folate that supports cellular function, and dozens of other compounds that scientists are still discovering. These nutrients work together in ways that isolated supplements simply can't replicate.

The National Institute of Health's research on nutrient absorption shows that your body recognizes and processes nutrients from whole foods more effectively than synthetic alternatives. The fiber in whole foods slows digestion, leading to steadier blood sugar levels and longer-lasting energy. The natural water content helps with hydration. The variety of textures and flavors promotes satisfaction and reduces cravings for processed foods.

Practical Application: Building Your Whole Foods Foundation

Here's how to make this work in your real life, starting today:

Fill Half Your Plate with Vegetables: This simple visual guide automatically increases your nutrient intake while naturally reducing calories. Roasted Brussels sprouts, steamed broccoli, fresh salads, sautéed spinach—variety keeps it interesting.

Choose Lean Proteins: Foods like fish, poultry, eggs, legumes, and tofu supply the essential proteins your body relies on for muscle repair, hormone regulation, and immune support. Aim for a palm-sized portion at each meal.

Include Whole Grains: Brown rice, quinoa, oats, and whole wheat products provide sustained energy and important B vitamins. A cupped-hand portion is typically appropriate.

Add Healthy Fats: Avocados, nuts, seeds, and olive oil support hormone production, brain function, and the absorption of fat-soluble vitamins. A thumb-sized portion provides what most people need.

The Natural Calorie Deficit: Weight Management That Actually Works

Let's address the elephant in the room: sustainable weight loss. After working with thousands of clients, I can tell you that the people who successfully lose weight and keep it off understand one fundamental principle—they consistently consume fewer calories than they burn, but they do it in a way that doesn't feel like deprivation.

The beauty of focusing on whole foods is that they naturally support a calorie deficit without requiring you to count every morsel. Here's why:

Higher Volume, Lower Calories: A cup of vegetables contains 25–50 calories, while a cup of processed snack food can contain 400–600 calories. You can eat bigger servings while keeping calories low.

Increased Satiety: The fiber and protein in whole foods trigger satiety hormones that help you feel full and satisfied. Research in the American Journal of Clinical Nutrition shows that people eating high-fiber diets naturally consume 10–15% fewer calories without trying.

Better Blood Sugar Control: Whole foods cause gentler rises in blood sugar, preventing the energy crashes that lead to cravings and overeating.

Higher Thermic Effect: Your metabolism expends more energy when digesting whole foods versus processed foods. This “thermic effect of food” can account for 8–10% of your daily calorie burn.

✦ Practical Strategies for Natural Calorie Reduction:

- **Start meals with a salad or vegetable soup** to naturally reduce portions of higher-calorie foods
- **Replace half the pasta or rice in dishes with spiralized vegetables** or cauliflower rice
- **Choose whole fruits over fruit juices** to get fiber and reduce liquid calories
- **Use smaller plates and bowls** to make appropriate portions look more satisfying
- **Eat slowly and mindfully** to give your satiety signals time to register

Pink Salt in Balanced Nutrition: Finding Its Proper Place

Now, where does pink salt fit into this whole foods approach? Think of it as a supporting player that can make your healthy choices more enjoyable and sustainable.

Enhancing Vegetable Appeal: One of the biggest barriers to eating more vegetables is that people find them bland or boring. A light sprinkle of pink salt on roasted vegetables, steamed broccoli, or fresh tomatoes can transform them from obligation to pleasure. When healthy foods taste better, you're more likely to choose them consistently.

Improving Home Cooking: Pink salt can elevate the flavors in homemade soups, stews, marinades, and dressings. When your home-cooked meals are more satisfying, you're less likely to rely on processed foods or restaurant meals that are typically higher in calories, sodium, and unhealthy fats.

Supporting Meal Prep Success: Well-seasoned prepared foods reheat better and taste more appealing throughout the week. A batch of roasted vegetables seasoned with pink salt, herbs, and olive oil will be something you actually look forward to eating, not just something you choke down because it's "healthy."

✦ **Practical Applications in Your Kitchen:**

- **Finishing salt for salads:** A pinch of pink salt can brighten the flavors of fresh greens and vegetables
- **Seasoning for proteins:** Use it to season fish, chicken, or tofu before cooking
- **Vegetable roasting:** Toss vegetables with olive oil and pink salt before roasting for enhanced flavor
- **Homemade dressings and marinades:** Incorporate it into your dishes for depth of flavor
- **Soup and stew enhancement:** Add it gradually while cooking to build layers of flavor

The Sole Water Question: Ritual vs. Reality

Many people ask me about incorporating sole water into their routine. From a nutritional standpoint, there's nothing inherently harmful about drinking diluted salt water if you enjoy the ritual and it encourages you to drink more water overall. However, it's important to keep it in perspective.

If sole water helps you establish a morning routine that includes drinking more water, paying attention to your body's needs, and setting a positive intention for the day, those benefits are real—even if they're not specifically from the salt itself. The key is not expecting it to do the heavy lifting of improving your health while ignoring the fundamentals of good nutrition.

✦ **A practical approach:** If you enjoy sole water, use it as one small part of a morning routine that also includes eating a nutritious breakfast, perhaps some light movement, and setting positive intentions for making good food choices throughout the day.

Reducing Processed Food Dependence

One of the most significant benefits of incorporating quality ingredients like pink salt into your cooking is that it can help break the cycle of processed food dependence. When you can make simple, whole foods taste delicious at home, you naturally reduce your reliance on packaged foods that are typically higher in calories, sodium, and artificial additives.

Research from the *Journal of the Academy of Nutrition and Dietetics* shows that people who cook at home more frequently have better diet quality, lower body weight, and reduced risk of chronic diseases—regardless of their cooking skill level. The act of preparing your own food, seasoning it to your taste, and eating it mindfully creates a completely different relationship with food than grabbing something pre-made.

Moving Forward: Integration, Not Obsession

The goal isn't to become obsessed with pink salt or any other single ingredient. It's to understand how small improvements in food quality and preparation can support your larger health goals. Pink salt can be part of this picture—a tool that helps make nutritious foods more enjoyable and sustainable to eat regularly.

In our next chapter, we'll get practical about how to implement these principles in your daily life, including specific meal ideas, shopping strategies, and ways to gradually transition toward a more whole foods-based approach that you can maintain long-term.

✦ **Remember:** lasting health improvements come from consistent patterns, not perfect individual choices. Pink salt can enhance those patterns, but it can't replace them.

Chapter 4. Balanced Recipes for Everyday Wellness (Not Just Pink Salt)

Before We Begin

Before we dive into the kitchen, let's take a moment to remember what we've discovered together in the previous chapters.

We've learned that pink salt, while beautiful and flavorful, isn't fundamentally different from other salts in terms of nutrition. Whether you choose pink Himalayan salt, sea salt, or regular table salt, you're getting essentially the same thing: sodium chloride with trace amounts of minerals. The real magic happens not in the type of salt you use, but in the overall quality of your food choices and eating patterns.

The recipes that follow are designed around the principles that actually matter for your health: whole foods, balanced nutrition, and the simple pleasure of preparing and enjoying good food. Pink salt appears in these recipes not as a miracle ingredient, but as one option among many for enhancing flavor and making nutritious foods more enjoyable to eat.

Here's what I want you to remember as we cook:

You have choices. Every recipe that calls for pink salt will work just as well with whatever salt you have in your kitchen right now. Don't feel pressured to buy specialty ingredients if they don't fit your budget or preferences. The health benefits come from the vegetables, lean proteins, whole grains, and healthy preparation methods—not from the specific type of salt.

Focus on the foundation. These recipes emphasize fresh vegetables, quality proteins, healthy fats, and cooking techniques that preserve nutrients while maximizing flavor. That's where the real nutritional value lies.

Enjoy the process. Cooking should be a pleasure, not a chore or a source of anxiety. If a recipe calls for an ingredient you don't have or don't like, feel free to substitute or omit it. The goal is to create meals you'll actually want to eat regularly.

Trust your taste buds. You know what you and your family enjoy. Use these recipes as starting points, but don't hesitate to adjust seasonings, swap vegetables, or modify cooking methods to suit your preferences.

The recipes ahead are organized to help you build a repertoire of satisfying, nutritious meals that happen to taste great with a touch of pink salt—but will taste great with any salt, or even with other seasonings entirely. Some include sole water preparations for those who enjoy that ritual, but always in the context of complete, balanced meals.

Remember, sustainable health comes from patterns, not perfection. These recipes are tools to help you establish patterns of eating more whole foods, cooking more meals at home, and finding genuine enjoyment in nourishing yourself and your loved ones.

Now, let's cook something delicious together.

Protein-Packed Breakfasts

Simple, high-protein meals to start your day feeling full and satisfied



Greek Yogurt Power Bowl

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A nutrient-dense breakfast bowl packed with protein, healthy fats, and antioxidants. The tiny amount of pink salt enhances the natural sweetness of berries and balances the flavors, creating a satisfying meal that supports sustained energy throughout the morning.

Ingredients:

- ½ cup plain Greek yogurt (120 g)
- ½ cup mixed berries (fresh or frozen) (75 g)
- 2 tablespoons chopped walnuts (15 g)
- 1 tablespoon chia seeds (12 g)
- 1 tablespoon honey (21 g)
- 1/16 teaspoon pink salt (0.375 g)
- ¼ teaspoon ground cinnamon (0.5 g)



Instructions:

1. Place Greek yogurt in a serving bowl.
2. If using frozen berries, thaw them for 2–3 minutes at room temperature. If using fresh berries, rinse and pat dry.
3. In a small bowl, mix honey with pink salt and cinnamon until well combined.
4. Drizzle honey mixture over yogurt.
5. Top bowl with mixed berries.
6. Sprinkle chia seeds over the bowl.
7. Finish with chopped walnuts.
8. Best served immediately or refrigerate for up to 2 hours prior to serving.

Nutritional Information (per serving):

- Calories: 143 kcal
- Carbohydrates: 16 g
- Sodium: 113 mg
- Fiber: 4 g
- Protein: 8 g
- Fat: 6 g
- Potassium: 193 mg

Chef's Note: The minimal pink salt enhances the natural fruit flavors without adding significant sodium. The mix of protein in Greek yogurt, healthy fats in walnuts, and fiber in chia seeds and berries delivers lasting energy and aids digestion.

Cottage Cheese Pancakes

Prep Time: 10 minutes | **Cook Time:** 12 minutes | **Servings:** 1

Fluffy, protein-packed pancakes that taste indulgent while providing sustained energy. The pink salt balances the sweetness and enhances the vanilla flavor, creating pancakes that are both nutritious and satisfying without the heavy feeling of traditional versions.

Ingredients:

- ½ cup cottage cheese (113 g)
- 2 large eggs (100 g)
- ¼ cup rolled oats (20 g)
- ½ teaspoon vanilla extract (2.5 ml)
- ½ teaspoon baking powder (2 g)
- ⅛ teaspoon pink salt (0.75 g)
- ½ cup fresh berries (75 g)
- 1½ tablespoons pure maple syrup (30 ml)
- 1 tablespoon coconut oil for cooking (14 g)



Instructions:

1. Blend the oats in short pulses in a food processor or blender until they reach a coarse flour consistency, about 30 seconds.
2. Add cottage cheese, eggs, vanilla extract, baking powder, and pink salt to the blender with the oat flour.
3. Blend for 45–60 seconds until smooth and well combined. Set the batter aside for 3 minutes to achieve a thicker consistency.
4. Place a large non-stick pan over moderate heat to warm coconut oil.
5. Pour ¼ cup batter per pancake into the pan, making 2–3 pancakes.
6. Cook for 2–3 minutes until bubbles form on surface and edges look set.
7. Turn the pancakes over and cook for an additional 2 minutes until golden and fully cooked.
8. Serve pancakes topped with fresh berries and drizzled with maple syrup.

Nutritional Information (per serving):

- Calories: 213 kcal
- Carbohydrates: 23 g
- Sodium: 243 mg
- Fiber: 3 g
- Protein: 13 g
- Fat: 9 g
- Potassium: 213 mg

Chef's Note: The pink salt enhances the natural flavors without overwhelming the delicate cottage cheese base. These pancakes provide complete protein and complex carbohydrates, making them ideal for sustained morning energy and muscle recovery.

Smoked Salmon Breakfast Wrap

Prep Time: 8 minutes | **Cook Time:** 0 minutes | **Servings:** 1

An elegant breakfast wrap combining omega-3 rich salmon with fresh vegetables and herbs. The pink salt brightens the flavors and complements the natural saltiness of the salmon, creating a sophisticated yet simple morning meal that's both satisfying and nutritious.

Ingredients:

- 1 large whole wheat tortilla (60 g)
- 2 oz smoked salmon (57 g)
- 2 tablespoons cream cheese, softened (30 g)
- ½ medium cucumber, thinly sliced (75 g)
- 1 tablespoon red onion, thinly sliced (10 g)
- ½ tablespoon capers, drained (7 g)
- 1 tablespoon fresh dill, chopped (4 g)
- 1/16 teaspoon pink salt (0.375 g)



Instructions:

1. Flatten the tortilla on a clean countertop.
2. Spread cream cheese evenly over tortilla, leaving a 1-inch border around the edges.
3. Spread cucumber slices in a single layer over the cream cheese.
4. Distribute smoked salmon evenly over the cucumbers.
5. Sprinkle red onion slices and capers evenly over the salmon.
6. Sprinkle fresh dill over the wrap.
7. Lightly season with pink salt.
8. Starting from the bottom edge, tightly roll tortilla, tucking in the sides as you roll.
9. Cut wrap in half diagonally with a sharp knife.
10. Ready to eat immediately, or wrap and refrigerate for a maximum of 2 hours.

Nutritional Information (per serving):

- Calories: 193 kcal
- Carbohydrates: 18 g
- Sodium: 563 mg
- Fiber: 3 g
- Protein: 11 g
- Fat: 9 g
- Potassium: 243 mg

Chef's Note: The pink salt adds a finishing touch without significantly increasing sodium content, as smoked salmon is naturally high in sodium. The cucumber provides hydration and potassium to help balance electrolytes, while the whole wheat tortilla adds fiber for sustained energy.

Scrambled Eggs with Avocado Toast

Prep Time: 5 minutes | **Cook Time:** 8 minutes | **Servings:** 1

A protein-rich breakfast that combines creamy scrambled eggs with nutrient-dense avocado toast. The pink salt enhances the natural flavors while providing the same sodium content as regular salt, making this a satisfying and balanced way to start your day.

Ingredients:

- 2 large eggs (100 g)
- 1 slice whole grain bread (30 g)
- ½ medium ripe avocado (70 g)
- ⅛ teaspoon pink salt (0.75 g)
- 1/16 teaspoon black pepper (0.15 g)
- ½ tablespoon olive oil (7.5 ml / 7 g)
- 3 cherry tomatoes, halved (42 g)
- 1 tablespoon unsalted butter (14 g)

Instructions:

1. Toast bread slice until golden brown, about 2–3 minutes.
2. Halve the avocado, remove the seed, and transfer the flesh to a small bowl. Fork-mash the mixture until smooth with a few lumps left. Add 1/16 teaspoon (0.375 g) pink salt and mix well.
3. Crack eggs into a medium bowl. Add remaining 1/16 teaspoon (0.375 g) pink salt and black pepper. Whisk briskly for 30 seconds until fully blended and lightly frothy.
4. Warm the butter in a non-stick pan over medium-low heat until it begins to foam. Pour in egg mixture. Let sit for 20 seconds, then gently stir with a rubber spatula, pushing eggs from edges toward center. Continue cooking and stirring gently every 20–30 seconds for 3–4 minutes until eggs are just set but still creamy.
5. Heat olive oil in a small pan over medium heat. Add halved cherry tomatoes and cook for 2 minutes until just warmed and slightly softened.
6. Spread mashed avocado evenly on toasted bread slice. Top with scrambled eggs. Arrange warmed cherry tomatoes alongside the toast.
7. Serve immediately while eggs are still warm and creamy.

Nutritional Information (per serving):

- Calories: 243 kcal
- Carbohydrates: 14 g
- Sodium: 260 mg
- Fiber: 6 g
- Protein: 11 g
- Fat: 16 g
- Potassium: 393 mg

Chef's Note: The pink salt in this recipe provides the same sodium content as regular table salt. The high potassium content from avocado helps balance sodium intake, while the fiber from whole grain bread and avocado supports digestive health and satiety.



Protein-Packed Smoothie Bowl

Prep Time: 8 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A thick, creamy smoothie bowl that delivers complete nutrition in every spoonful. The tiny amount of pink salt enhances the natural sweetness of banana while balancing the earthy flavors, creating a satisfying breakfast that fuels your body with plant-based protein and essential nutrients.

Ingredients:

- 1 scoop vanilla protein powder (30 g)
- 1 medium frozen banana (120 g)
- 1 cup fresh spinach (30 g)
- ½ cup unsweetened almond milk (120 ml)
- 1 tablespoon almond butter (16 g)
- 1 tablespoon hemp seeds (10 g)
- 1½ tablespoons unsweetened coconut flakes (7 g)
- 1/16 teaspoon pink salt (0.375 g)



Instructions:

1. Add almond milk, spinach, and pink salt to a high-speed blender.
2. Blend for 30 seconds until spinach is completely smooth and liquid turns green.
3. Add frozen banana, protein powder, and almond butter to the blender.
4. Mix on high for 60–90 seconds until the mixture is thick and creamy, scraping sides if needed.
5. The mixture should be dense enough to eat using a spoon. If too thin, add more frozen banana pieces.
6. Pour smoothie mixture into a bowl.
7. Sprinkle hemp seeds over the bowl.
8. Top with coconut flakes.
9. Serve immediately with a spoon.

Nutritional Information (per serving):

- Calories: 183 kcal
- Carbohydrates: 16 g
- Sodium: 143 mg
- Fiber: 5 g
- Protein: 14 g
- Fat: 8 g
- Potassium: 413 g

Chef's Note: The pink salt enhances the natural fruit flavors while the spinach remains virtually undetectable. This bowl provides complete amino acids from protein powder and hemp seeds, plus potassium from banana to support proper electrolyte balance and muscle function.

Turkey and Veggie Breakfast Hash

Prep Time: 15 minutes | **Cook Time:** 20 minutes | **Servings:** 1

A hearty, one-pan breakfast that combines lean protein with colorful vegetables for sustained energy. The pink salt enhances the natural flavors of the vegetables while the paprika adds warmth, creating a satisfying meal that provides complete nutrition to fuel your morning.

Ingredients:

- 4 oz lean ground turkey (113 g)
- ½ large sweet potato, diced (150 g)
- ½ medium bell pepper, diced (75 g)
- ½ medium yellow onion, diced (75 g)
- 1 cup fresh spinach (30 g)
- 2 large eggs (100 g)
- ¼ teaspoon pink salt (1.5 g)
- ½ teaspoon paprika (1 g)
- 1½ tablespoons olive oil (22 ml)



Instructions:

1. Place a big cast iron or non-stick skillet over medium-high heat and warm 1 tablespoon olive oil.
2. Incorporate the diced sweet potato and cook for 8–10 minutes, occasionally stirring, until soft and lightly golden.
3. Add diced onion and bell pepper to the skillet. Simmer for 4–5 minutes until the vegetables become tender.
4. Slide the vegetables over to one side of the skillet. Add ground turkey to the empty space.
5. Season turkey with ¼ teaspoon pink salt and paprika. Cook for 5–6 minutes, breaking up with a spoon, until turkey is cooked through.
6. Mix turkey with vegetables in the skillet. Add spinach and remaining ¼ teaspoon pink salt.
7. Cook for 1–2 minutes until spinach wilts completely.
8. Create 2 wells in the hash mixture. Crack one egg into each well.
9. Drizzle remaining ½ tablespoon olive oil over the eggs.
10. Place a lid on the skillet and cook for 3–4 minutes until whites are set and yolks remain soft.
11. Serve immediately, directly from the skillet.

Nutritional Information (per serving):

- Calories: 243 kcal
- Carbohydrates: 14 g
- Sodium: 313 mg
- Fiber: 3 g
- Protein: 18 g
- Fat: 13 g
- Potassium: 463 mg

Chef's Note: The pink salt brings out the natural sweetness of the sweet potato while balancing the savory turkey. This hash provides complete protein, complex carbohydrates, and high potassium content to support energy levels and electrolyte balance throughout the morning.

Quinoa Breakfast Bowl

Prep Time: 10 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A warm, comforting breakfast bowl that transforms quinoa into a creamy, porridge-like base. The hint of pink salt enhances the vanilla and honey flavors while balancing the nuttiness of quinoa, creating a protein-rich alternative to traditional oatmeal that keeps you satisfied all morning.

Ingredients:

- ½ cup cooked quinoa, cooled (93 g)
- ⅓ cup unsweetened almond milk (80 ml)
- 2 tablespoons sliced almonds (15 g)
- ½ cup mixed fresh fruit, diced (75 g)
- ¼ cup plain Greek yogurt (60 g)
- 1½ tablespoons honey (32 g)
- 1/16 teaspoon pink salt (0.375 g)
- ½ teaspoon vanilla extract (2.5 ml)

Instructions:

1. Add cooked quinoa to a small saucepan with almond milk.
2. Heat over medium-low heat for 3–4 minutes, stirring frequently, until warmed through and creamy.
3. Take off the heat and stir in vanilla extract and pink salt until fully combined.
4. Use a small bowl to mix Greek yogurt with ½ tablespoon honey until smooth.
5. Pour warm quinoa mixture into a serving bowl.
6. Top with yogurt mixture.
7. Arrange fresh fruit over the yogurt.
8. Sprinkle sliced almonds over the serving.
9. Drizzle remaining 1 tablespoon honey over the bowl.
10. Serve immediately while quinoa is still warm.

Nutritional Information (per serving):

- Calories: 213 kcal
- Carbohydrates: 33 g
- Sodium: 123 mg
- Fiber: 4 g
- Protein: 8 g
- Fat: 6 g
- Potassium: 243 mg

Chef's Note: The pink salt enhances the natural sweetness without adding significant sodium, while quinoa provides complete protein with all essential amino acids. The combination of complex carbohydrates, protein, and healthy fats creates sustained energy release throughout the morning.



Chickpea Flour Omelet

Prep Time: 10 minutes | **Cook Time:** 8 minutes | **Servings:** 1

A plant-based protein powerhouse that mimics traditional eggs while providing fiber and nutrients. The pink salt enhances the savory flavors while turmeric adds color and anti-inflammatory benefits, creating a satisfying vegan breakfast that's both nutritious and delicious.

Ingredients:

- ½ cup chickpea flour (60 g)
- 5/8 cup water (150 ml)
- 1 tablespoon nutritional yeast (8 g)
- ¼ teaspoon turmeric (0.5 g)
- ¼ teaspoon pink salt (1.5 g)
- 2 oz mushrooms, sliced (57 g)
- ½ medium tomato, diced (75 g)
- 1 cup fresh spinach (30 g)
- 1½ tablespoons olive oil (22 ml)



Instructions:

1. Use a medium bowl to whisk together chickpea flour, water, nutritional yeast, turmeric, and ⅛ teaspoon pink salt until smooth. Let batter rest for 5 minutes.
2. Place a big non-stick pan over medium heat to warm ½ tablespoon olive oil.
3. Add sliced mushrooms and remaining ⅛ teaspoon pink salt. Sauté the mushrooms for 3–4 minutes until they release moisture and become golden brown.
4. Add the diced tomato and sauté for 2 minutes until softened.
5. Mix in the spinach and cook briefly for 1 minute until wilted. Remove vegetables from pan and set aside.
6. Place the same pan over medium heat to warm remaining 1 tablespoon olive oil.
7. Pour chickpea batter into the pan, tilting to spread evenly like a crepe.
8. Cook for 2–3 minutes until edges are set and bottom is golden brown.
9. Add cooked vegetables to one side of the omelet.
10. Gently fold the omelet over and slide it onto a plate.
11. Serve immediately while hot.

Nutritional Information (per serving):

- Calories: 193 kcal
- Carbohydrates: 18 g
- Sodium: 313 mg
- Fiber: 6 g
- Protein: 9 g
- Fat: 11 g
- Potassium: 393 mg

Chef's Note: The pink salt balances the earthy chickpea flour while nutritional yeast adds a cheese-like flavor. This omelet provides plant-based protein and high fiber content, supporting digestive health and sustained energy without any animal products.

Protein Chia Pudding

Prep Time: 10 minutes | **Cook Time:** 0 minutes (plus 4 hours chilling) | **Servings:** 1

A make-ahead breakfast that transforms tiny chia seeds into a creamy, pudding-like texture overnight. The pinch of pink salt enhances the vanilla and maple flavors while balancing the natural nuttiness, creating a protein-rich breakfast that's ready when you wake up.



Ingredients:

- 2 tablespoons chia seeds (20 g)
- ½ scoop vanilla protein powder (15 g)
- ¾ cup unsweetened almond milk (180 ml)
- ½ teaspoon vanilla extract (2.5 ml)
- 1 tablespoon pure maple syrup (20 ml)
- 1/16 teaspoon pink salt (0.375 g)
- ½ cup fresh mixed berries (75 g)
- 2 tablespoons chopped mixed nuts (15 g)

Instructions:

1. Use a medium bowl to whisk together protein powder and ¼ cup almond milk until completely smooth with no lumps.
2. Add remaining almond milk, vanilla extract, maple syrup, and pink salt to the bowl.
3. Whisk mixture thoroughly for 1 minute until well combined.
4. Add chia seeds and whisk vigorously for 2 minutes to prevent clumping.
5. Rest the mixture for 5 minutes, then whisk for a minute to break up seed clusters.
6. Pour mixture into a mason jar or container with lid.
7. Refrigerate, covered, for 4 hours or overnight until it thickens to a pudding-like consistency.
8. Before serving, stir pudding to ensure even consistency.
9. Top with fresh berries and chopped nuts.
10. Serve chilled directly from the container.

Nutritional Information (per serving):

- Calories: 158 kcal
- Carbohydrates: 14 g
- Sodium: 143 mg
- Fiber: 7 g
- Protein: 10 g
- Fat: 8 g
- Potassium: 213 mg

Chef's Note: The pink salt enhances the natural sweetness while chia seeds provide omega-3 fatty acids and exceptional fiber content. This pudding provides complete protein and can be made up to 3 days ahead, ideal for busy mornings.

Breakfast Quinoa Patties

Prep Time: 15 minutes | **Cook Time:** 12 minutes | **Servings:** 1

Crispy, protein-packed patties that combine the complete protein of quinoa with fiber-rich black beans. The pink salt enhances the cumin and cilantro flavors while creating golden, satisfying patties that pair perfectly with creamy avocado and fresh salsa.

Ingredients:

- $\frac{3}{4}$ cup cooked quinoa, cooled (140 g)
- 1 large egg (50 g)
- $\frac{1}{4}$ cup black beans, drained and rinsed (43 g)
- 3 tablespoons corn kernels (28 g)
- $1\frac{1}{2}$ tablespoons fresh cilantro, chopped (6 g)
- $\frac{1}{2}$ teaspoon ground cumin (1 g)
- $\frac{1}{4}$ teaspoon pink salt (1.5 g)
- $\frac{1}{2}$ medium avocado, sliced (70 g)
- $\frac{1}{4}$ cup fresh salsa (60 g)
- $1\frac{1}{2}$ tablespoons olive oil (22 ml)

Instructions:

1. In a large bowl, lightly mash half of the black beans with a fork, leaving the rest whole.
2. Add cooked quinoa, egg, corn, cilantro, cumin, and pink salt to the bowl.
3. Combine ingredients thoroughly until the mixture is cohesive and sticks when pressed.
4. Rest the mixture for 5 minutes to allow the quinoa to fully absorb the moisture.
5. Form mixture into 3 equal patties, pressing firmly to compact.
6. Place a big non-stick skillet over medium heat to warm olive oil.
7. Carefully place patties in the skillet.
8. Cook for 3–4 minutes until golden brown and crispy on the bottom.
9. Flip patties carefully and cook for another 3–4 minutes until second side is golden.
10. Remove patties from skillet.
11. Serve patties topped with sliced avocado and fresh salsa.

Nutritional Information (per serving):

- Calories: 243 kcal
- Carbohydrates: 26 g
- Sodium: 343 mg
- Fiber: 8 g
- Protein: 9 g
- Fat: 13 g
- Potassium: 463 mg

Chef's Note: The pink salt brings out the earthy quinoa and cumin flavors while the black beans add plant-based protein and fiber. These patties contain all essential amino acids and can be prepared in advance and reheated, ideal for meal prep.



Tofu Scramble with Vegetables

Prep Time: 12 minutes | **Cook Time:** 10 minutes | **Servings:** 1

A plant-based alternative to scrambled eggs that's packed with protein and colorful vegetables. The pink salt enhances the savory flavors while turmeric provides the classic golden color, creating a satisfying vegan breakfast that's both nutritious and delicious.

Ingredients:

- 7 oz firm tofu, drained (200 g)
- $1\frac{1}{2}$ tablespoons nutritional yeast (12 g)
- $\frac{1}{4}$ teaspoon turmeric (0.5 g)
- $\frac{1}{4}$ teaspoon pink salt (1.5 g)
- $\frac{1}{2}$ medium bell pepper, diced (75 g)
- 2 oz mushrooms, sliced (57 g)
- 1 cup fresh spinach (30 g)
- $\frac{1}{2}$ medium yellow onion, diced (75 g)
- $1\frac{1}{2}$ tablespoons olive oil (22 ml)



Instructions:

1. Press tofu between paper towels to remove excess water, then crumble into bite-sized pieces with your hands.
2. In a small bowl, mix nutritional yeast, turmeric, and pink salt together.
3. Place a big non-stick skillet over medium-high heat to warm 1 tablespoon olive oil.
4. Cook the diced onion for around 3–4 minutes until it becomes soft and translucent.
5. Combine bell pepper and mushrooms in the skillet and cook for around 4–5 minutes until tender.
6. Place crumbled tofu in the skillet and cook 2–3 minutes while stirring gently.
7. Sprinkle the nutritional yeast mixture over the tofu and vegetables.
8. Stir gently to coat everything evenly and cook for 2 minutes.
9. Add spinach and remaining ½ tablespoon olive oil to the skillet.
10. Cook for 1–2 minutes until spinach wilts completely.
11. Serve immediately while hot.

Nutritional Information (per serving):

- Calories: 193 kcal
- Carbohydrates: 9 g
- Sodium: 313 mg
- Fiber: 4 g
- Protein: 12 g
- Fat: 13 g
- Potassium: 393 mg

Chef's Note: The pink salt balances the earthy tofu while nutritional yeast adds a cheese-like umami flavor. This scramble provides complete plant-based protein and is rich in B-vitamins, making it an excellent vegan breakfast option that supports sustained energy.

High-Protein Overnight Oats

Prep Time: 8 minutes | **Cook Time:** 0 minutes (plus overnight chilling) | **Servings:** 1

A creamy, protein-rich breakfast that prepares itself while you sleep. The pinch of pink salt enhances the peanut butter and banana flavors while balancing the natural sweetness, creating a satisfying make-ahead meal that's ready to grab and go.

Ingredients:

- ½ cup rolled oats (40 g)
- ¼ cup plain Greek yogurt (60 g)
- ½ scoop vanilla protein powder (15 g)
- ½ cup unsweetened almond milk (120 ml)
- 1 tablespoon chia seeds (12 g)
- 1/16 teaspoon pink salt (0.375 g)
- 1½ tablespoons natural peanut butter (24 g)
- ½ large banana, sliced (60 g)



Instructions:

1. Use a medium bowl to whisk together protein powder and ¼ cup almond milk until completely smooth.
2. Add Greek yogurt, remaining almond milk, and pink salt to the bowl. Whisk until well combined.
3. Stir in rolled oats and chia seeds, mixing thoroughly to ensure even distribution.
4. Add 1 tablespoon peanut butter and mix until evenly incorporated throughout the mixture.
5. Pour mixture into a mason jar or container with tight-fitting lid.
6. Cover and chill overnight or for at least 6 hours until the oats are soft and creamy.
7. Before serving, stir oats to ensure even consistency.
8. Top with sliced banana.
9. Drizzle remaining ½ tablespoon peanut butter over the serving.
10. Serve chilled directly from the container or transfer to a bowl.

Nutritional Information (per serving):

- Calories: 233 kcal
- Carbohydrates: 24 g
- Sodium: 143 mg
- Fiber: 6 g
- Protein: 14 g
- Fat: 10 g
- Potassium: 343 mg

Chef's Note: The pink salt enhances the natural peanut butter flavor while the combination of oats, Greek yogurt, and protein powder delivers exceptional protein content. This breakfast offers lasting energy and can be made up to 3 days ahead, perfect for meal prep.

Light Soups & Fresh Salads

Fresh, flavorful recipes perfect for a light and refreshing meal



Roasted Tomato Basil Soup

Prep Time: 15 minutes | **Cook Time:** 45 minutes | **Servings:** 1

A rich, velvety soup that transforms fresh tomatoes into liquid comfort. The pink salt enhances the natural sweetness of roasted tomatoes while the coconut milk adds creaminess, creating a satisfying soup that's both nourishing and deeply flavorful.

Ingredients:

- 1 lb fresh Roma tomatoes, halved (450 g)
- ¼ cup fresh basil leaves (15 g)
- 2 cloves garlic, peeled (6 g)
- ½ medium yellow onion, quartered (75 g)
- 1 cup vegetable broth (240 ml)
- ¼ cup canned coconut milk (60 ml)
- ⅓ teaspoon pink salt (2.25 g)
- ⅛ teaspoon black pepper (0.25 g)
- 1½ tablespoons olive oil (22 ml)

Instructions:

1. Preheat oven to 425°F (220°C).
2. Place halved tomatoes, quartered onion, and garlic cloves on a large baking sheet.
3. Top with olive oil and sprinkle with ¼ teaspoon of pink salt and some black pepper.
4. Toss vegetables to coat evenly with oil and seasonings.
5. Cook in the oven for 30–35 minutes until tomatoes are caramelized and onions are golden brown.
6. Take out of the oven and let sit for 5 minutes to cool.
7. Transfer roasted vegetables to a blender with 2 tablespoons fresh basil leaves.
8. Stir in ½ cup vegetable broth and blend for about a minute until creamy and smooth.
9. Pour mixture into a large saucepan and add remaining vegetable broth.
10. Heat over medium until it simmers, then cook for 5 minutes.
11. Stir in coconut milk and remaining pink salt.
12. Simmer for 2–3 minutes until heated through.
13. Garnish with remaining fresh basil leaves before serving.

Nutritional Information (per serving):

- Calories: 143 kcal
- Protein: 3 g
- Carbohydrates: 14 g
- Fat: 9 g
- Sodium: 463 mg
- Potassium: 443 mg
- Fiber: 4 g

Chef's Note: The pink salt intensifies the roasted tomato flavors while the coconut milk provides richness without dairy. This soup is rich in lycopene from tomatoes and provides excellent potassium content, supporting heart health and proper electrolyte balance.



Pink Salt Cucumber Gazpacho

Prep Time: 15 minutes | **Cook Time:** 0 minutes (plus 2 hours chilling) | **Servings:** 1

A refreshing, chilled soup that's perfect for hot days or light meals. The pink salt enhances the cucumber's natural freshness while balancing the tangy yogurt and bright herbs, creating a cooling soup that's both hydrating and satisfying.

Ingredients:

- 1½ large cucumbers, peeled and chopped (450 g)
- ¼ cup plain Greek yogurt (60 g)
- 2 tablespoons fresh mint leaves (8 g)
- 1½ tablespoons fresh lemon juice (22 ml)
- 1 clove garlic, minced (3 g)
- ⅓ teaspoon pink salt (2.25 g)
- 1½ tablespoons extra virgin olive oil (22 ml)
- 1 tablespoon fresh dill, chopped (4 g)

Instructions:

1. Reserve ¼ cup diced cucumber for garnish and set aside.
2. Add remaining cucumbers, Greek yogurt, mint leaves, lemon juice, garlic, and pink salt to a blender.
3. Process at high speed for 60–90 seconds until the mixture is completely smooth.
4. With blender running, slowly drizzle in 1 tablespoon olive oil until well incorporated.
5. Taste and adjust seasoning with additional pink salt or lemon juice if needed.
6. Store the gazpacho in a covered container in the fridge for at least 2 hours to chill.
7. Before serving, stir gazpacho and check its consistency. Add cold water if too thick.
8. Pour gazpacho into a chilled bowl.
9. Garnish with reserved diced cucumber and fresh dill.
10. Pour the last ½ tablespoon of olive oil over the serving.
11. Serve immediately while cold.

Nutritional Information (per serving):

- Calories: 123 kcal
- Carbohydrates: 9 g
- Sodium: 443 mg
- Fiber: 2 g
- Protein: 4 g
- Fat: 9 g
- Potassium: 343 mg

Chef's Note: The pink salt brings out the cucumber's subtle flavor while the Greek yogurt adds protein and creaminess. This gazpacho is naturally hydrating and provides potassium to help balance electrolytes, making it perfect for hot weather or post-workout recovery.



Lemon Herb Chicken Broth

Prep Time: 10 minutes | **Cook Time:** 15 minutes | **Servings:** 1

A light, nourishing soup that combines the comfort of chicken broth with bright citrus and fresh herbs. The pink salt enhances the natural chicken flavors while the lemon zest adds brightness, creating a healing soup that's both satisfying and gentle on the digestive system.

Ingredients:

- 2 cups low-sodium chicken broth (480 ml)
- ½ cup cooked chicken breast, shredded (70 g)
- 1 tablespoon fresh parsley, chopped (4 g)
- ½ tablespoon fresh thyme leaves (2 g)
- 1 teaspoon fresh lemon zest (2 g)
- 1 medium carrot, diced (60 g)
- 1 celery stalk, diced (50 g)
- ¼ teaspoon pink salt (1.5 g)
- 1 tablespoon fresh lemon juice (15 ml)



Instructions:

1. Warm the chicken broth in a big saucepan over medium-high heat until it reaches a simmer.
2. Add diced carrot and celery to the broth.
3. Cook over low heat for 8–10 minutes until vegetables are tender with a slight bite.
4. Drop shredded chicken in the pot and cook for 2–3 minutes until heated through.
5. Stir in fresh parsley, thyme, and lemon zest.
6. Season with pink salt and simmer for 1 minute to blend flavors.
7. Take the pot off the heat and add fresh lemon juice, stirring to combine.
8. Taste and adjust seasoning with additional pink salt if needed.
9. Ladle soup into a bowl.
10. Garnish with additional fresh herbs if desired.
11. Serve immediately while hot.

Nutritional Information (per serving):

- Calories: 93 kcal
- Carbohydrates: 6 g
- Sodium: 413 mg
- Fiber: 2 g
- Protein: 11 g
- Fat: 3 g
- Potassium: 243 mg

Chef's Note: The pink salt balances the bright lemon flavors while allowing the herbs to shine. This broth provides lean protein and is naturally low in calories, making it perfect for light meals or when recovering from illness. The fresh herbs add antioxidants and anti-inflammatory compounds.

Asian-Style Miso Vegetable Soup

Prep Time: 12 minutes | **Cook Time:** 10 minutes | **Servings:** 1

A warming, umami-rich soup that combines traditional Japanese flavors with nutritious vegetables. The pink salt balances the salty-sweet miso while enhancing the earthy mushrooms, creating a light yet satisfying soup that's both comforting and nourishing.

Ingredients:

- 1½ tablespoons white miso paste (27 g)
- 2 oz shiitake mushrooms, sliced (57 g)
- 1 head baby bok choy, chopped (100 g)
- 1 ½ green onions, sliced (15 g)
- ½ tablespoon fresh ginger, minced (7 g)
- 3 oz firm tofu, cubed (85 g)
- 1 tablespoon dried wakame seaweed (4 g)
- ⅓ teaspoon pink salt (0.75 g)
- 2 cups water (480 ml)



Instructions:

1. Soak dried wakame seaweed in warm water for 5 minutes until rehydrated. Drain and set aside.
2. Heat 2 cups water in a large saucepan over medium-high heat until simmering.
3. Add sliced mushrooms and minced ginger to the simmering water.
4. Cook for 3–4 minutes until mushrooms are tender.
5. Use a small bowl to whisk miso paste with ¼ cup of the hot broth until smooth.
6. Add miso mixture back to the saucepan and stir to combine.
7. Add cubed tofu and rehydrated seaweed to the soup.
8. Let the tofu simmer for 2–3 minutes until fully warmed.
9. Add chopped bok choy and pink salt to the soup.
10. Cook the bok choy for 1–2 minutes until wilted but retaining its bright color.
11. Take the pan off the heat and stir in the green onions.
12. Serve immediately in a bowl while hot.

Nutritional Information (per serving):

- Calories: 83 kcal
- Carbohydrates: 8 g
- Sodium: 643 mg
- Fiber: 3 g
- Protein: 7 g
- Fat: 4 g
- Potassium: 293 mg

Chef's Note: The pink salt enhances the complex umami flavors without competing with the miso's natural saltiness. This soup provides complete plant-based protein from tofu and is rich in minerals from seaweed, supporting thyroid function and overall health.

Zucchini Mint Soup

Prep Time: 10 minutes | **Cook Time:** 20 minutes | **Servings:** 1

A light, refreshing soup that celebrates the delicate flavor of zucchini with bright mint. The pink salt enhances the vegetable's natural sweetness while the coconut cream adds richness, creating a cooling soup that's perfect for warm weather or as a gentle digestive aid.

Ingredients:

- 1½ medium zucchini, chopped (300 g)
- 3 tablespoons fresh mint leaves (10 g)
- 1½ cups vegetable broth (360 ml)
- ½ medium yellow onion, diced (75 g)
- 1½ cloves garlic, minced (4 g)
- 3 tablespoons coconut cream (40 ml)
- ⅓ teaspoon pink salt (2.25 g)
- 1 tablespoon fresh lime juice (15 ml)
- 1 tablespoon olive oil (15 ml)

Instructions:

1. Place a big saucepan over medium heat to warm olive oil.
2. Sauté the onion for 4–5 minutes until it becomes tender and translucent.
3. Drop in the minced garlic and cook for 1 minute until fragrant.
4. Add chopped zucchini and ¼ teaspoon pink salt to the pan.
5. Cook for 5–6 minutes, stirring occasionally, until zucchini begins to soften.
6. Add the vegetable broth and heat until boiling.
7. Turn the heat down and simmer for 8–10 minutes until the zucchini is soft and tender.
8. Take off the heat and stir in 2 tablespoons of fresh mint leaves.
9. With an immersion blender, process the soup until fully smooth and creamy.
10. Stir in coconut cream, remaining pink salt, and lime juice.
11. Taste and adjust seasoning if needed.
12. Serve hot, garnished with remaining fresh mint leaves.

Nutritional Information (per serving):

- Calories: 93 kcal
- Carbohydrates: 9 g
- Sodium: 563 mg
- Fiber: 2 g
- Protein: 3 g
- Fat: 6 g
- Potassium: 393 mg

Chef's Note: The pink salt brings out the subtle zucchini flavor while the mint provides a cooling effect that aids digestion. This soup is naturally low in calories and high in potassium, making it excellent for hydration and electrolyte balance.



Spiced Carrot Ginger Soup

Prep Time: 12 minutes | **Cook Time:** 25 minutes | **Servings:** 1

A warming, anti-inflammatory soup that combines sweet carrots with aromatic spices. The pink salt enhances the natural sweetness of carrots while balancing the warming ginger and turmeric, creating a nourishing soup that's both comforting and healing.

Ingredients:

- 1 lb carrots, peeled and chopped (450 g)
- 1 tablespoon fresh ginger, minced (15 g)
- ½ cup canned coconut milk (120 ml)
- 1½ cups vegetable broth (360 ml)
- ½ teaspoon turmeric (1 g)
- ¼ teaspoon ground cumin (0.5 g)
- ⅓ teaspoon pink salt (2.25 g)
- 2 tablespoons fresh cilantro, chopped (8 g)
- 1 tablespoon olive oil (15 ml)



Instructions:

1. Place a big saucepan over medium heat to warm olive oil.
2. Cook the minced ginger for 1 minute until aromatic.
3. Add chopped carrots, turmeric, cumin, and ¼ teaspoon pink salt.
4. Stir to coat carrots with spices and cook for 3–4 minutes.
5. Add the broth and heat until it reaches a boil.
6. Turn the heat down to medium-low and simmer for 18–20 minutes until carrots are very soft.
7. Take the pan off the heat and let it cool slightly for 2–3 minutes.
8. Blend the soup on high with an immersion blender until smooth and creamy.
9. Stir in coconut milk and remaining pink salt.
10. Return to low heat and simmer for 2–3 minutes until heated through.
11. Taste and adjust seasoning if needed.
12. Serve hot, garnished with fresh cilantro.

Nutritional Information (per serving):

- Calories: 163 kcal
- Carbohydrates: 18 g
- Sodium: 543 mg
- Fiber: 5 g
- Protein: 3 g
- Fat: 10 g
- Potassium: 493 g

Chef's Note: The pink salt balances the sweet carrots and warming spices while the ginger and turmeric provide anti-inflammatory benefits. This soup is rich in beta-carotene and fiber, supporting immune function and digestive health.

Mediterranean Chickpea Salad

Prep Time: 15 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A vibrant, protein-packed salad that captures the fresh flavors of the Mediterranean. The pink salt enhances the tangy feta and bright vegetables while balancing the rich olive oil, creating a satisfying salad that's both nutritious and deeply flavorful.

Ingredients:

- ¾ cup canned chickpeas, drained and rinsed (128 g)
- ½ large cucumber, diced (100 g)
- ½ cup cherry tomatoes, halved (75 g)
- 2 tablespoons red onion, thinly sliced (20 g)
- 1½ oz feta cheese, crumbled (43 g)
- 3 tablespoons Kalamata olives, pitted and halved (25 g)
- 1½ tablespoons extra virgin olive oil (23 ml)
- 1 tablespoon fresh lemon juice (15 ml)
- ¼ teaspoon pink salt (1.5 g)
- ½ teaspoon dried oregano (0.5 g)



Instructions:

1. In a large mixing bowl, combine drained chickpeas, diced cucumber, and halved cherry tomatoes.
2. Add thinly sliced red onion and halved olives to the bowl.
3. Use a small bowl to whisk together olive oil, lemon juice, pink salt, and oregano until well combined.
4. Coat all ingredients by pouring the dressing over the chickpea mixture and tossing lightly.
5. Add crumbled feta cheese and gently fold into the salad.
6. Let salad sit for 10 minutes at room temperature to allow flavors to meld.
7. Toss once more before serving.
8. Serve immediately at room temperature or chilled.
9. Keep leftovers covered in the fridge for up to 2 days.

Nutritional Information (per serving):

- Calories: 243 kcal
- Carbohydrates: 21 g
- Sodium: 593 mg
- Fiber: 6 g
- Protein: 10 g
- Fat: 14 g
- Potassium: 343 mg

Chef's Note: The pink salt brings out the natural flavors of the vegetables while complementing the briny feta and olives. This salad provides complete plant-based protein from chickpeas and healthy monounsaturated fats from olive oil, making it a satisfying and heart-healthy meal.

Quinoa Rainbow Salad

Prep Time: 20 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A colorful, nutrient-dense salad that combines complete protein quinoa with vibrant vegetables. The pink salt in the lime vinaigrette brings out the peppers' natural sweetness and balances the tangy lime, resulting in a fresh, nutritious, and visually appealing salad.

Ingredients:

- $\frac{3}{4}$ cup cooked quinoa, cooled (140 g)
- $\frac{1}{4}$ medium red bell pepper, diced (38 g)
- $\frac{1}{4}$ medium yellow bell pepper, diced (38 g)
- $\frac{1}{4}$ medium orange bell pepper, diced (38 g)
- $\frac{1}{2}$ cup purple cabbage, thinly sliced (35 g)
- $\frac{1}{4}$ cup shelled edamame, cooked (38 g)
- 1 tablespoon sesame seeds (8 g)
- $1\frac{1}{2}$ tablespoons fresh lime juice (23 ml)
- $1\frac{1}{2}$ tablespoons olive oil (23 ml)
- $\frac{1}{4}$ teaspoon pink salt (1.5 g)
- $\frac{1}{2}$ tablespoon honey (11 g)



Instructions:

1. Combine the cooled quinoa and diced bell peppers (red, yellow, and orange) in a large mixing bowl.
2. Add thinly sliced purple cabbage and cooked edamame to the bowl.
3. Whisk together lime juice, olive oil, pink salt, and honey in a small bowl until well blended.
4. Pour lime vinaigrette over the quinoa mixture and toss thoroughly to coat all ingredients.
5. Let salad sit for 5 minutes to allow flavors to meld.
6. Toss the salad gently after sprinkling sesame seeds on top.
7. Taste and adjust seasoning with additional pink salt or lime juice if needed.
8. Serve immediately at room temperature.
9. Refrigerate leftovers, covered, for a maximum of 3 days.

Nutritional Information (per serving):

- Calories: 213 kcal
- Carbohydrates: 26 g
- Sodium: 313 mg
- Fiber: 5 g
- Protein: 7 g
- Fat: 10 g
- Potassium: 343 mg

Chef's Note: The pink salt in the vinaigrette enhances the natural sweetness of the colorful peppers while quinoa provides all essential amino acids. This salad is rich in antioxidants from the variety of colorful vegetables and provides sustained energy from complex carbohydrates.

Arugula Pear Walnut Salad

Prep Time: 12 minutes | **Cook Time:** 0 minutes | **Servings:** 1

An elegant salad that balances peppery arugula with sweet pears and creamy goat cheese. The pink salt in the honey balsamic dressing enhances the fruit's natural sweetness while complementing the rich walnuts, creating a sophisticated salad that's both refreshing and satisfying.

Ingredients:

- 2 cups fresh arugula (60 g)
- 1 medium ripe pear, thinly sliced (150 g)
- $\frac{1}{4}$ cup walnuts, roughly chopped (30 g)
- $1\frac{1}{2}$ oz goat cheese, crumbled (43 g)
- 1 tablespoon balsamic vinegar (15 ml)
- $1\frac{1}{2}$ tablespoons extra virgin olive oil (23 ml)
- $\frac{1}{2}$ tablespoon honey (11 g)
- $\frac{1}{8}$ teaspoon pink salt (0.75 g)



Instructions:

1. Wash and dry arugula thoroughly, then place it in a large salad bowl.
2. Core pear and slice thinly, leaving skin on for added fiber and color.
3. Use a small bowl to whisk together balsamic vinegar, olive oil, honey, and pink salt until well emulsified.
4. Add sliced pear to the arugula and toss gently.
5. Toss the salad with half of the dressing until evenly coated.
6. Add crumbled goat cheese and chopped walnuts to the salad.
7. Drizzle remaining dressing over the top.
8. Stir carefully so the goat cheese doesn't break up.
9. Serve immediately to prevent arugula from wilting.

Nutritional Information (per serving):

- Calories: 233 kcal
- Carbohydrates: 18 g
- Sodium: 193 mg
- Fiber: 4 g
- Protein: 8 g
- Fat: 16 g
- Potassium: 293 mg

Chef's Note: The pink salt balances the sweet honey and tart balsamic while enhancing the pear's natural flavor. This salad provides healthy omega-3 fats from walnuts and calcium from goat cheese, supporting heart and bone health while delivering antioxidants from the colorful ingredients.

Asian Cabbage Crunch Salad

Prep Time: 15 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A crisp, refreshing salad with bold Asian flavors and satisfying crunch. The pink salt in the ginger dressing enhances the natural sweetness of the vegetables while balancing the tangy rice vinegar, creating a light yet satisfying salad that's perfect as a side or light meal.

Ingredients:

- 2 cups Napa cabbage, thinly sliced (140 g)
- 1 medium carrot, julienned (60 g)
- ½ medium red bell pepper, thinly sliced (75 g)
- 3 tablespoons sliced almonds (20 g)
- 1 tablespoon sesame oil (15 ml)
- 1½ tablespoons rice vinegar (23 ml)
- ½ tablespoon fresh ginger, minced (8 g)
- ¼ teaspoon pink salt (1.5 g)
- 2 tablespoons fresh cilantro, chopped (8 g)
- ½ tablespoon honey (11 g)



Instructions:

1. Combine the Napa cabbage and julienned carrot in a big mixing bowl.
2. Place the sliced red bell pepper into the bowl.
3. Use a small bowl to whisk together sesame oil, rice vinegar, minced ginger, pink salt, and honey until well combined.
4. Dress the cabbage mixture with dressing and toss thoroughly to coat all vegetables.
5. Let salad sit for 5 minutes to allow cabbage to soften slightly and flavors to meld.
6. Add chopped cilantro and toss gently to distribute.
7. Sprinkle sliced almonds over the salad just before serving.
8. Toss once more to incorporate almonds.
9. Serve immediately while vegetables are still crisp.

Nutritional Information (per serving):

- Calories: 123 kcal
- Carbohydrates: 13 g
- Sodium: 313 mg
- Fiber: 3 g
- Protein: 3 g
- Fat: 8 g
- Potassium: 293 mg

Chef's Note: The pink salt enhances the ginger's warmth while balancing the sweet and tangy dressing. This salad is rich in vitamin C from cabbage and bell peppers, plus it provides healthy fats from sesame oil and almonds, supporting immune function and heart health.

Watermelon Feta Summer Salad

Prep Time: 10 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A refreshing salad that pairs juicy watermelon with tangy feta and aromatic mint. The pink salt enhances the watermelon's natural sweetness while balancing the tangy cheese, creating a hydrating and satisfying salad that's perfect for hot weather.



Ingredients:

- 2 cups watermelon, cubed and seeded (300 g)
- 2 oz feta cheese, crumbled (57 g)
- 2 tablespoons fresh mint leaves, chopped (8 g)
- 1 tablespoon fresh lime juice (15 ml)
- 1 tablespoon red onion, thinly sliced (10 g)
- 1 tablespoon extra virgin olive oil (15 ml)
- $\frac{1}{8}$ teaspoon pink salt (0.75 g)
- $\frac{1}{16}$ teaspoon black pepper (0.15 g)

Instructions:

1. Cut watermelon into 1-inch cubes, removing seeds and rind completely.
2. Place cubed watermelon in a large mixing bowl.
3. Add thinly sliced red onion to the watermelon.
4. Use a small bowl to whisk together lime juice, olive oil, pink salt, and black pepper until well combined.
5. Toss the watermelon with the dressing until evenly coated.
6. Fold in the crumbled feta, being careful not to break it apart.
7. Sprinkle chopped mint leaves over the salad.
8. Toss very gently to distribute mint without crushing the watermelon.
9. Let salad sit for 5 minutes to allow flavors to meld.
10. Serve immediately while watermelon is still crisp and cold.

Nutritional Information (per serving):

- Calories: 143 kcal
- Protein: 6 g
- Carbohydrates: 13 g
- Fat: 9 g
- Sodium: 343 mg
- Potassium: 243 mg
- Fiber: 1 g

Chef's Note: The pink salt intensifies the watermelon's sweetness while complementing the briny feta cheese. This salad is naturally hydrating and provides lycopene from watermelon plus calcium from feta, making it perfect for summer hydration and bone health support.

Kale Caesar with Chickpea Croutons

Prep Time: 20 minutes | **Cook Time:** 25 minutes | **Servings:** 1

A nutritious twist on the classic Caesar salad featuring massaged kale and protein-rich chickpea croutons. The pink salt in the dressing enhances the umami flavors while balancing the tangy lemon and sharp parmesan, creating a satisfying salad that's both healthy and indulgent.



Ingredients:

- 3 cups fresh kale, stems removed and chopped (90 g)
- ½ cup canned chickpeas, drained and rinsed (85 g)
- 1 oz parmesan cheese, grated (30 g)
- 1½ tablespoons fresh lemon juice (23 ml)
- 2 tablespoons extra virgin olive oil (30 ml)
- 1 clove garlic, minced (3 g)
- 1 anchovy fillet, minced (3 g)
- ¼ teaspoon pink salt (1.5 g)
- ⅛ teaspoon black pepper (0.25 g)

Instructions:

1. Preheat oven to 400°F (200°C).
2. Pat chickpeas dry with paper towels and toss with ½ tablespoon olive oil and ⅛ teaspoon pink salt.
3. Arrange chickpeas on a baking sheet and cook for 20–25 minutes until crispy and golden brown.
4. Put chopped kale in a large mixing bowl and drizzle with ½ tablespoon olive oil.
5. Massage kale with your hands for 2–3 minutes until leaves soften and turn darker green.
6. Use a small bowl to whisk together lemon juice, remaining 1 tablespoon olive oil, minced garlic, minced anchovy, and remaining ⅛ teaspoon pink salt.
7. Add black pepper to the dressing and whisk until well combined.
8. Pour dressing over massaged kale and toss thoroughly to coat.
9. Add half of the grated parmesan and toss to distribute.
10. Top salad with roasted chickpeas and remaining parmesan.
11. Serve immediately.

Nutritional Information (per serving):

- Calories: 213 kcal
- Protein: 10 g
- Carbohydrates: 16 g
- Fat: 13 g
- Sodium: 443 mg
- Potassium: 393 mg
- Fiber: 5 g

Chef's Note: The pink salt enhances the complex umami flavors from anchovies and parmesan, while the massaged kale becomes tender and more digestible. This salad provides exceptional vitamin K, folate, and plant-based protein, supporting bone health and sustained energy.

Hearty Lunches

Wholesome, filling dishes that provide lasting comfort and nourishment



Stuffed Bell Peppers with Ground Beef

Prep Time: 20 minutes | **Cook Time:** 50 minutes | **Servings:** 1

Classic comfort food reimaged with wholesome ingredients and balanced nutrition. The pink salt enhances the savory beef filling while complementing the natural sweetness of roasted bell peppers, creating a satisfying meal that combines lean protein, whole grains, and vegetables in one delicious package.

Ingredients:

- 1 large bell pepper, any color (150 g)
- 3 oz lean ground beef, 90% lean (85 g)
- ¼ cup cooked brown rice (47 g)
- ½ small yellow onion, diced (50 g)
- 1 clove garlic, minced (3 g)
- ¼ cup canned diced tomatoes, drained (60 g)
- ¼ cup part-skim mozzarella cheese, shredded (30 g)
- 1 tablespoon extra virgin olive oil (15 ml)
- 2 tablespoons low-sodium beef broth (30 ml)
- ³/₈ teaspoon pink salt (2.25 g)
- ¹/₈ teaspoon black pepper (0.25 g)
- ¹/₄ teaspoon dried oregano (0.5 g)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Trim the top off the bell pepper and clear out the seeds and membranes.
3. If pepper doesn't stand upright, trim a small slice from the bottom.
4. Place pepper in a small baking dish and set aside.
5. Set a medium skillet over moderate heat to warm olive oil.
6. Sauté diced onion for 4–5 minutes until softened.
7. Include the minced garlic and cook for around 1 minute until fragrant.
8. Add ground beef, breaking it up with a wooden spoon.
9. Cook beef for 6–8 minutes until browned and no longer pink.
10. Add diced tomatoes, cooked brown rice, pink salt, black pepper, and oregano.
11. Stir in beef broth and cook for 2–3 minutes until liquid is absorbed.
12. Remove from heat and stir in half of the mozzarella cheese.
13. Fill the bell pepper with the beef mixture.
14. Foil-cover the baking dish and bake for 35–40 minutes.
15. Remove foil, top pepper with remaining mozzarella cheese.
16. Remove foil and then bake 10 more minutes, until the cheese has melted and peppers are tender.
17. Let cool for 5 minutes before serving.

Nutritional Information (per serving):

- Calories: 425 kcal
- Protein: 28 g
- Carbohydrates: 32 g
- Fat: 21 g
- Sodium: 895 mg
- Potassium: 1,165 mg
- Fiber: 6 g

Chef's Note: The pink salt brings out the umami richness of the beef while balancing the sweetness of the roasted pepper. This dish provides complete nutrition with lean protein, complex carbohydrates from brown rice, and abundant vitamins A and C from the colorful bell pepper, supporting immune function and sustained energy.



Turkey and White Bean Chili

Prep Time: 15 minutes | **Cook Time:** 45 minutes | **Servings:** 1

A hearty and protein-rich chili that combines lean ground turkey with creamy white beans and aromatic spices. The pink salt enhances the depth of flavors from cumin and chili powder while balancing the acidity of tomatoes, creating a comforting bowl that's both satisfying and nutritious for any season.

Ingredients:

- 4 oz ground turkey, 93% lean (115 g)
- ½ cup canned white beans, drained and rinsed (85 g)
- ½ cup canned diced tomatoes with juice (120 g)
- ½ medium bell pepper, diced (75 g)
- ½ medium yellow onion, diced (75 g)
- 1 clove garlic, minced (3 g)
- 1 tablespoon extra virgin olive oil (15 ml)
- ½ cup low-sodium chicken broth (120 ml)
- ½ teaspoon ground cumin (1 g)
- ½ teaspoon chili powder (1 g)
- ¾ teaspoon pink salt (2.25 g)
- ⅛ teaspoon black pepper (0.25 g)
- 2 tablespoons fresh cilantro, chopped (7 g)

Instructions:

1. Set a medium pot over moderate heat to warm olive oil.
2. Drop in the diced onion and bell pepper, cook for 5–6 minutes until softened.
3. Add minced garlic and cook for around 1 minute until it releases its aroma.
4. Incorporate the ground turkey, breaking it up with a wooden spoon as you stir.
5. Cook turkey for 6–8 minutes until no longer pink and lightly browned.
6. Add cumin, chili powder, pink salt, and black pepper, stirring for 30 seconds.
7. Add diced tomatoes with juice, white beans, and chicken broth.
8. Once boiling, turn the heat down to low.
9. Simmer with the lid on for 25–30 minutes, stirring occasionally.
10. If chili becomes too thick, add 1–2 tablespoons more broth.
11. Taste and adjust seasoning if needed.
12. Off heat, stir in chopped cilantro.
13. Serve hot in a bowl.

Nutritional Information (per serving):

- Calories: 395 kcal
- Protein: 32 g
- Carbohydrates: 28 g
- Fat: 18 g
- Sodium: 925 mg
- Potassium: 1,285 mg
- Fiber: 9 g

Chef's Note: The pink salt amplifies the warm spices while the lean turkey provides high-quality protein with less saturated fat than beef. Packed with fiber and plant protein, white beans deliver a complete amino acid profile to support muscles and prolong satiety.



Lentil Walnut Bolognese with Zucchini Noodles

Prep Time: 25 minutes | **Cook Time:** 35 minutes | **Servings:** 1

A plant-based twist on the classic Italian favorite that's rich in protein and fiber. The pink salt enhances the earthy lentils and toasted walnuts while balancing the acidity of marinara sauce, creating a hearty and satisfying meal that proves vegetarian dishes can be just as comforting as traditional meat-based recipes.

Ingredients:

- 1 medium zucchini (200 g)
- ¾ cup dried green lentils (75 g)
- ¼ cup walnuts, finely chopped (30 g)
- ½ cup marinara sauce, low-sodium (120 g)
- ½ medium carrot, finely diced (40 g)
- 1 celery stalk, finely diced (40 g)
- ½ medium yellow onion, finely diced (75 g)
- 1½ cloves garlic, minced (4.5 g)
- 1½ tablespoons extra virgin olive oil (22 ml)
- ¾ cup vegetable broth, low-sodium (180 ml)
- ¾ teaspoon pink salt (2.25 g)
- ⅛ teaspoon black pepper (0.25 g)



- 1 tablespoon fresh basil, chopped (3 g)
- ½ tablespoon tomato paste (7 g)

Instructions:

1. Rinse lentils in cold water and drain well.
2. Create zucchini noodles with a spiralizer or vegetable peeler; set aside.
3. Place a medium pot over medium heat to warm 1 tablespoon olive oil.
4. Add diced onion, carrot, and celery, cook for 6-8 minutes until softened.
5. Toss in garlic and sauté briefly, about 1 minute, until fragrant.
6. Include tomato paste and cook for 1 minute, stirring constantly.
7. Add lentils, vegetable broth, and marinara sauce to the pot.
8. Boil, then immediately turn down the heat to low and cover.
9. Simmer gently for around 20–25 minutes until lentils are cooked through.
10. Meanwhile, toast chopped walnuts in a dry skillet for 3–4 minutes until fragrant.
11. Stir toasted walnuts into the lentil mixture.
12. Add pink salt and black pepper, stir well.
13. Place a big skillet over medium-high heat to warm ½ tablespoon olive oil.
14. Stir zucchini noodles into the pan and cook 2–3 minutes until tender.
15. Season zucchini noodles with a pinch of pink salt.
16. Place zucchini noodles in a bowl.
17. Top with lentil walnut bolognese and fresh basil.
18. Serve immediately while hot.

Nutritional Information (per serving):

- Calories: 465 kcal
- Carbohydrates: 45 g
- Sodium: 875 mg
- Fiber: 18 g
- Protein: 21 g
- Fat: 24 g
- Potassium: 1,425 mg

Chef's Note: The pink salt elevates the nutty flavors of lentils and walnuts while creating harmony with the rich tomato base. This dish delivers exceptional fiber and plant-based protein, plus omega-3 fatty acids from walnuts, supporting heart health and providing sustained energy without the heaviness of traditional pasta.

Pink Salt Roasted Vegetable Buddha Bowl

Prep Time: 15 minutes | **Cook Time:** 35 minutes | **Servings:** 1

A nourishing and colorful bowl packed with roasted vegetables, plant-based protein, and wholesome grains. The pink salt enhances the natural sweetness of roasted vegetables while the tahini dressing adds creamy richness and healthy fats, creating a satisfying meal that supports sustained energy and overall wellness.

Ingredients:

- ½ medium sweet potato, cubed (150 g)
- 1 cup Brussels sprouts, halved (100 g)
- ½ cup canned chickpeas, drained and rinsed (85 g)
- ½ cup cooked quinoa (92 g)
- 2 tablespoons tahini (30 g)
- 1½ tablespoons fresh lemon juice (22 ml)
- 1 tablespoon extra virgin olive oil (15 ml)
- 1 tablespoon water (15ml)
- ½ clove garlic, minced (1.5 g)
- ¾ teaspoon pink salt, divided (2.25 g)
- ⅛ teaspoon black pepper (0.25 g)
- 1 tablespoon pumpkin seeds (10 g)

Instructions:

1. Preheat oven to 425°F (220°C).
2. Cut sweet potato into 1-inch cubes and halve Brussels sprouts.
3. Toss sweet potato and Brussels sprouts with ½ tablespoon olive oil and ¼ teaspoon pink salt.
4. Evenly distribute the vegetables on a big baking sheet.
5. Cook for around 25–30 minutes until vegetables are tender and develop a light caramel color.
6. Meanwhile, pat chickpeas dry and toss with remaining ½ tablespoon olive oil and ⅛ teaspoon pink salt.
7. Add chickpeas to the baking sheet with vegetables for the last 15 minutes of cooking.
8. Use a small bowl to whisk together tahini, lemon juice, water, minced garlic, and black pepper until smooth.
9. If dressing is too thick, add ½ tablespoon more water.
10. Place cooked quinoa in a bowl.
11. Top with roasted vegetables and chickpeas.
12. Drizzle with tahini dressing and sprinkle with pumpkin seeds.
13. Serve immediately while vegetables are warm.

Nutritional Information (per serving):

- Calories: 485 kcal
- Carbohydrates: 58 g
- Sodium: 892 mg
- Fiber: 14 g
- Protein: 18 g
- Fat: 22 g
- Potassium: 1,125 mg

Chef's Note: The pink salt brings out the natural sweetness in roasted vegetables while balancing the earthy tahini dressing. This bowl provides complete proteins from quinoa and chickpeas, plus abundant fiber and antioxidants from colorful vegetables, supporting digestive health and stable blood sugar levels.



Mushroom Barley Risotto

Prep Time: 15 minutes | **Cook Time:** 45 minutes | **Servings:** 1

A hearty and wholesome twist on traditional risotto using nutty pearl barley instead of rice. The pink salt enhances the earthy mushroom flavors while balancing the sharp parmesan and aromatic thyme, creating a creamy, satisfying dish that's rich in fiber and delivers the comfort of classic Italian cuisine with added nutritional benefits.

Ingredients:

- $\frac{3}{8}$ cup pearl barley (75 g)
- 4 oz mixed mushrooms, sliced (115 g)
- 2 cups vegetable broth, low-sodium (480 ml)
- $\frac{1}{2}$ medium yellow onion, finely diced (75 g)
- $1\frac{1}{2}$ cloves garlic, minced (4.5 g)
- 1 oz parmesan cheese, grated (30 g)
- $1\frac{1}{2}$ tablespoons extra virgin olive oil, divided (22 ml)
- 1 tablespoon fresh thyme leaves (2 g)
- $\frac{3}{8}$ teaspoon pink salt (2.25 g)

Instructions:

1. Keep the vegetable broth warm by heating it in a small saucepan over low heat.
2. Place a medium, heavy-bottomed pan over medium-high heat to warm 1 tbsp olive oil.
3. Sauté sliced mushrooms 6–8 minutes until golden brown and dry.
4. Season mushrooms with $\frac{1}{8}$ teaspoon pink salt and set aside.
5. Use the same pan over medium to warm $\frac{1}{2}$ tbsp olive oil.
6. Include diced onion and cook for 4–5 minutes until softened and translucent.
7. Throw in the minced garlic and fresh thyme, cook for 1 minute until fragrant.
8. Add pearl barley and stir for 2 minutes until lightly toasted.
9. Pour in $\frac{1}{2}$ cup warm broth and stir continuously until absorbed, about 5 minutes.
10. Continue adding broth $\frac{1}{4}$ cup at a time, stirring frequently until absorbed.
11. Cook for 35–40 minutes total until barley is tender but still has slight bite.
12. Stir in cooked mushrooms and remaining $\frac{1}{4}$ teaspoon pink salt.
13. Add black pepper and half of the grated parmesan cheese.
14. Stir gently until cheese melts and the risotto becomes creamy.
15. Take off the heat, then add fresh parsley.
16. Top with the rest of the Parmesan cheese and serve immediately.

Nutritional Information (per serving):

- Calories: 445 kcal
- Carbohydrates: 62 g
- Sodium: 885 mg
- Fiber: 12 g
- Protein: 16 g
- Fat: 16 g
- Potassium: 1,165 mg

Chef's Note: The pink salt amplifies the umami richness of the mushrooms while creating perfect harmony with the nutty barley and sharp parmesan. This dish provides exceptional fiber and B-vitamins from barley, plus selenium and potassium from mushrooms, supporting digestive health and sustained energy release.



- $\frac{1}{8}$ teaspoon black pepper (0.25 g)
- 1 tablespoon fresh parsley, chopped (3 g)

Salmon and Avocado Power Wrap

Prep Time: 15 minutes | **Cook Time:** 12 minutes | **Servings:** 1

A nutrient-dense wrap packed with omega-3 rich salmon, creamy avocado, and fresh vegetables. The pink salt enhances the natural flavors of the salmon while balancing the tangy Greek yogurt sauce, creating a portable meal that delivers high-quality protein, healthy fats, and vibrant vegetables in every bite.

Ingredients:

- 4 oz salmon fillet, skin removed (115 g)
- 1 large whole wheat tortilla, 10-inch (60 g)
- $\frac{1}{2}$ medium ripe avocado (75 g)
- 1 cup fresh baby spinach (30 g)
- $\frac{1}{2}$ medium cucumber, julienned (75 g)
- $\frac{1}{2}$ cup red cabbage, thinly sliced (35 g)
- 2 tablespoons plain Greek yogurt, 2% fat (30 g)
- 1 tablespoon fresh lemon juice, divided (15 ml)
- $\frac{1}{2}$ tablespoon extra virgin olive oil (7 ml)
- $\frac{1}{2}$ tablespoon fresh dill, chopped (1.5 g)



- $\frac{3}{8}$ teaspoon pink salt, divided (2.25 g)
- $\frac{1}{8}$ teaspoon black pepper (0.25 g)
- $\frac{1}{2}$ clove garlic, minced (1.5 g)

Instructions:

1. Preheat grill pan or regular pan over medium-high heat.
2. Pat salmon fillet dry and season both sides with ¼ teaspoon pink salt and black pepper.
3. Evenly coat salmon with olive oil on both sides.
4. Cook salmon for 4–5 minutes per side until internal temperature reaches 145°F (63°C).
5. Remove salmon from heat and let cool for 5 minutes, then flake into bite-sized pieces.
6. Use a small bowl to mix Greek yogurt, minced garlic, fresh dill, and remaining ⅛ teaspoon pink salt.
7. Cut the avocado open, take out the pit, and slice it into thin strips.
8. Drizzle avocado slices with ½ tablespoon lemon juice to prevent browning.
9. Heat tortilla in a skillet 30 seconds per side, or use microwave for 20 seconds.
10. Lay tortilla flat on a clean surface.
11. Spread Greek yogurt sauce down the center of the tortilla.
12. Layer with spinach, cucumber, and red cabbage.
13. Add flaked salmon and avocado slices.
14. Drizzle with remaining lemon juice.
15. Bring in the sides of the tortilla and roll it up from bottom to top.
16. Cut wrap in half diagonally and serve immediately.

Nutritional Information (per serving):

- Calories: 485 kcal
- Protein: 32 g
- Carbohydrates: 38 g
- Fat: 24 g
- Sodium: 925 mg
- Potassium: 1,285 mg
- Fiber: 12 g

Chef's Note: The pink salt brings out the rich, buttery flavor of the salmon while complementing the creamy avocado and tangy yogurt sauce. This wrap provides exceptional omega-3 fatty acids for brain and heart health, plus folate and fiber from fresh vegetables, making it an ideal meal for sustained energy and overall wellness.

Thai-Inspired Chicken Lettuce Wraps

Prep Time: 20 minutes | **Cook Time:** 12 minutes | **Servings:** 1

Fresh and vibrant lettuce wraps bursting with authentic Thai flavors and textures. The pink salt enhances the savory ground chicken while balancing the tangy lime juice and umami-rich fish sauce, creating a light yet satisfying meal that's packed with lean protein, fresh vegetables, and aromatic herbs for a refreshing dining experience.

Ingredients:

- 4 oz ground chicken, 93% lean (115 g)
- 4 large butter lettuce leaves (60 g)
- ½ medium red bell pepper, finely diced (75 g)
- 1 medium carrot, julienned (60 g)
- 2 tablespoons unsalted peanuts, roughly chopped (17 g)
- 1½ tablespoons fresh lime juice (22 ml)
- 1 tablespoon fish sauce (15 ml)
- 1 tablespoon vegetable oil (15 ml)
- ½ tablespoon brown sugar (6 g)
- 1 clove garlic, minced (3 g)
- ½ Thai chili, minced (or ⅛ teaspoon red pepper flakes) (1 g)
- ⅜ teaspoon pink salt (2.25 g)
- 2 tablespoons fresh mint leaves, chopped (7 g)
- 1 green onion, thinly sliced (10 g)

Instructions:

1. Carefully separate butter lettuce leaves, wash, and pat dry completely.
2. Arrange lettuce cups on a serving plate and refrigerate until ready to use.
3. Use a small bowl to combine lime juice, fish sauce, and brown sugar, whisking until sugar dissolves.
4. Place a medium skillet over moderate heat to warm vegetable oil.
5. Add minced garlic and Thai chili, cook for 30 seconds until fragrant.
6. Incorporate the ground chicken, breaking it up with a wooden spoon as you stir.
7. Cook chicken for 6–8 minutes until no longer pink and lightly browned.
8. Add pink salt and stir to combine.
9. Include diced red bell pepper and cook for 2–3 minutes until slightly softened.
10. Add julienned carrots and cook for 1–2 minutes until just tender.
11. Drizzle lime juice mixture onto the chicken and vegetables.
12. Stir and cook briefly (1 minute) until the sauce is absorbed.
13. Off the heat, fold in chopped peanuts and half of the mint leaves.
14. Let mixture cool for 3–4 minutes.
15. Spoon chicken mixture into lettuce cups, about 2–3 tablespoons per cup.
16. Garnish with remaining mint and sliced green onions.
17. Serve at once, with additional lime wedges if preferred.

Nutritional Information (per serving):

- Calories: 385 kcal
- Protein: 28 g
- Carbohydrates: 18 g
- Fat: 22 g
- Sodium: 1,125 mg
- Potassium: 985 mg
- Fiber: 5 g

Chef's Note: The pink salt amplifies the complex flavors of fish sauce and lime while enhancing the natural sweetness of bell peppers and carrots. This dish provides lean protein and healthy fats from peanuts, plus abundant vitamin A from carrots and vitamin C from bell peppers, supporting immune function while keeping the meal light and refreshing.



Black Bean Sweet Potato Quesadillas

Prep Time: 20 minutes | **Cook Time:** 25 minutes | **Servings:** 1

A vibrant and nutritious twist on classic quesadillas featuring the natural sweetness of roasted sweet potatoes paired with protein-rich black beans. The pink salt enhances the earthy flavors while balancing the mild heat from pepper jack cheese, creating a satisfying meal that's both comforting and packed with fiber, vitamins, and plant-based protein.

Ingredients:

- ½ large sweet potato, cubed (150 g)
- ¾ cup canned black beans, drained and rinsed (65 g)
- 2 whole wheat tortillas, 8-inch (80 g)
- ¾ cup pepper jack cheese, shredded (45 g)
- 2 tablespoons red onion, finely diced (20 g)
- 2 tablespoons fresh cilantro, chopped (7 g)
- 1 tablespoon extra virgin olive oil, divided (15 ml)
- ¾ teaspoon pink salt, divided (2.25 g)
- ¼ teaspoon black pepper (0.25 g)

Instructions:

1. Preheat oven to 425°F (220°C).
2. Cut sweet potato into ½-inch cubes.
3. Combine sweet potato cubes with olive oil and pink salt, tossing to coat.
4. Place on a baking tray and roast 18–20 minutes until soft and golden.
5. In a small bowl, mash black beans lightly with a fork, leaving some whole pieces.
6. Add remaining ¼ teaspoon pink salt, black pepper, cumin, and smoked paprika to beans.
7. Mix in diced red onion and half of the chopped cilantro.
8. Let roasted sweet potato cool for 5 minutes, then add it to bean mixture.

Nutritional Information (per serving):

- Calories: 465 kcal
- Carbohydrates: 58 g
- Sodium: 925 mg
- Fiber: 13 g
- Protein: 19 g
- Fat: 18 g
- Potassium: 1,245 mg

Chef's Note: The pink salt brings out the natural sweetness of roasted sweet potatoes while enhancing the earthy black beans and balancing the mild heat from pepper jack cheese. This dish provides exceptional beta-carotene, fiber, and plant-based protein, supporting immune function and digestive health while delivering satisfying comfort food flavors.



- ¼ teaspoon ground cumin (0.25 g)
- ¼ teaspoon smoked paprika (0.25 g)

9. Lay 1 tortilla flat on a clean surface.
10. Spread the sweet potato and bean mixture evenly on the tortilla.
11. Sprinkle with pepper jack cheese and remaining cilantro.
12. Top with the second tortilla.
13. Place a medium skillet over moderate heat and brush with remaining olive oil.
14. Cook quesadilla for 3–4 minutes until golden brown and crispy.
15. Gently turn and cook for 2–3 minutes until the cheese is melted.
16. Let cool for 2 minutes, then cut into 4 wedges.
17. Serve immediately while cheese is still melted.

Cauliflower Fried Rice with Shrimp

Prep Time: 15 minutes | **Cook Time:** 15 minutes | **Servings:** 1

A lighter, nutrient-dense version of classic fried rice using cauliflower rice as the base. The pink salt enhances the natural sweetness of shrimp and vegetables while balancing the umami-rich soy sauce and aromatic sesame oil, creating a satisfying low-carb meal that's packed with protein, fiber, and vibrant vegetables.

Ingredients:

- 2 cups cauliflower rice, fresh or frozen (200 g)
- 4 oz medium shrimp, peeled and deveined (115 g)
- 1 large egg, beaten (50 g)
- ¼ cup frozen peas (37 g)
- 1 medium carrot, finely diced (60 g)
- 1½ green onions, sliced, whites and greens separated (15 g)
- 1 tablespoon sesame oil, divided (15 ml)
- 1 tablespoon low-sodium soy sauce (15 ml)
- ½ teaspoon vegetable oil (7 ml)
- ½ tablespoon fresh ginger, minced (5 g)



- 1 clove garlic, minced (3 g)
- ¾ teaspoon pink salt, divided (2.25 g)
- ¼ teaspoon black pepper (0.25 g)

Instructions:

1. Dry shrimp, then season with ½ teaspoon pink salt and black pepper.
2. If using fresh cauliflower, pulse in food processor until rice-sized pieces form.
3. Place a big wok or skillet over high heat to warm vegetable oil.
4. Include shrimp and cook for approximately 2–3 minutes per side until pink and cooked through.
5. Take shrimp off the heat and set aside on a plate.
6. Drop ½ tablespoon sesame oil in the same pan over medium-high heat.
7. Add beaten egg and scramble for 1–2 minutes until just set.
8. Remove egg to the plate with shrimp.
9. Add diced carrots to the pan and cook for 2–3 minutes until slightly softened.
10. Add white parts of green onions, minced ginger, and garlic.
11. Cook for 1 minute until fragrant.
12. Add cauliflower rice and remaining ¼ teaspoon pink salt.
13. Stir-fry for 4–5 minutes until cauliflower is tender but not mushy.
14. Include frozen peas and cook for around 1–2 minutes until heated through.
15. Return shrimp and scrambled egg to the pan.
16. Add soy sauce and remaining ½ tablespoon sesame oil.
17. Toss everything together for 1–2 minutes until heated through.
18. Take pan off the heat and sprinkle with green onion greens.
19. Serve immediately.

Nutritional Information (per serving):

- Calories: 385 kcal
- Protein: 32 g
- Carbohydrates: 18 g
- Fat: 22 g
- Sodium: 1,085 mg
- Potassium: 1,125 mg
- Fiber: 8 g

Chef's Note: The pink salt brings out the natural sweetness of shrimp and vegetables while creating perfect harmony with the umami-rich soy sauce and nutty sesame oil. This dish provides exceptional lean protein, healthy fats from sesame oil, and abundant fiber from cauliflower, supporting stable blood sugar levels while delivering all the satisfying flavors of traditional fried rice in a lighter, more nutritious format.

Chicken and Vegetable Curry Bowl

Prep Time: 15 minutes | **Cook Time:** 30 minutes | **Servings:** 1

A warming, hormone-supporting curry that combines lean protein with anti-inflammatory spices and nutrient-dense vegetables. This comforting dish provides complete protein, fiber, and phytonutrients while delivering sustained energy and supporting healthy inflammation response during hormonal fluctuations.

Ingredients:

- 4 oz boneless, skinless chicken breast, cubed (115 g)
- ⅓ cup canned coconut milk, full-fat (90 ml)
- ½ teaspoon ground turmeric (1 g)
- ½-inch piece fresh ginger, peeled and minced (8 g)
- 1½ cups fresh spinach, chopped (45 g)
- ½ medium sweet potato, peeled and cubed (100 g)
- ¼ cup brown rice, uncooked (48 g)
- ⅛ teaspoon pink salt (0.75 g)
- ½ cup filtered water (120 ml)

Instructions:

1. Rinse brown rice thoroughly and cook according to package directions, about 25–30 minutes.
2. Cut chicken breast into 1-inch cubes and pat dry with paper towels.
3. Peel sweet potato and cut into ¾-inch cubes for even cooking.
4. Peel fresh ginger and mince finely with a sharp knife.
5. Wash and roughly chop spinach, removing any thick stems.
6. Preheat a big skillet or saucepan over medium-high heat without oil.
7. Add cubed chicken and cook for 5–6 minutes until browned on all sides.
8. Add cubed sweet potato to the pan with chicken.
9. Cook for 3–4 minutes, stirring occasionally.
10. Add minced ginger and turmeric to the pan, stirring for 30 seconds until fragrant.
11. Pour in coconut milk and filtered water, then bring to a gentle simmer.
12. Cover and cook for 15–18 minutes until chicken is cooked through and sweet potato is fork-tender.
13. Add chopped spinach and pink salt to the curry.
14. Stir spinach gently and cook for 2–3 minutes, until it wilts entirely.
15. Serve warm atop cooked brown rice in a bowl.

Nutritional Information (per serving):

- Calories: 445 kcal
- Protein: 32 g
- Carbohydrates: 48 g
- Fat: 15 g
- Sodium: 385 mg
- Potassium: 885 mg
- Fiber: 8 g

Chef's Note: This curry provides complete protein from chicken to support hormone production and muscle maintenance. Turmeric's curcumin reduces inflammation associated with PMS and menopause, while sweet potato provides beta-carotene for healthy skin during hormonal changes. The combination supports sustained energy and hormonal balance throughout the day.



Mediterranean Stuffed Eggplant

Prep Time: 25 minutes | **Cook Time:** 55 minutes | **Servings:** 1

A rich and aromatic Mediterranean dish featuring tender eggplant filled with savory ground lamb and traditional flavors. The pink salt enhances the earthy lamb while balancing the tangy feta cheese and sweet pine nuts, creating an elegant meal that captures the essence of Mediterranean cuisine with its bold flavors and wholesome ingredients.

Ingredients:

- 1 medium eggplant (300 g)
- 3 oz ground lamb (85 g)
- ¼ cup canned diced tomatoes, drained (60 g)
- ½ medium yellow onion, finely diced (75 g)
- 2 tablespoons pine nuts (17 g)
- 2½ tablespoons feta cheese, crumbled (25 g)
- 2 tablespoons extra virgin olive oil, divided (30 ml)
- 1 clove garlic, minced (3 g)
- ½ teaspoon dried oregano (1 g)
- ¾ teaspoon pink salt, divided (2.25 g)
- ⅛ teaspoon black pepper (0.25 g)
- 1 tablespoon fresh parsley, chopped (3 g)
- ½ tablespoon tomato paste (7 g)



Instructions:

1. Preheat oven to 400°F (200°C).
2. Cut eggplant lengthwise and score the flesh in a crisscross design.
3. Brush cut surfaces with 1 tablespoon olive oil and season with ¼ teaspoon pink salt.
4. Put eggplant halves cut-side down on a baking sheet.
5. Bake for 25–30 minutes until flesh is tender.
6. Let cool, then scoop out flesh, leaving ½-inch border. Chop scooped flesh and set it aside.
7. Set a medium skillet over medium-high heat to warm 1 tablespoon olive oil.
8. Include diced onion and cook for 5–6 minutes until softened.
9. Drop in minced garlic and cook for around 1 minute until fragrant.
10. Add ground lamb, breaking it up with a wooden spoon.
11. Cook lamb for 6–8 minutes until browned and no longer pink.
12. Incorporate tomato paste and cook for 1 minute, stirring constantly.
13. Add chopped eggplant flesh, diced tomatoes, oregano, and remaining ¼ teaspoon pink salt.
14. Cook for 8–10 minutes until mixture thickens and flavors meld.
15. Stir in pine nuts and black pepper, cook for 2 minutes more.
16. Remove from heat and stir in half of the crumbled feta and fresh parsley.
17. Divide filling evenly between the 2 eggplant shells.
18. Top with remaining feta cheese.
19. Bake for around 20–25 minutes until tops are golden and heated through.
20. Let cool for 5 minutes before serving both halves as one portion.

Nutritional Information (per serving):

- Calories: 485 kcal
- Protein: 24 g
- Carbohydrates: 28 g
- Fat: 32 g
- Sodium: 925 mg
- Potassium: 1,285 mg
- Fiber: 12 g

Chef's Note: The pink salt brings out the rich, gamey flavors of lamb while creating perfect balance with the creamy feta and buttery pine nuts. This dish provides exceptional fiber from eggplant, healthy monounsaturated fats from olive oil, and complete protein from lamb, supporting heart health while delivering authentic Mediterranean flavors in every bite.

Moroccan Spiced Chicken with Couscous

Prep Time: 20 minutes | **Cook Time:** 25 minutes | **Servings:** 1

An aromatic and exotic lunch featuring tender chicken breast seasoned with warm Moroccan spices and served over fluffy couscous with dried fruits and nuts. The pink salt enhances the complex spice blend while balancing the sweetness of apricots and dates, creating a satisfying meal that transports you to the vibrant markets of Marrakech with every flavorful bite.

Ingredients:

- 4 oz boneless, skinless chicken breast (115 g)
- $\frac{1}{3}$ cup whole wheat couscous (65 g)
- $\frac{1}{2}$ cup low-sodium chicken broth (120 ml)
- 2 tablespoons dried apricots, chopped (20 g)
- 1 tablespoon almonds, sliced (10 g)
- $\frac{1}{2}$ medium red onion, diced (75 g)
- 1 clove garlic, minced (3 g)
- $1\frac{1}{2}$ tablespoons extra virgin olive oil, divided (22 ml)
- $\frac{1}{2}$ teaspoon ground cumin (1 g)
- $\frac{1}{4}$ teaspoon ground cinnamon (0.5 g)
- $\frac{1}{4}$ teaspoon ground ginger (0.5 g)
- $\frac{1}{8}$ teaspoon ground turmeric (0.25 g)
- $\frac{3}{8}$ teaspoon pink salt, divided (2.25 g)
- $\frac{1}{8}$ teaspoon black pepper (0.25 g)
- 1 tablespoon fresh cilantro, chopped (3 g)
- $\frac{1}{2}$ tablespoon fresh lemon juice (7 ml)

Instructions:

1. In a small bowl, combine cumin, cinnamon, ginger, turmeric, $\frac{1}{4}$ teaspoon pink salt, and black pepper.
2. Pat chicken breast dry and rub spice mixture all over both sides.
3. Let chicken marinate for 10 minutes at room temperature.
4. Set a medium skillet over medium-high heat to warm 1 tablespoon olive oil.
5. Cook chicken for 6–7 minutes per side until internal temperature reaches 165°F (74°C).
6. Take the chicken off the heat, let it rest 5 minutes, then slice it into strips.
7. Meanwhile, place chicken broth in a small saucepan and heat to boiling.
8. Add couscous and remaining $\frac{1}{8}$ teaspoon pink salt to the broth.
9. Take skillet off heat, cover, and let sit 5 minutes.
10. Set the same skillet over medium heat to warm remaining $\frac{1}{2}$ tablespoon olive oil.
11. Include diced red onion and cook for 4–5 minutes until softened.
12. Incorporate minced garlic and cook for around 1 minute until fragrant.
13. Add chopped apricots and cook for 2 minutes until slightly softened.
14. Gently fluff couscous with a fork and fold in the onion-apricot mixture.
15. Heat a dry skillet and toast the sliced almonds for 2–3 minutes until golden.
16. Place couscous mixture in a bowl and top with sliced chicken.
17. Sprinkle with toasted almonds and fresh cilantro.
18. Drizzle with lemon juice and serve immediately.

Nutritional Information (per serving):

- Calories: 465 kcal
- Protein: 32 g
- Carbohydrates: 48 g
- Fat: 18 g
- Sodium: 895 mg
- Potassium: 1,185 mg
- Fiber: 7 g

Chef's Note: The pink salt amplifies the warm Moroccan spices while creating perfect balance with the sweet apricots and nutty almonds. This dish provides lean protein, complex carbohydrates from whole wheat couscous, and antioxidants from the colorful spice blend, supporting immune function while delivering exotic flavors that make lunch feel like a culinary adventure.



Light Dinners

Tasty, easy-to-digest meals for a relaxed evening



Pesto Chicken with Zucchini Noodles

Prep Time: 15 minutes | **Cook Time:** 15 minutes | **Servings:** 1

A fresh and vibrant lunch that transforms simple zucchini into elegant noodles, topped with perfectly seasoned grilled chicken and aromatic basil pesto. The pink salt enhances the natural sweetness of the zucchini while balancing the rich, garlicky pesto. Cherry tomatoes add bursts of acidity and color, while toasted pine nuts provide a delightful crunch, creating a satisfying low-carb meal that feels indulgent yet nourishing.

Ingredients:

- 4 oz boneless, skinless chicken breast (115 g)
- 2 medium zucchini, spiralized into noodles (300 g)
- 2 tablespoons basil pesto (30 g)
- 8–10 cherry tomatoes, halved (100 g)
- 1 tablespoon pine nuts (10 g)
- 1½ tablespoons extra virgin olive oil, divided (22 ml)
- ½ teaspoon pink salt, divided (3 g)
- ¼ teaspoon black pepper (0.5 g)
- ¼ teaspoon garlic powder (0.5 g)
- ¼ teaspoon dried oregano (0.5 g)
- 1 tablespoon fresh basil leaves, torn (3 g)
- ½ tablespoon fresh lemon juice (7 ml)
- 1 clove garlic, minced (3 g)



Instructions:

1. Pat chicken breast dry and season with ¼ teaspoon pink salt, black pepper, garlic powder, and oregano.
2. Rest the chicken for 10 minutes at room temperature to enhance seasoning absorption.
3. Set a grill pan or skillet over medium-high heat to warm 1 tablespoon olive oil.
4. Cook chicken for 6–7 minutes per side until internal temperature reaches 165°F (74°C).
5. Take chicken off heat, rest for 5 minutes, then cut into strips.
6. Heat pine nuts in a dry pan for 2–3 minutes until golden brown and fragrant.
7. Turn zucchini into noodles using a spiralizer or vegetable peeler.
8. Set a big skillet over moderate heat to warm ½ tablespoon olive oil.
9. Include minced garlic and cook for 30 seconds until fragrant.
10. Add zucchini noodles and remaining ¼ teaspoon pink salt.
11. Sauté for 2–3 minutes until noodles are just tender but still have bite.
12. Off the heat, toss with basil pesto until fully coated.
13. Add halved cherry tomatoes and gently fold in.
14. Transfer zucchini noodles to a serving bowl.
15. Top with sliced chicken, toasted pine nuts, and torn fresh basil.
16. Drizzle with lemon juice and serve immediately.

Nutritional Information (per serving):

- Calories: 425 kcal
- Protein: 32 g
- Carbohydrates: 12 g
- Fat: 28 g
- Sodium: 1,165 mg
- Potassium: 1,340 mg
- Fiber: 5 g

Chef's Note: The pink salt brings out the natural sweetness in the zucchini noodles while complementing the herbaceous pesto and juicy chicken. This dish is packed with lean protein, healthy fats from olive oil and pine nuts, and provides excellent sources of vitamins C and K from the zucchini and tomatoes. The key is not to overcook the zucchini noodles—they should retain a slight crunch to mimic the texture of al dente pasta while keeping the dish light and refreshing.

Miso Glazed Eggplant with Sesame

Prep Time: 10 minutes | **Cook Time:** 20 minutes | **Servings:** 1

An umami-rich Japanese-inspired lunch featuring tender eggplant glazed with sweet and savory miso paste. The pink salt enhances the natural earthiness of the eggplant while balancing the fermented complexity of miso and the subtle sweetness of mirin. Toasted sesame seeds and fresh green onions add textural contrast and aromatic finish, creating a satisfying vegetarian dish that delivers deep, complex flavors with every bite.

Ingredients:

- 1 large Japanese eggplant, sliced into ½-inch rounds (250 g)
- 2 tablespoons white miso paste (30 g)
- 1 tablespoon mirin (15 ml)
- 1 tablespoon sesame oil, divided (15 ml)
- 1 tablespoon sesame seeds (10 g)
- 2 green onions, thinly sliced (20 g)
- ½ teaspoon pink salt (3 g)
- 1 tablespoon vegetable oil (15 ml)

Instructions:

1. Preheat oven to 425°F (220°C).
2. Make a crosshatch on each eggplant slice and season with pink salt.
3. Let eggplant sit for 10 minutes to draw out moisture, then pat dry.
4. Use a small bowl to whisk together miso paste, mirin, ½ tablespoon sesame oil, rice vinegar, grated ginger, and garlic powder.
5. Brush eggplant slices with vegetable oil on both sides.
6. Arrange on a parchment-lined baking sheet.
7. Roast for 12 minutes, then flip slices.

Nutritional Information (per serving):

- Calories: 285 kcal
- Carbohydrates: 22 g
- Sodium: 1,890 mg
- Fiber: 8 g
- Protein: 8 g
- Fat: 20 g
- Potassium: 485 mg

Chef's Note: The pink salt draws out the eggplant's natural bitterness while the miso glaze caramelizes beautifully in the oven, creating a perfect balance of sweet, salty, and umami flavors. With antioxidants, fiber, and beneficial probiotics from miso, this meal supports gut health while tasting great.



8. Brush tops generously with miso glaze.
9. Continue roasting for 8–10 minutes until eggplant is tender and glaze is caramelized.
10. Meanwhile, heat sesame seeds in a dry skillet and toast for 2–3 minutes until lightly browned.
11. Remove eggplant from oven and drizzle with remaining sesame oil.
12. Add a topping of toasted sesame seeds and green onions.
13. Serve immediately while hot.

Herb-Crusted White Fish with Asparagus

Prep Time: 15 minutes | **Cook Time:** 20 minutes | **Servings:** 1

A delicate and elegant lunch featuring flaky white fish fillets coated in a vibrant herb crust and finished with pink salt. The fresh herbs create an aromatic coating that locks in moisture while the lemon zest adds brightness. Paired with perfectly steamed asparagus, this dish delivers restaurant-quality flavors with simple, clean ingredients that celebrate the natural taste of fresh fish.

Ingredients:

- 5 oz white fish fillet (cod, halibut, or sea bass) (140 g)
- 12–15 medium asparagus spears, trimmed (150 g)
- 2 tablespoons fresh parsley, finely chopped (8 g)
- 1 tablespoon fresh dill, finely chopped (3 g)
- 1 tablespoon fresh chives, finely chopped (3 g)
- 1 teaspoon lemon zest (2 g)
- 2 tablespoons extra virgin olive oil, divided (30 ml)
- ½ teaspoon pink salt, divided (3 g)
- ¼ teaspoon black pepper (0.5 g)
- ½ tablespoon fresh lemon juice (7 ml)



- 1 clove garlic, minced (3 g)
- ¼ teaspoon paprika (0.5 g)

Instructions:

1. Preheat oven to 400°F (200°C).
2. Pat fish fillet dry with paper towels and place it on a parchment-lined baking sheet.
3. Use a small bowl to combine chopped parsley, dill, chives, lemon zest, minced garlic, and paprika.
4. Drop 1½ tablespoons olive oil into herb mixture and stir to create a paste.
5. Season fish with ¼ teaspoon pink salt and black pepper on both sides.
6. Press the herb mixture gently onto the top of the fish fillet for even coverage.
7. Brush or drizzle the remaining ½ tbsp olive oil onto the asparagus.
8. Season asparagus with remaining ¼ teaspoon pink salt.
9. Arrange asparagus on the same baking sheet alongside the fish.
10. Cook in the oven for 12–15 minutes until fish flakes with a fork and asparagus is crisp-tender.
11. Remove from oven and immediately drizzle lemon juice over both fish and asparagus.
12. Let rest for 2 minutes before serving.
13. Plate the herb-crusted fish alongside the asparagus spears.
14. Serve immediately while hot.

Nutritional Information (per serving):

- Calories: 385 kcal
- Carbohydrates: 8 g
- Sodium: 1,180 mg
- Fiber: 4 g
- Protein: 35 g
- Fat: 24 g
- Potassium: 1,025 mg

Chef's Note: The pink salt enhances the delicate flavor of the white fish without overpowering its natural sweetness, while the fresh herb crust creates a beautiful contrast in both color and texture. This dish is rich in omega-3 fatty acids from the fish and provides essential vitamins A, C, and K from the asparagus and fresh herbs, making it both nutritious and satisfying while keeping the preparation simple and elegant.

Lemon Garlic Shrimp with Cauliflower Rice

Prep Time: 10 minutes | **Cook Time:** 12 minutes | **Servings:** 1

A light yet satisfying lunch featuring succulent shrimp sautéed in aromatic garlic and bright lemon, served over fluffy cauliflower rice. The pink salt brings out the shrimp's natural sweetness, while red pepper flakes provide a mild heat that balances the citrusy notes. Fresh parsley provides color and herbaceous notes, creating a low-carb meal that's both elegant and nourishing.

Ingredients:

- 5 oz large shrimp, peeled and deveined (140 g)
- 1½ cups cauliflower rice (150 g)
- 3 cloves garlic, minced (9 g)
- 2 tablespoons fresh lemon juice (30 ml)
- 2 tablespoons fresh parsley, chopped (8 g)
- 2 tablespoons extra virgin olive oil, divided (30 ml)
- ¼ teaspoon red pepper flakes (0.5 g)
- ½ teaspoon pink salt, divided (3 g)
- ¼ teaspoon black pepper (0.5 g)
- 1 teaspoon lemon zest (2 g)
- ½ tablespoon butter (7 g)

Instructions:

1. Pat shrimp dry and evenly season with ¼ teaspoon salt and pepper.
2. Set a large skillet over medium-high heat to warm 1 tablespoon olive oil.
3. Cook shrimp for around 2–3 minutes per side until pink and cooked through.
4. Remove shrimp and set aside.
5. Place the same skillet over medium heat to warm remaining olive oil.
6. Add cauliflower rice and remaining ¼ teaspoon pink salt.
7. Sauté for 4–5 minutes until cauliflower is tender and lightly golden.
8. Push cauliflower to one side of the skillet.
9. Add butter to the empty side and let it melt.
10. Combine garlic and red pepper flakes with the butter.
11. Cook for 1 minute until fragrant.
12. Mix garlic mixture with cauliflower rice.
13. Return shrimp to the skillet and toss gently.
14. Add lemon juice and lemon zest, stirring to combine.
15. Remove from the skillet and fold in fresh parsley.
16. Serve immediately while hot.

Nutritional Information (per serving):

- Calories: 395 kcal
- Carbohydrates: 10 g
- Sodium: 1,285 mg
- Fiber: 4 g
- Protein: 35 g
- Fat: 25 g
- Potassium: 865 mg

Chef's Note: The pink salt brings out the natural sweetness in both the shrimp and cauliflower, while the lemon brightens the entire dish. This meal is packed with lean protein, healthy fats, and provides excellent sources of vitamin C and selenium. The key is not to overcook the shrimp—they should be just opaque and tender for the perfect texture.



Stuffed Portobello Mushrooms

Prep Time: 15 minutes | **Cook Time:** 20 minutes | **Servings:** 1

A hearty and elegant vegetarian lunch featuring meaty portobello mushroom caps filled with creamy goat cheese, tangy sun-dried tomatoes, and fresh spinach. The pink salt enhances the earthy umami of the mushrooms while balancing the richness of the cheese and the intensity of sun-dried tomatoes. Toasted pine nuts add delightful crunch, and a drizzle of balsamic glaze provides the perfect sweet-tart finish to this sophisticated, satisfying meal.

Ingredients:

- 2 large portobello mushroom caps, stems removed (200 g)
- 3 oz goat cheese, softened (85 g)
- 3 tablespoons sun-dried tomatoes, chopped (30 g)
- 2 cups fresh spinach leaves (60 g)
- 2 tablespoons pine nuts (20 g)
- 2 tablespoons balsamic glaze (30 ml)
- ½ teaspoon pink salt, divided (3 g)

Instructions:

1. Preheat oven to 400°F (200°C).
2. Clean portobello caps with a damp paper towel and scrape out dark gills with a spoon.
3. Coat mushroom caps with olive oil and season with ¼ tsp salt and black pepper.
4. Place gill-side up on a parchment-lined baking sheet and bake for 10 minutes.
5. Warm olive oil in a pan over moderate heat while continuing other steps.
6. Include minced garlic and cook for 1 minute until fragrant.
7. Add spinach and remaining ¼ teaspoon pink salt, cooking until wilted, about 2 minutes.
8. Remove from heat and let cool slightly.

Nutritional Information (per serving):

- Calories: 485 kcal
- Protein: 22 g
- Carbohydrates: 18 g
- Fat: 38 g

Chef's Note: The pink salt draws out excess moisture from the mushrooms while enhancing their natural earthiness, creating the perfect base for the creamy, tangy filling. This dish provides excellent sources of protein, healthy fats, and antioxidants from the colorful vegetables, making it both indulgent and nutritious.



- ¼ teaspoon black pepper (0.5 g)
- 1½ tablespoons extra virgin olive oil, divided (22 ml)
- 1 clove garlic, minced (3 g)
- ¼ teaspoon dried thyme (0.5 g)
- 1 tablespoon fresh basil, chopped (3 g)

9. In a bowl, combine softened goat cheese, chopped sun-dried tomatoes, cooked spinach, and thyme.
10. Heat pine nuts in a dry pan for 2–3 minutes until lightly golden brown.
11. Remove mushrooms from oven and pat dry any excess moisture.
12. Divide goat cheese mixture between the two mushroom caps, mounding in the center.
13. Return to oven and bake for 8–10 minutes until cheese is lightly golden.
14. Take out of the oven and top with toasted pine nuts and fresh basil.
15. Drizzle with balsamic glaze and serve immediately.

- Sodium: 1,245 mg
- Potassium: 1,125 mg
- Fiber: 6 g

Thai Coconut Soup with Vegetables

Prep Time: 15 minutes | **Cook Time:** 15 minutes | **Servings:** 1

An aromatic and comforting Thai-inspired soup featuring rich coconut milk infused with fragrant lemongrass and lime leaves. The pink salt balances the creamy coconut base while allowing the fresh ginger and vibrant vegetables to shine. Crisp snap peas, tender mushrooms, and colorful bell peppers create textural variety, while fresh cilantro adds a bright herbal finish to this warming, exotic lunch that transports you to the bustling streets of Bangkok.

Ingredients:

- 1 cup full-fat coconut milk (240 ml)
- 1 cup vegetable broth (240 ml)
- 2 stalks lemongrass, bruised and cut into 2-inch pieces (20 g)
- 4–5 kaffir lime leaves, torn (2 g)
- 1 cup mixed mushrooms, sliced (100 g)
- ½ red bell pepper, sliced (75 g)
- ½ cup snap peas, trimmed (50 g)
- 1 tablespoon fresh ginger, minced (10 g)



- ½ teaspoon pink salt (3 g)
- 1 tablespoon lime juice (15 ml)
- 2 tablespoons fresh cilantro, chopped (8 g)
- 1 Thai chili, thinly sliced (optional) (2 g)
- 1 tablespoon coconut oil (15 ml)
- 1 teaspoon lime zest (2 g)

Instructions:

1. Set a medium saucepan over medium heat to warm coconut oil.
2. Toss in the minced ginger and cook briefly, about 1 minute, until fragrant.
3. Add lemongrass pieces and lime leaves, cooking for 2 minutes to release aromatics.
4. Pour in both the coconut milk and vegetable broth, heating until simmering.
5. Add pink salt and let simmer for 5 minutes to infuse flavors.
6. Include sliced mushrooms and cook for 3 minutes until tender.
7. Add bell pepper slices and cook for 2 minutes until slightly softened.
8. Add snap peas and cook for 1–2 minutes until bright green and crisp-tender.
9. Remove lemongrass pieces and lime leaves with a slotted spoon.
10. Stir in lime juice and lime zest.
11. Taste and adjust seasoning if needed.
12. Remove from heat and stir in half the cilantro.
13. Ladle into a serving bowl.
14. Garnish with remaining cilantro and sliced Thai chili if using.
15. Serve immediately while hot.

Nutritional Information (per serving):

- Calories: 425 kcal
- Protein: 8 g
- Carbohydrates: 20 g
- Fat: 38 g
- Sodium: 1,165 mg
- Potassium: 985 mg
- Fiber: 6 g

Chef's Note: The pink salt enhances the natural sweetness of the coconut milk while balancing the aromatic herbs and spices. This soup is rich in healthy fats from coconut, provides immune-boosting properties from ginger and lime, and delivers a variety of vitamins and minerals from the colorful vegetables. The key is to simmer gently to prevent the coconut milk from curdling while allowing the aromatics to fully infuse the broth.

Grilled Vegetable Stack with Hummus

Prep Time: 20 minutes | **Cook Time:** 15 minutes | **Servings:** 1

A vibrant Mediterranean-inspired lunch featuring layers of perfectly grilled seasonal vegetables stacked high and served with creamy hummus. The pink salt enhances the natural sweetness of the caramelized vegetables while the fresh mint adds aromatic brightness. Each layer offers different textures and flavors, from tender eggplant to crisp bell peppers, all brought together with a drizzle of balsamic reduction that adds tangy sophistication to this colorful, plant-based feast.

Ingredients:

- 1 medium zucchini, sliced lengthwise into ¼-inch planks (150 g)
- ½ medium eggplant, sliced into ½-inch rounds (125 g)
- 1 red bell pepper, cut into wide strips (100 g)
- ¼ large red onion, cut into thick rings (50 g)
- ⅓ cup hummus (80 g)
- 2 tablespoons fresh mint leaves, chopped (6 g)
- 3 tablespoons extra virgin olive oil, divided (45 ml)
- ½ teaspoon pink salt, divided (3 g)
- ¼ teaspoon black pepper (0.5 g)

Instructions:

1. Set a grill or grill pan to medium-high heat.
2. Brush all vegetable slices with 2 tablespoons olive oil.
3. Season vegetables with pink salt, black pepper, and oregano.
4. Grill zucchini and eggplant for 4–5 minutes per side until tender with grill marks.
5. Grill bell pepper strips for 3–4 minutes per side until slightly charred.
6. Grill red onion rings for 3–4 minutes per side until caramelized.
7. Remove all vegetables from grill and let cool slightly.
8. In a small bowl, mix hummus with minced garlic and remaining olive oil until smooth.
9. Spread hummus on a serving plate as the base.
10. Layer grilled eggplant as the bottom layer.
11. Add zucchini planks as the next layer.
12. Top with grilled bell peppers and red onion rings.
13. Drizzle balsamic reduction over the entire stack.
14. Garnish with fresh chopped mint.
15. Serve immediately while vegetables are still warm.

Nutritional Information (per serving):

- Calories: 445 kcal
- Protein: 12 g
- Carbohydrates: 32 g
- Fat: 32 g
- Sodium: 1,285 mg
- Potassium: 1,245 mg
- Fiber: 12 g

Chef's Note: The pink salt draws out moisture from the vegetables while grilling, concentrating their flavors and creating beautiful caramelization. This dish is packed with fiber, antioxidants, and plant-based protein from the hummus, while the variety of vegetables provides essential vitamins A, C, and K. The key is to not overcrowd the grill and allow each vegetable to develop proper char for maximum flavor.



- 2 tablespoons balsamic reduction (30 ml)
- ½ teaspoon dried oregano (1 g)
- 1 clove garlic, minced (3 g)

Poached Salmon with Cucumber Salad

Prep Time: 15 minutes | **Cook Time:** 12 minutes | **Servings:** 1

An elegant and refreshing lunch featuring perfectly poached salmon served alongside a crisp cucumber salad dressed with creamy Greek yogurt and fresh dill. The pink salt enhances the delicate flavor of the salmon while the cool, tangy cucumber salad provides a perfect contrast to the rich fish. Briny capers and sharp red onion add pops of flavor, while lemon juice brightens the entire dish, creating a light yet satisfying meal that's both sophisticated and nourishing.

Ingredients:

- 5 oz salmon fillet, skin removed (140 g)
- 1 large cucumber, thinly sliced (200 g)
- 3 tablespoons Greek yogurt (45 g)
- 2 tablespoons fresh dill, chopped (6 g)
- 2 tablespoons fresh lemon juice, divided (30 ml)
- 1 tablespoon capers, drained (10 g)
- 2 tablespoons red onion, thinly sliced (20 g)

Instructions:

1. Fill a large shallow saucepan with water and let it come to a gentle simmer.
2. Add bay leaf, lemon slice, and ¼ teaspoon pink salt to the water.
3. Season salmon fillet with remaining pink salt and white pepper.
4. Gently lower salmon into simmering water.
5. Poach for 8–10 minutes until fish flakes easily with a fork.
6. Meanwhile, place sliced cucumber in a colander and sprinkle with a pinch of salt.
7. Let cucumber drain for 10 minutes, then pat it dry with paper towels.
8. In a bowl, whisk together Greek yogurt, 1 tablespoon lemon juice, chopped dill, and lemon zest.
9. Add drained cucumber, sliced red onion, and capers to the yogurt mixture.
10. Toss gently to combine and let marinate while salmon finishes cooking.
11. Carefully remove salmon from poaching liquid and pat dry.
12. Drizzle salmon with olive oil and remaining lemon juice.
13. Arrange cucumber salad on one side of the plate.
14. Place poached salmon alongside the salad.
15. Finish with additional fresh dill and bring to the table immediately.

Nutritional Information (per serving):

- Calories: 385 kcal
- Protein: 38 g
- Carbohydrates: 12 g
- Fat: 22 g
- Sodium: 1,245 mg
- Potassium: 1,185 mg
- Fiber: 3 g

Chef's Note: The pink salt enhances the salmon's natural flavor without overpowering its delicate taste, while the cucumber salad provides cooling contrast and probiotics from the Greek yogurt. This dish is rich in omega-3 fatty acids, high-quality protein, and provides excellent sources of vitamin D and potassium. The key to perfect poached salmon is maintaining a gentle simmer—the water should barely bubble to ensure tender, flaky fish.



Asian Lettuce Wraps with Turkey

Prep Time: 15 minutes | **Cook Time:** 12 minutes | **Servings:** 1

A fresh and flavorful Asian-inspired lunch featuring seasoned ground turkey nestled in crisp butter lettuce cups. The pink salt enhances the savory turkey while balancing the umami-rich soy sauce and aromatic sesame oil. Crunchy water chestnuts and earthy mushrooms add textural contrast, while fresh ginger provides warming spice. Bright cilantro finishes each wrap with herbaceous freshness, creating a light yet satisfying meal that's both interactive and delicious.

Ingredients:

- 4 oz ground turkey (93% lean) (115 g)
- 6–8 large butter lettuce leaves (60 g)
- ⅓ cup water chestnuts, diced (50 g)
- ½ cup shiitake mushrooms, diced (50 g)
- 1 tablespoon fresh ginger, minced (10 g)
- 2 tablespoons low-sodium soy sauce (30 ml)
- 1 tablespoon sesame oil, divided (15 ml)
- ¼ teaspoon pink salt (1.5 g)
- 2 green onions, thinly sliced (20 g)
- 2 tablespoons fresh cilantro, chopped (6 g)
- 1 clove garlic, minced (3 g)
- ½ tablespoon rice vinegar (7 ml)
- ¼ teaspoon red pepper flakes (0.5 g)
- 1 teaspoon cornstarch (3 g)



Instructions:

1. Separate butter lettuce leaves carefully and rinse in cold water.
2. Pat leaves dry and arrange on a serving platter.
3. Use a small bowl to whisk together soy sauce, rice vinegar, and cornstarch.
4. Warm ½ tablespoon sesame oil in a big skillet over medium-high heat.
5. Add ground turkey and pink salt, breaking up meat with a spoon.
6. Cook for around 4–5 minutes until turkey is browned and cooked through.
7. Push turkey to one side of the skillet.
8. Add minced garlic and ginger to the empty side, cooking for 1 minute.
9. Add diced mushrooms and cook for 2–3 minutes until softened.
10. Add water chestnuts and red pepper flakes, cooking for 1 minute.
11. Combine all ingredients, then pour in the soy sauce mixture.
12. Continue cooking 1–2 minutes until sauce reaches a thicker consistency.
13. Remove from heat and stir in remaining sesame oil.
14. Add half the green onions and cilantro, mixing gently.
15. Fill lettuce cups with the turkey mixture, then top with cilantro and the rest of the green onions.

Nutritional Information (per serving):

- Calories: 315 kcal
- Carbohydrates: 12 g
- Sodium: 1,165 mg
- Fiber: 4 g
- Protein: 28 g
- Fat: 18 g
- Potassium: 685 mg

Chef's Note: The pink salt brings out the natural flavors in the turkey while complementing the Asian seasonings. This dish is high in lean protein, low in carbohydrates, and provides excellent sources of selenium and B vitamins. The key is to not overcook the turkey to maintain its tender texture, and to keep the vegetables slightly crisp for optimal contrast in the lettuce wraps.

Baked Cod with Mediterranean Vegetables

Prep Time: 15 minutes | **Cook Time:** 25 minutes | **Servings:** 1

A light and flavorful Mediterranean-inspired lunch featuring flaky cod fillets baked alongside colorful seasonal vegetables. The pink salt enhances the delicate sweetness of the cod while allowing the vibrant cherry tomatoes, zucchini, and briny olives to shine. Fresh oregano and lemon create an aromatic backdrop that transports you to the sun-drenched coastlines of Greece, while the one-pan preparation makes this nutritious meal both elegant and effortless.

Ingredients:

- 5 oz cod fillet (140 g)
- 1 medium zucchini, sliced into half-moons (150 g)
- 1 cup cherry tomatoes, halved (150 g)
- 2 tablespoons Kalamata olives, pitted and halved (20 g)
- ¼ medium red onion, sliced (50 g)
- 1 teaspoon fresh oregano, chopped (2 g)
- 3 tablespoons extra virgin olive oil, divided (45 ml)
- ½ teaspoon pink salt, divided (3 g)
- ¼ teaspoon black pepper (0.5 g)

Instructions:

1. Preheat oven to 400°F (200°C).
2. Pat cod fillet dry and season with ¼ teaspoon pink salt and black pepper.
3. In a large bowl, toss zucchini, cherry tomatoes, olives, and red onion with 2 tablespoons olive oil.
4. Season vegetables with remaining pink salt, oregano, and thyme.
5. Spread vegetables on a parchment-lined baking sheet.
6. Roast vegetables for 10 minutes.
7. Warm the remaining olive oil in a small skillet, then add the garlic.
8. Cook garlic for 1 minute until fragrant, then remove from heat.
9. Remove vegetables from oven and create a space in the center.
10. Place cod fillet in the center and brush with garlic oil.
11. Arrange lemon slices over the cod and vegetables.
12. Return to oven and bake for 12–15 minutes until cod flakes easily.
13. After removing from oven, top with fresh lemon juice.
14. Let rest for 2 minutes before serving.
15. Serve immediately with vegetables arranged around the cod.

Nutritional Information (per serving):

- Calories: 425 kcal
- Carbohydrates: 16 g
- Sodium: 1,285 mg
- Fiber: 5 g
- Protein: 35 g
- Fat: 26 g
- Potassium: 1,245 mg

Chef's Note: The pink salt enhances the cod's natural sweetness while the Mediterranean vegetables provide antioxidants and healthy fats from the olives and olive oil. This dish is rich in omega-3 fatty acids, vitamin C, and provides excellent sources of potassium and selenium. The key is to not overcook the cod—it should be opaque and flake easily when done.



- ½ lemon, sliced into rounds (50 g)
- 1 tablespoon fresh lemon juice (15 ml)
- 2 cloves garlic, minced (6 g)
- ¼ teaspoon dried thyme (0.5 g)

Quinoa Stuffed Acorn Squash

Prep Time: 20 minutes | **Cook Time:** 45 minutes | **Servings:** 1

A hearty and festive vegetarian lunch featuring tender roasted acorn squash filled with a savory-sweet quinoa mixture. The pink salt enhances the natural sweetness of the squash while balancing the earthy quinoa and aromatic sage. Tart cranberries and crunchy walnuts add textural contrast and bursts of flavor, while a touch of maple syrup brings everything together in perfect harmony, creating a satisfying autumn-inspired meal that's both nourishing and comforting.

Ingredients:

- 1 small acorn squash, halved and seeded (400 g)
- ⅓ cup quinoa, rinsed (65 g)
- ⅔ cup vegetable broth (160ml)
- 2 tablespoons dried cranberries (20 g)
- 2 tablespoons walnuts, chopped (20 g)
- 1 tablespoon fresh sage, chopped (3 g)
- ¼ medium yellow onion, diced (50 g)
- 2 tablespoons extra virgin olive oil, divided (30 ml)

Instructions:

1. Preheat oven to 400°F (200°C).
2. Brush cut sides of acorn squash with 1 tablespoon olive oil.
3. Season with ¼ teaspoon pink salt and black pepper.
4. Set the halves cut-side down on a baking tray and roast for 25 minutes.
5. Pour vegetable broth into a small pan and heat until it reaches a boil.
6. Add quinoa and remaining pink salt, reduce heat to low.
7. With the lid on, cook 15 minutes until liquid has been absorbed.
8. Take from heat, allow to rest 5 minutes, and then fluff with a fork.

Nutritional Information (per serving):

- Calories: 485 kcal
- Carbohydrates: 72 g
- Sodium: 1,165 mg
- Fiber: 11 g
- Protein: 12 g
- Fat: 20 g
- Potassium: 1,385 mg

Chef's Note: The pink salt brings out the natural sweetness in the acorn squash while complementing the nutty quinoa and warming spices. This dish provides complete protein from quinoa, healthy fats from walnuts, and is rich in beta-carotene, fiber, and antioxidants. The combination of sweet and savory flavors makes this a perfect transitional meal between seasons.



9. Warm olive oil in a skillet over moderate heat.
10. Include diced onion and cook for 4–5 minutes until softened.
11. Add minced garlic, sage, cinnamon, and nutmeg, cooking for 1 minute.
12. Stir in cooked quinoa, cranberries, and chopped walnuts.
13. Add maple syrup and mix gently to combine.
14. Flip squash halves cut-side up and fill with quinoa mixture.
15. Return to oven for 15–20 minutes until squash is tender and filling is heated through.

Turkey Steak with Cauliflower Mash and Cranberry Sauce

Prep Time: 20 minutes | **Cook Time:** 25 minutes | **Servings:** 1

A festive and satisfying lunch featuring a perfectly seared turkey steak served with creamy cauliflower mash and tangy homemade cranberry sauce. The pink salt enhances the rich, savory flavor of the turkey while balancing the natural sweetness of the cranberries and the mild earthiness of the cauliflower. This elegant meal combines traditional holiday flavors in a lighter, more refined presentation that's both comforting and sophisticated.

Ingredients:

- 5 oz turkey breast steak (140 g)
- 2 cups cauliflower florets (200 g)
- ⅓ cup fresh cranberries (40 g)
- 2 tablespoons heavy cream (30 ml)
- 1 tablespoon butter, divided (15 g)
- 2 tablespoons extra virgin olive oil, divided (30 ml)
- ½ teaspoon pink salt, divided (3 g)
- ¼ teaspoon black pepper (0.5 g)
- 2 tablespoons orange juice (30 ml)



- 1 tablespoon maple syrup (15 ml)
- ½ teaspoon fresh thyme, chopped (1 g)
- 1 clove garlic, minced (3 g)
- ¼ teaspoon ground sage (0.5 g)
- ⅛ teaspoon cinnamon (0.25 g)

Instructions:

1. Season turkey steak with ¼ teaspoon pink salt, black pepper, and sage.
2. Let turkey rest at room temperature for 10 minutes.
3. Steam cauliflower florets for 12–15 minutes until very tender.
4. Meanwhile, combine cranberries, orange juice, maple syrup, and cinnamon in a small saucepan.
5. Cook cranberry mixture over medium heat for 8–10 minutes until berries burst and sauce thickens.
6. Set a skillet over medium-high heat to warm 1 tablespoon olive oil.
7. Cook turkey steak for 5–6 minutes per side until internal temperature reaches 165°F (74°C).
8. Remove turkey and let rest for 5 minutes, then slice.
9. Drain steamed cauliflower and transfer to a food processor.
10. Add heavy cream, ½ tablespoon butter, minced garlic, and remaining pink salt.
11. Process until smooth and creamy, adding more cream if needed.
12. Melt and warm the remaining olive oil and butter in a small skillet.
13. Add fresh thyme and cook for 1 minute until fragrant.
14. Stir thyme mixture into cauliflower mash.
15. Serve sliced turkey over cauliflower mash with cranberry sauce alongside.

Nutritional Information (per serving):

- Calories: 465 kcal
- Protein: 38 g
- Carbohydrates: 22 g
- Fat: 28 g
- Sodium: 1,185 mg
- Potassium: 1,125 mg
- Fiber: 6 g

Chef's Note: The pink salt brings out the natural flavors in the turkey while the cauliflower mash provides a creamy, low-carb alternative to traditional mashed potatoes. This dish is rich in lean protein, antioxidants from cranberries, and provides excellent sources of vitamin C and potassium while delivering classic comfort food satisfaction.

Herb-Crusted Lamb Chops with Roasted Root Vegetables

Prep Time: 15 minutes | **Cook Time:** 25 minutes | **Servings:** 1

An elegant and sophisticated dinner featuring tender lamb chops coated in a fragrant herb crust and served alongside caramelized root vegetables. The pink salt enhances the rich, gamey flavor of the lamb while balancing the earthy sweetness of roasted carrots, parsnips, and baby potatoes. Fresh rosemary and thyme create an aromatic coating that seals in the meat's natural juices, while the colorful vegetables provide a beautiful contrast in both flavor and presentation, making this a perfect special occasion meal.

Ingredients:

- 2 lamb rib chops (4 oz total) (115 g)
- 2 small baby potatoes, halved (100 g)
- 1 medium carrot, cut into 2-inch pieces (75 g)
- 1 small parsnip, cut into 2-inch pieces (75 g)
- 2 tablespoons fresh rosemary, chopped (6 g)
- 1 tablespoon fresh thyme, chopped (3 g)
- 3 tablespoons extra virgin olive oil, divided (45 ml)
- ½ teaspoon pink salt, divided (3 g)
- ¼ teaspoon black pepper (0.5 g)
- 2 cloves garlic, minced (6 g)

Instructions:

1. Preheat oven to 425°F (220°C).
2. Toss halved potatoes, carrots, and parsnips with 2 tablespoons olive oil.
3. Season vegetables with ¼ teaspoon pink salt and arrange on a baking sheet.
4. Roast vegetables for 15 minutes.
5. Meanwhile, pat lamb chops dry and season with remaining pink salt and black pepper.
6. In a small bowl, mix chopped rosemary, thyme, minced garlic, and remaining olive oil.
7. Brush lamb chops with Dijon mustard on both sides.
8. Press herb mixture onto both sides of the lamb chops.
9. Heat a cast-iron skillet over medium-high heat.
10. Sear lamb chops for 2–3 minutes per side until golden brown.
11. Transfer skillet to oven alongside vegetables for 8–10 minutes for medium-rare.
12. Take lamb out and let it sit for 5 minutes before slicing.
13. Drizzle roasted vegetables with balsamic vinegar.
14. Arrange vegetables on plate and top with lamb chops.
15. Garnish with fresh parsley and serve immediately.

Nutritional Information (per serving):

- Calories: 485 kcal
- Protein: 28 g
- Carbohydrates: 32 g
- Fat: 28 g
- Sodium: 1,245 mg
- Potassium: 1,385 mg
- Fiber: 7 g

Chef's Note: The pink salt brings out the natural richness of the lamb while the herb crust adds aromatic complexity and helps seal in the juices. This dish provides high-quality protein, healthy fats, and essential vitamins from the colorful root vegetables. The lamb should rest after cooking to achieve maximum juiciness and tenderness.



- 1 tablespoon Dijon mustard (15 g)
- ½ tablespoon balsamic vinegar (7 ml)
- 1 tablespoon fresh parsley, chopped (3 g)

Steamed Fish with Ginger Scallion Sauce

Prep Time: 15 minutes | **Cook Time:** 12 minutes | **Servings:** 1

A delicate and aromatic Asian-inspired lunch featuring tender steamed white fish topped with a fragrant ginger scallion sauce. The pink salt enhances the fish's natural sweetness while the vibrant sauce of fresh ginger, scallions, and sesame oil creates layers of flavor that awaken the palate. Served alongside crisp steamed bok choy, this light yet satisfying meal showcases the pure, clean flavors of traditional Chinese cuisine with elegant simplicity.

Ingredients:

- 5 oz white fish fillet (cod or halibut) (140 g)
- 2 tablespoons fresh ginger, julienned (20 g)
- 3 scallions, thinly sliced (30 g)
- 2 tablespoons low-sodium soy sauce (30 ml)
- 1 tablespoon sesame oil (15 ml)
- 1 tablespoon rice vinegar (15 ml)
- 2 heads baby bok choy, halved lengthwise (200 g)
- ½ teaspoon pink salt, divided (3 g)
- 2 tablespoons vegetable oil (30 ml)
- 1 clove garlic, minced (3 g)
- ½ teaspoon sugar (2 g)
- ¼ teaspoon white pepper (0.5 g)
- 1 tablespoon fresh cilantro, chopped (3 g)



Instructions:

1. Set up a steamer basket over simmering water in a large pot.
2. Pat fish fillet dry and season with ¼ teaspoon pink salt and white pepper.
3. Place fish on a heatproof plate that fits in the steamer.
4. Steam fish for 8–10 minutes until it flakes easily with a fork.
5. Meanwhile, steam bok choy for 3–4 minutes until stems are tender-crisp.
6. Season bok choy with remaining pink salt.
7. Use a small bowl to whisk together soy sauce, rice vinegar, and sugar.
8. Set a small saucepan over medium-high heat to warm vegetable oil until shimmering.
9. Add julienned ginger and cook for 1–2 minutes until fragrant and lightly golden.
10. Include minced garlic and cook for 30 seconds.
11. Take off the heat and stir in the soy sauce mixture and sesame oil.
12. Add half the sliced scallions to the sauce.
13. Carefully remove steamed fish from steamer and drain any excess liquid.
14. Arrange bok choy alongside the fish on serving plate.
15. Pour hot ginger scallion sauce over fish and garnish with remaining scallions and cilantro.

Nutritional Information (per serving):

- Calories: 385 kcal
- Protein: 35 g
- Carbohydrates: 12 g
- Fat: 22 g
- Sodium: 1,245 mg
- Potassium: 1,185 mg
- Fiber: 4 g

Chef's Note: The pink salt enhances the delicate flavor of the steamed fish without masking its natural taste, while the ginger scallion sauce provides aromatic complexity and healthy compounds. This dish is rich in omega-3 fatty acids, high-quality protein, and provides excellent sources of vitamins A, C, and K from the bok choy. The key is to not overcook the fish—it should be just opaque and flaky when done.

Healthy Desserts

Light, naturally sweet treats designed to satisfy cravings while keeping nutrition in mind



Dark Chocolate Avocado Mousse

Prep Time: 15 minutes | **Chill Time:** 2 hours | **Servings:** 1

A luxuriously creamy and decadent chocolate mousse that's surprisingly healthy, made with ripe avocados as the base. The pink salt enhances the rich dark chocolate flavor while balancing the natural sweetness from maple syrup, creating a guilt-free dessert that delivers intense chocolate satisfaction with fresh berries for antioxidants.

Ingredients:

- 1 large ripe avocado, pitted and peeled (200 g)
- 2 ½ tablespoons unsweetened cocoa powder (15 g)
- 2 tablespoons pure maple syrup (30 ml)
- ½ teaspoon vanilla extract (2.5 ml)
- ¼ teaspoon pink salt (1.5 g)
- 2 tablespoons coconut cream, chilled (30 ml)
- ¼ cup mixed fresh berries (37 g)
- 1 tablespoon coconut cream for topping (15 ml)

Instructions:

1. Ensure avocado is perfectly ripe and cut in half, removing pit.
2. Scoop avocado flesh into a food processor.
3. Combine cocoa powder, maple syrup, vanilla extract, and pink salt into the mixture.
4. Process for 2–3 minutes until completely smooth, scraping down sides as needed.
5. With processor running, slowly drizzle in the chilled coconut cream.
6. Continue processing for 1–2 minutes until mixture is silky and well combined.
7. Taste and adjust sweetness with additional maple syrup if desired.
8. Transfer mousse to a serving glass.
9. Place plastic wrap over the top and refrigerate at least 2 hours until firm.
10. Before serving, whip remaining coconut cream until soft peaks form.
11. Top mousse with whipped coconut cream and fresh berries.
12. Serve immediately while chilled.

Nutritional Information (per serving):

- Calories: 285 kcal
- Carbohydrates: 32 g
- Sodium: 590 mg
- Fiber: 12 g
- Protein: 6 g
- Fat: 18 g
- Potassium: 875 mg

Chef's Note: The pink salt transforms this healthy dessert by intensifying the chocolate flavor and creating a sophisticated sweet-salty balance. This mousse provides heart-healthy monounsaturated fats, potassium for cardiovascular support, and powerful antioxidants from cocoa and berries, proving that indulgent desserts can be nutritious.



Coconut Chia Pudding Parfait

Prep Time: 10 minutes | **Chill Time:** 4 hours | **Servings:** 1

A tropical-inspired parfait featuring creamy chia pudding layered with sweet mango and crunchy toasted coconut. The pink salt enhances the natural coconut flavor while balancing the honey's sweetness, creating a nutritious dessert that's packed with omega-3 fatty acids, fiber, and vibrant tropical flavors.

Ingredients:

- 2 ½ tablespoons chia seeds (25 g)
- ⅔ cup canned coconut milk (150 ml)
- 1 ½ tablespoons honey (22 ml)
- ½ teaspoon vanilla extract (2.5 ml)
- Pinch pink salt (0.4 g)
- ½ large ripe mango, diced (100 g)
- 2 tablespoons unsweetened coconut flakes (10 g)

Instructions:

1. Use a medium bowl to whisk together coconut milk, honey, vanilla extract, and pink salt until well combined.



2. Add chia seeds and whisk vigorously for 2 minutes to prevent clumping.
3. Let mixture sit 5 minutes, then whisk completely.
4. Cover the bowl and let it chill for 4 hours or overnight until it firms up.
5. Preheat a small, dry pan over medium heat while continuing other steps.
6. Place coconut flakes in the skillet and cook 2–3 minutes, stirring constantly, until golden brown.
7. Remove from heat and let cool completely.
8. Peel mango and cut it into small cubes, removing any fibrous parts.
9. Remove chia pudding from refrigerator and stir well to break up any clumps.
10. Layer half the chia pudding in the bottom of a glass or jar.
11. Add half the diced mango over the pudding layer.
12. Repeat with remaining chia pudding and mango.
13. Top parfait with toasted coconut flakes.
14. Serve at once, or keep refrigerated until ready.

Nutritional Information (per serving):

- Calories: 395 kcal
- Carbohydrates: 35 g
- Sodium: 155 mg
- Fiber: 14 g
- Protein: 8 g
- Fat: 26 g
- Potassium: 485 mg

Chef's Note: The pink salt elevates this tropical parfait by enhancing the coconut's natural richness while creating perfect harmony with the sweet mango and honey. This dessert provides exceptional omega-3 fatty acids from chia seeds, healthy saturated fats from coconut, and vitamin C from mango, making it a nutritious treat that supports heart health and digestive wellness.

Baked Cinnamon Apple Cups

Prep Time: 15 minutes | **Cook Time:** 25 minutes | **Servings:** 1

Individual baked apple cups filled with a warm, spiced oat crumble that creates the perfect healthy dessert. The pink salt enhances the natural apple sweetness while balancing the warm cinnamon and nutmeg spices, topped with creamy Greek yogurt for a satisfying treat that tastes like apple pie without the guilt.

Ingredients:

- 1 large Honeycrisp apple (200 g)
- 2½ tablespoons old-fashioned oats (15 g)
- 2 tablespoons almond flour (12 g)
- ½ teaspoon ground cinnamon (1 g)
- ⅛ teaspoon ground nutmeg (0.25 g)
- 1 tablespoon pure maple syrup (15 ml)
- 1 tablespoon coconut oil, melted (15 ml)
- ⅛ teaspoon pink salt (0.75 g)
- ¼ cup plain Greek yogurt (60 g)
- ½ tablespoon maple syrup for serving (7 ml)



Instructions:

1. Preheat oven to 375°F (190°C).
2. Wash apple and cut off the top ½ inch from the apple.
3. Carefully hollow out the core and flesh using a small spoon or melon baller, leaving ½-inch walls.
4. Reserve scooped apple flesh and chop into small pieces, discarding seeds and core.
5. Place hollowed apple in a small baking dish.
6. Combine oats, almond flour, cinnamon, nutmeg, and pink salt in a medium bowl.
7. Add melted coconut oil and 1 tablespoon maple syrup, stirring until mixture is well combined.
8. Fold the apple pieces into the mixture until distributed evenly.
9. Fill the apple cup with the oat mixture, packing gently.
10. Cover the baking dish with foil and bake for about 20 minutes.
11. Take off the foil and bake 5–8 more minutes until the apple is tender and the topping turns golden.
12. Remove from oven and let cool for 5 minutes.
13. Meanwhile, stir remaining maple syrup into Greek yogurt until smooth.
14. Serve warm apple cup topped with a dollop of maple Greek yogurt.

Nutritional Information (per serving):

- Calories: 315 kcal
- Carbohydrates: 42 g
- Sodium: 295 mg
- Fiber: 8 g
- Protein: 12 g
- Fat: 14 g
- Potassium: 425 mg

Chef's Note: The pink salt transforms this baked apple by intensifying the natural fruit sweetness and creating perfect balance with the warm spices. This dessert provides excellent fiber from oats and apple, healthy fats from coconut oil and almond flour, plus probiotics from Greek yogurt, making it a nutritious treat that supports digestive health and sustained energy.

Frozen Banana Nice Cream

Prep Time: 10 minutes | **Freeze Time:** 2 hours | **Servings:** 1

A creamy, guilt-free ice cream alternative made entirely from frozen bananas with rich chocolate and nutty flavors. The pink salt enhances the natural banana sweetness while balancing the cocoa's bitterness, creating a satisfying frozen treat that's naturally sweet and packed with potassium and healthy fats.

Ingredients:

- 1½ large ripe bananas, sliced and frozen (225 g)
- 1 tablespoon natural almond butter (16 g)
- 1 tablespoon unsweetened cocoa powder (6 g)
- 1½ tablespoons unsweetened almond milk (22 ml)
- ¼ teaspoon vanilla extract (1.25 ml)
- Pinch pink salt (0.4 g)
- 2 tablespoons mixed chopped nuts (almonds, walnuts) (15 g)

Instructions:

1. Remove frozen banana slices from freezer and let sit for 2–3 minutes to soften slightly.
2. Add frozen bananas to a food processor and pulse until they break into small pieces.
3. Process continuously for 2–3 minutes until bananas form a smooth, creamy base.
4. Add almond butter, cocoa powder, vanilla extract, and pink salt to the processor.
5. With processor running, slowly drizzle in almond milk until mixture is smooth and creamy.
6. Process for additional 1–2 minutes until texture resembles soft-serve ice cream.
7. Taste and adjust sweetness or add more cocoa powder if desired.
8. For soft-serve consistency, serve immediately in a bowl.
9. For firmer ice cream, transfer to a freezer-safe container and freeze for 2 hours.
10. If solidly frozen, leave at room temperature for 5 minutes before scooping.
11. Scoop nice cream into serving bowl.
12. Top with chopped nuts.
13. Serve immediately while creamy.

Nutritional Information (per serving):

- Calories: 285 kcal
- Protein: 8 g
- Carbohydrates: 38 g
- Fat: 14 g
- Sodium: 155 mg
- Potassium: 665 mg
- Fiber: 9 g

Chef's Note: The pink salt elevates this healthy ice cream by enhancing the banana's natural sweetness and creating perfect harmony with the rich cocoa and nutty almond butter. This treat provides exceptional potassium for heart health, healthy monounsaturated fats from nuts, and natural sugars that satisfy cravings while delivering essential nutrients and fiber.



Lemon Coconut Energy Balls

Prep Time: 15 minutes | **Chill Time:** 30 minutes | **Servings:** 1 (makes 6 balls)

Bright and refreshing no-bake energy balls that combine the tropical sweetness of coconut with zesty lemon flavor. The pink salt enhances the citrus notes while balancing the natural sweetness from dates, creating bite-sized treats that provide sustained energy and satisfy sweet cravings with wholesome ingredients.

Ingredients:

- ½ cup pitted Medjool dates (75 g)
- ⅓ cup raw cashews (45 g)
- 2½ tablespoons unsweetened coconut flakes (12 g)
- 1 teaspoon fresh lemon zest (2 g)
- 1 tablespoon fresh lemon juice (15 ml)
- ¼ teaspoon vanilla extract (1.25 ml)
- ⅛ teaspoon pink salt (0.75 g)
- ½ tablespoon coconut oil, melted (7 ml)
- 1 tablespoon coconut flakes for rolling (7 g)



Instructions:

1. If dates seem dry, immerse them in warm water for 10 minutes, then drain and dry.
2. Process cashews in short pulses until they break down into coarse crumbs.
3. Add dates to the processor and pulse until they break down into small pieces.
4. Process continuously for 1–2 minutes until mixture forms a sticky paste.
5. Add coconut flakes, lemon zest, lemon juice, vanilla extract, and pink salt.
6. Drizzle in melted coconut oil while processor is running.
7. Process for 1–2 minutes until mixture holds together when pressed.
8. If mixture is too dry, add ½ teaspoon water at a time until it binds.
9. Move the mixture to a bowl and chill for 15 minutes to firm.
10. Place remaining coconut flakes on a small plate for rolling.
11. Using clean hands, roll mixture into 6 equal-sized balls, about 1 inch in diameter.
12. Evenly cover each ball with coconut flakes by rolling.
13. Place coated balls on a plate and refrigerate for 30 minutes to set.
14. Store in refrigerator and serve chilled.

Nutritional Information (per serving – 6 balls):

- Calories: 385 kcal
- Carbohydrates: 45 g
- Sodium: 295 mg
- Fiber: 7 g
- Protein: 8 g
- Fat: 22 g
- Potassium: 485 mg

Chef's Note: The pink salt brightens these energy balls by amplifying the fresh lemon flavor and creating perfect balance with the sweet dates and rich cashews. These treats provide natural energy from dates, healthy fats from cashews and coconut, plus vitamin C from lemon, making them an ideal pre-workout snack or healthy dessert that supports sustained energy levels.

Greek Yogurt Berry Popsicles

Prep Time: 10 minutes | **Freeze Time:** 4 hours | **Servings:** 1 (makes 2 popsicles)

Creamy, protein-packed popsicles bursting with fresh berry flavor and a hint of mint. The pink salt enhances the natural berry sweetness while balancing the tartness of Greek yogurt, creating refreshing frozen treats that are both satisfying and nutritious for hot summer days.

Ingredients:

- ½ cup plain Greek yogurt (120 g)
- ½ cup mixed fresh berries (strawberries, blueberries, raspberries) (75 g)
- 1½ tablespoons honey (22 ml)
- ½ tablespoon fresh lemon juice (7 ml)
- Pinch pink salt (0.4 g)
- 4 fresh mint leaves (1 g)
- 1 tablespoon water (15 ml)

Instructions:

1. Hull strawberries and cut them into small pieces if using.
2. In a blender, combine mixed berries, honey, lemon juice, and water.
3. Add mint leaves and pink salt to the blender.
4. Blend for 60–90 seconds until smooth and well combined.
5. Strain mixture through a fine-mesh sieve to remove seeds if desired for smoother texture.
6. In a medium bowl, whisk Greek yogurt until smooth and creamy.
7. Add half of the berry mixture to the yogurt and gently fold together for marbled effect.
8. Alternatively, keep separate for layered popsicles.
9. Divide mixture evenly among 2 popsicle molds, filling each about ¾ full.
10. If making layered popsicles, alternate spoonfuls of yogurt and berry mixture.
11. Tap molds gently on counter to remove air bubbles.
12. Place popsicle sticks into the mixture and freeze for at least 4 hours or overnight.
13. To remove, run warm water over outside of molds for 10–15 seconds.
14. Serve immediately once removed from molds.

Nutritional Information (per serving – 2 popsicles):

- Calories: 185 kcal
- Carbohydrates: 32 g
- Sodium: 155 mg
- Fiber: 4 g
- Protein: 12 g
- Fat: 2 g
- Potassium: 385 mg

Chef's Note: The pink salt transforms these healthy popsicles by intensifying the berry flavors and creating perfect harmony with the creamy Greek yogurt and fresh mint. These treats provide excellent protein for muscle support, probiotics for digestive health, and antioxidants from berries, making them a nutritious alternative to store-bought frozen desserts.



Roasted Pear with Honey and Walnuts

Prep Time: 10 minutes | **Cook Time:** 20 minutes | **Servings:** 1

Elegant roasted pear that caramelizes beautifully in the oven with aromatic honey and crunchy walnuts. The pink salt enhances the pear's natural sweetness while balancing the rich honey, creating a sophisticated dessert topped with creamy Greek yogurt and fresh thyme for an unexpected herbal note.



Ingredients:

- 1 large ripe Bosc pear (200 g)
- 1½ tablespoons honey (22 ml)
- 2½ tablespoons chopped walnuts (20 g)
- ¼ teaspoon ground cinnamon (0.5 g)
- ¼ teaspoon vanilla extract (1.25 ml)
- Pinch pink salt (0.4 g)
- ¼ cup plain Greek yogurt (60 g)
- ½ tablespoon honey for serving (7 ml)
- ½ teaspoon fresh thyme leaves (0.5 g)

Instructions:

1. Preheat oven to 400°F (200°C).
2. Wash pear and cut it in half lengthwise, leaving stem intact if desired.
3. Hollow out the pear halves by scooping out seeds and core with a melon baller or small spoon.
4. Place pear halves cut-side up in a small baking dish.
5. Use a small bowl to whisk together 1½ tablespoons honey, vanilla extract, cinnamon, and pink salt.
6. Brush honey mixture evenly over the cut surfaces and cavities of the pears.
7. Sprinkle chopped walnuts into the cavities and over the pears.
8. Roast for 18–20 minutes until pears are tender and lightly caramelized.
9. Take out of the oven and let rest for 5 minutes.
10. Meanwhile, stir remaining honey into Greek yogurt until smooth.
11. Strip thyme leaves from stems and chop finely.
12. Place pear halves on serving plate.
13. Drizzle any pan juices over the pears.
14. Add a dollop of honey Greek yogurt alongside the pears.
15. Decorate with fresh thyme and serve while warm.

Nutritional Information (per serving):

- Calories: 295 kcal
- Protein: 12 g
- Carbohydrates: 48 g
- Fat: 10 g
- Sodium: 155 mg
- Potassium: 385 mg
- Fiber: 7 g

Chef's Note: The pink salt transforms this roasted pear by amplifying its natural sweetness and creating perfect harmony with the aromatic honey and earthy walnuts. This dessert provides excellent fiber from pear, healthy omega-3 fats from walnuts, and probiotics from Greek yogurt, while the fresh thyme adds an elegant herbal complexity that elevates this simple fruit into a restaurant-quality dessert.

Matcha Coconut Truffles

Prep Time: 15 minutes | **Chill Time:** 1 hour | **Servings:** 1 (makes 6 truffles)

Delicate, melt-in-your-mouth truffles with earthy matcha flavor and tropical coconut sweetness. The pink salt enhances the matcha's natural umami while balancing the maple syrup's sweetness, creating elegant bite-sized treats rolled in shredded coconut for the perfect texture contrast.

Ingredients:

- ¼ cup coconut flour (30 g)
- 2 tablespoons coconut oil, softened (30 ml)
- 1 tablespoon ceremonial grade matcha powder (6 g)
- 1½ tablespoons pure maple syrup (22 ml)
- ¼ teaspoon vanilla extract (1.25 ml)
- Pinch pink salt (0.4 g)
- 2½ tablespoons unsweetened shredded coconut (15 g)
- ½ tablespoon coconut oil for rolling (7 ml)

Instructions:

1. Use a medium bowl to whisk together coconut flour, matcha powder, and pink salt until well combined.
2. Mix softened coconut oil with maple syrup in a separate bowl until blended.
3. Add vanilla extract to the coconut oil mixture and stir to combine.
4. Add the wet ingredients to the dry ingredients and stir until a thick paste forms.
5. If too dry, gradually incorporate coconut oil, ½ teaspoon at a time, until the mixture holds.
6. If mixture is too wet, add coconut flour ½ tablespoon at a time until workable.
7. Cover bowl and refrigerate for 30 minutes until mixture firms up.
8. Place shredded coconut on a small plate for rolling.
9. Lightly oil your hands with remaining coconut oil to prevent sticking.
10. Roll mixture into 6 equal-sized balls, about ¾ inch in diameter.
11. Roll each truffle in shredded coconut until evenly coated.
12. Place coated truffles on a plate lined with parchment paper.
13. Refrigerate for additional 30 minutes until firm.
14. Store in refrigerator and serve chilled for best texture.

Nutritional Information (per serving - 6 truffles):

- Calories: 285 kcal
- Protein: 6 g
- Carbohydrates: 22 g
- Fat: 21 g
- Sodium: 155 mg
- Potassium: 285 mg
- Fiber: 8 g

Chef's Note: The pink salt elevates these matcha truffles by enhancing the tea's natural earthiness and creating perfect balance with the tropical coconut and maple sweetness. These treats provide antioxidants from matcha, healthy medium-chain fatty acids from coconut, and sustained energy from natural sugars, making them an elegant dessert that supports metabolism and provides calm, focused energy.



Strawberry Basil Sorbet

Prep Time: 10 minutes | **Freeze Time:** 4 hours | **Servings:** 1

A refreshing and sophisticated sorbet that combines sweet strawberries with aromatic fresh basil for an unexpected flavor pairing. The pink salt enhances the strawberry's natural sweetness while the lime zest adds brightness, creating an elegant frozen dessert that's both cooling and herbaceous.



Ingredients:

- ½ lb fresh strawberries, hulled and halved (225 g)
- 2 tablespoons fresh basil leaves (7 g)
- 2½ tablespoons honey (40 ml)
- 1 tablespoon fresh lemon juice (15 ml)
- 2 tablespoons water (30 ml)
- Pinch pink salt (0.4 g)
- ½ teaspoon fresh lime zest (1 g)

Instructions:

1. Hull strawberries and cut into halves, removing any white parts.
2. Put strawberries and basil leaves into a food processor or blender.
3. Add honey, lemon juice, water, and pink salt to the blender.
4. Blend for 60–90 seconds until completely smooth and well combined.
5. Strain mixture through a fine-mesh sieve to remove basil pieces and strawberry seeds.
6. Press solids with a spoon to extract maximum liquid, then discard pulp.
7. Stir lime zest into the strained mixture until evenly distributed.
8. Pour mixture into a shallow, freezer-safe dish or ice cream maker.
9. If using ice cream maker, churn according to manufacturer's instructions.
10. If freezing manually, place in freezer and stir vigorously every 30 minutes for first 2 hours.
11. Continue freezing for additional 2 hours until firm but scoopable.
12. Let frozen mixture rest at room temperature for 5–10 minutes prior to scooping.
13. Scoop sorbet into chilled bowl and serve immediately.
14. Garnish with fresh basil leaves and lime zest if desired.

Nutritional Information (per serving):

- Calories: 185 kcal
- Protein: 2 g
- Carbohydrates: 48 g
- Fat: 1 g
- Sodium: 155 mg
- Potassium: 385 mg
- Fiber: 4 g

Chef's Note: The pink salt transforms this elegant sorbet by intensifying the strawberry's natural sweetness and creating perfect harmony with the aromatic basil and bright citrus notes. This dessert provides exceptional vitamin C from strawberries and lime, antioxidants from basil, and natural enzymes that support digestion, making it a refreshing treat that's both sophisticated and healthful.

Chocolate Zucchini Brownies

Prep Time: 10 minutes | **Cook Time:** 25 minutes | **Servings:** 1 (makes 4 brownies)

Fudgy, decadent brownies that secretly pack a full serving of vegetables while delivering rich chocolate flavor. The pink salt enhances the cocoa's depth while balancing the maple syrup's sweetness, creating moist brownies with dark chocolate chips that no one will guess contain zucchini.

Ingredients:

- ½ medium zucchini, grated (100 g)
- ¾ cup almond flour (75 g)
- ¼ cup unsweetened cocoa powder (22 g)
- 1 large egg (50 g)
- 2½ tablespoons pure maple syrup (40 ml)
- 2 tablespoons coconut oil, melted (30 ml)
- ½ teaspoon vanilla extract (2.5 ml)
- ¼ teaspoon pink salt (1.5 g)
- 2½ tablespoons dark chocolate chips (27 g)

Instructions:

1. Preheat oven to 350°F (175°C).
2. Line a small 6x6-inch baking pan with parchment paper, leaving overhang for easy removal.
3. Shred the zucchini using the big side of a box grater.
4. Use a kitchen towel to wring out moisture from the grated zucchini.
5. Use a medium bowl to whisk together almond flour, cocoa powder, and pink salt.
6. Thoroughly beat the egg in a different bowl.
7. Combine the egg with maple syrup, melted coconut oil, and vanilla, whisking until smooth.
8. Add squeezed zucchini to the wet ingredients and stir to combine.
9. Mix wet ingredients into dry ingredients, folding gently until combined.
10. Fold in chocolate chips, reserving a few for topping.
11. Place batter in the prepared pan and level it evenly.
12. Sprinkle remaining chocolate chips on top.
13. Cook in the oven 22–25 minutes, testing doneness with a toothpick—it should have a few moist crumbs.
14. Cool in the pan until completely set, then remove with parchment overhang.
15. Cut into 4 squares and serve at room temperature.

Nutritional Information (per serving - 4 brownies):

- Calories: 485 kcal
- Protein: 16 g
- Carbohydrates: 35 g
- Fat: 34 g
- Sodium: 590 mg
- Potassium: 565 mg
- Fiber: 12 g

Chef's Note: The pink salt elevates these healthy brownies by intensifying the chocolate flavor and creating perfect balance with the natural sweetness from maple syrup and zucchini. These treats provide hidden vegetables, healthy fats from almond flour, and antioxidants from cocoa, proving that indulgent desserts can be both satisfying and nutritious while supporting heart health and providing sustained energy.



Snacks & Smoothies

Quick, enjoyable treats to enjoy between main meals



Vanilla Cinnamon Oat Smoothie

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A creamy, satisfying smoothie that tastes like oatmeal cookie in a glass with warming cinnamon and vanilla flavors. The pink salt enhances the natural sweetness while balancing the hearty oats, creating a filling breakfast smoothie that provides sustained energy and complete nutrition.

Ingredients:

- ¼ cup rolled oats (22 g)
- 1 large ripe banana, peeled and sliced (150 g)
- ¾ cup unsweetened almond milk (180 ml)
- 1 scoop vanilla protein powder (30 g)
- ½ teaspoon ground cinnamon (1 g)
- 1 tablespoon pure maple syrup (15 ml)
- Pinch pink salt (0.4 g)
- ½ cup ice cubes (75 g)

Instructions:

1. Add rolled oats to blender first and pulse 3–4 times to break them down slightly.
2. Pour almond milk over oats and let sit for 2 minutes to soften.
3. Peel banana and cut it into chunks for easier blending.
4. Add banana chunks, vanilla protein powder, and cinnamon to blender.
5. Add maple syrup and pink salt to the mixture.
6. Run the blender on high for 60–90 seconds until completely smooth.
7. Include ice cubes and blend on high speed for 30–45 seconds until thick and creamy.
8. Turn off the blender, clear the sides with a spatula, and blend briefly.
9. Check consistency—add more almond milk if too thick, more ice if too thin.
10. Taste and adjust sweetness with additional maple syrup if desired.
11. Pour into a large glass.
12. Dust top with a pinch of cinnamon for garnish.
13. Serve immediately while cold and thick.

Nutritional Information (per serving):

- Calories: 325 kcal
- Protein: 26 g
- Carbohydrates: 48 g
- Fat: 5 g
- Sodium: 285 mg
- Potassium: 685 mg
- Fiber: 8 g

Chef's Note: The pink salt transforms this breakfast smoothie by enhancing the vanilla and cinnamon flavors while creating perfect balance with the natural oat sweetness and banana. This drink provides exceptional fiber from oats for digestive health, complete protein for muscle support, and complex carbohydrates for sustained energy, making it an ideal meal replacement that keeps you satisfied and energized throughout the morning.



Pink Salt Roasted Chickpeas

Prep Time: 10 minutes | **Cook Time:** 30 minutes | **Servings:** 1

Crispy, addictive roasted chickpeas seasoned with aromatic spices and pink salt for the perfect crunchy snack. The pink salt enhances the nutty chickpea flavor while the smoked paprika and cumin add warmth and depth, creating a protein-packed alternative to chips that's both satisfying and nutritious.

Ingredients:

- ½ can (7.5 oz) chickpeas, drained and rinsed (212 g)
- 1 tablespoon olive oil (15 ml)
- ⅓ teaspoon pink salt (2 g)
- ½ teaspoon smoked paprika (1 g)
- ¼ teaspoon ground cumin (0.5 g)
- ¼ teaspoon garlic powder (0.5 g)

Instructions:

1. Preheat oven to 425°F (220°C).
2. Drain and rinse chickpeas thoroughly in a colander.
3. Pat chickpeas completely dry with paper towels, removing any loose skins.
4. Lay chickpeas on a clean towel and lightly rub to remove leftover moisture.
5. Transfer dried chickpeas to a large bowl.
6. Drizzle olive oil over chickpeas and toss until evenly coated.
7. In a small bowl, combine pink salt, smoked paprika, cumin, and garlic powder.
8. Sprinkle spice mixture over oiled chickpeas and toss until well coated.
9. Arrange chickpeas flat on a large baking sheet without overlapping.
10. Roast for 25–30 minutes, shaking pan every 10 minutes for even browning.
11. Continue roasting until chickpeas are golden brown and crispy.
12. Take from the oven and cool for 5 minutes to enhance crispiness.
13. Taste and adjust seasoning with additional pink salt if desired.
14. Eat immediately while hot and crispy, or store in a sealed container for up to 3 days.

Nutritional Information (per serving):

- Calories: 285 kcal
- Carbohydrates: 35 g
- Sodium: 885 mg
- Fiber: 10 g
- Protein: 12 g
- Fat: 12 g
- Potassium: 485 mg

Chef's Note: The pink salt elevates these roasted chickpeas by enhancing their natural nuttiness and creating perfect harmony with the smoky paprika and earthy cumin. This snack provides exceptional plant-based protein, fiber for digestive health, and complex carbohydrates for sustained energy, making it an ideal alternative to processed snacks that supports blood sugar stability and satiety.



Avocado Toast with Everything Seasoning

Prep Time: 10 minutes | **Cook Time:** 3 minutes | **Servings:** 1

Whole-grain toast with avocado and a sprinkle of homemade everything seasoning. The pink salt enhances the avocado's buttery richness while the sesame seeds, poppy seeds, and spices create the perfect crunchy, savory topping for this nutritious and satisfying snack.

Ingredients:

- 1 slice whole grain bread (30 g)
- ½ large ripe avocado (100 g)
- ¼ teaspoon pink salt, divided (1.5 g)
- ½ tablespoon sesame seeds (4 g)
- ½ teaspoon poppy seeds (1.5 g)
- ½ teaspoon dried garlic flakes (1 g)
- ⅛ teaspoon red pepper flakes (0.25 g)



Instructions:

1. Toast bread slice in a toaster or toaster oven until golden brown and crispy.
2. While bread is toasting, cut avocado in half and remove pit.
3. Scoop avocado flesh into a medium bowl.
4. Add ⅛ teaspoon pink salt to avocado and mash with a fork until smooth but still slightly chunky.
5. Use a small bowl to combine sesame seeds, poppy seeds, garlic flakes, red pepper flakes, and remaining ⅛ teaspoon pink salt.
6. Mix everything seasoning blend until well combined.
7. Remove toast from toaster and let cool for 1 minute.
8. Spread mashed avocado evenly across the toast using the back of a spoon.
9. Sprinkle everything seasoning generously over the avocado.
10. Press seasoning gently into avocado to help it adhere.
11. Cut toast diagonally in half if desired.
12. Serve immediately while toast is still warm and crispy.

Nutritional Information (per serving):

- Calories: 285 kcal
- Carbohydrates: 28 g
- Sodium: 585 mg
- Fiber: 12 g
- Protein: 8 g
- Fat: 18 g
- Potassium: 565 mg

Chef's Note: The pink salt transforms this simple avocado toast by enhancing the fruit's natural creaminess and creating perfect balance with the savory everything seasoning blend. This snack provides heart-healthy monounsaturated fats from avocado, complex carbohydrates from whole grain bread, and beneficial minerals from seeds, making it an ideal choice for sustained energy and cardiovascular health.

Cucumber Hummus Bites

Prep Time: 15 minutes | **Cook Time:** 0 minutes | **Servings:** 1

Fresh and crisp cucumber rounds topped with creamy hummus and vibrant cherry tomatoes for a refreshing, no-cook snack. The pink salt enhances the cucumber's natural freshness while the dill adds an aromatic herb note, creating elegant bite-sized appetizers that are both hydrating and satisfying.

Ingredients:

- ½ large English cucumber (150 g)
- ¼ cup prepared hummus (60 g)
- 4 cherry tomatoes, halved (60 g)
- 1 tablespoon fresh dill, chopped (3 g)
- ⅛ teaspoon pink salt (0.75 g)
- ½ tablespoon extra virgin olive oil (7 ml)

Instructions:

1. Wash cucumber thoroughly and pat it dry with paper towels.
2. Cut cucumber into ½-inch thick rounds, creating about 8 slices.
3. Arrange cucumber slices on a serving plate in a single layer.
4. Lightly sprinkle cucumber rounds with half the pink salt.
5. Using a small spoon, place about ½ tablespoon of hummus on each cucumber slice.
6. Spread hummus gently to cover most of the cucumber surface.
7. Wash cherry tomatoes and cut each in half lengthwise.
8. Place one cherry tomato half on top of each hummus-topped cucumber.
9. Sprinkle remaining pink salt evenly over the tomatoes.
10. Finely chop fresh dill and sprinkle over all the bites.
11. Drizzle olive oil lightly over the assembled bites.
12. Sit for 5 minutes to let the flavors combine.
13. Serve immediately at room temperature for best texture.

Nutritional Information (per serving - 8 bites):

- Calories: 165 kcal
- Carbohydrates: 15 g
- Sodium: 385 mg
- Fiber: 5 g
- Protein: 6 g
- Fat: 10 g
- Potassium: 485 mg

Chef's Note: The pink salt elevates these refreshing bites by enhancing the cucumber's natural crispness and creating perfect harmony with the creamy hummus and juicy tomatoes. This snack provides excellent hydration from cucumber, plant-based protein from hummus, and lycopene from tomatoes, making it an ideal light option that supports hydration and provides sustained energy without heaviness.



Sweet Potato Chips with Pink Salt

Prep Time: 15 minutes | **Cook Time:** 25 minutes | **Servings:** 1

Crispy, golden sweet potato chips seasoned with aromatic rosemary and pink salt for a healthier alternative to regular chips. The pink salt enhances the sweet potato's natural sweetness while the rosemary adds an earthy, fragrant note, creating addictive baked chips that are both nutritious and satisfying.

Ingredients:

- 1 large sweet potato (300 g)
- 1½ tablespoons olive oil (22 ml)
- ⅓ teaspoon pink salt (2 g)
- 1 tablespoon fresh rosemary, finely chopped (3 g)
- ⅛ teaspoon black pepper (0.25 g)

Instructions:

1. Preheat oven to 425°F (220°C).
2. Prepare a large parchment paper-lined baking sheet.
3. Wash sweet potato thoroughly and pat dry with paper towels.
4. Using a sharp knife or mandoline, slice sweet potato into ⅛-inch thick rounds.
5. Put sliced sweet potatoes in a large bowl and toss with olive oil.
6. Toss sweet potato slices until evenly coated with oil.
7. In a small bowl, combine pink salt, chopped rosemary, and black pepper.
8. Sprinkle seasoning mixture over sweet potato slices and toss to coat evenly.
9. Place sweet potato slices on the prepared baking sheet, keeping them in a single layer.
10. Ensure slices do not overlap for even cooking and crispiness.
11. Bake for 12–15 minutes, then flip each slice carefully with a spatula.
12. Continue baking for 10–12 minutes until edges are golden and chips are crispy.
13. Take out of the oven and allow to cool on the sheet for 5 minutes to maximize crispiness.
14. Serve right away while warm and crisp, or store in an airtight container for up to 2 days.

Nutritional Information (per serving):

- Calories: 285 kcal
- Carbohydrates: 45 g
- Sodium: 885 mg
- Fiber: 7 g
- Protein: 4 g
- Fat: 11 g
- Potassium: 785 mg

Chef's Note: The pink salt transforms these sweet potato chips by enhancing their natural sweetness and creating perfect balance with the aromatic rosemary and earthy black pepper. This snack provides exceptional beta-carotene for eye health, complex carbohydrates for sustained energy, and antioxidants from sweet potatoes, making it a nutritious alternative to processed chips that supports immune function and provides lasting satisfaction.



Apple Slices with Almond Butter Dip

Prep Time: 10 minutes | **Cook Time:** 0 minutes | **Servings:** 1

Crisp apple slices paired with a creamy, spiced almond butter dip that's naturally sweetened with honey. The pink salt enhances the apple's natural sweetness while balancing the rich almond butter, creating a satisfying snack that combines fresh fruit with protein and healthy fats for sustained energy.

Ingredients:

- 1 large Honeycrisp apple (200 g)
- 2½ tablespoons natural almond butter (40 g)
- 1 tablespoon honey (15 ml)
- ¼ teaspoon ground cinnamon (0.5 g)
- Pinch pink salt (0.4 g)
- 2 tablespoons chopped almonds (15 g)



Instructions:

1. Wash apple thoroughly and pat dry with paper towels.
2. Core apple and cut into ¼-inch thick slices, leaving skin on.
3. Arrange apple slices on a serving plate in an overlapping pattern.
4. Combine almond butter with honey in a medium bowl, mixing until evenly blended.
5. Add cinnamon and pink salt to the almond butter mixture.
6. Whisk ingredients together until well combined and creamy.
7. If needed, adjust consistency with warm water, ½ teaspoon at a time.
8. Transfer almond butter dip to a small serving bowl.
9. Place the bowl of dip alongside the apple slices.
10. Sprinkle chopped almonds over the dip for added texture and visual appeal.
11. Lightly dust apple slices with a pinch of cinnamon if desired.
12. Serve immediately to prevent apple browning, or brush apple slices with lemon juice.
13. Provide a small spoon or knife for dipping and spreading.

Nutritional Information (per serving):

- Calories: 325 kcal
- Carbohydrates: 42 g
- Sodium: 155 mg
- Fiber: 8 g
- Protein: 9 g
- Fat: 16 g
- Potassium: 485 mg

Chef's Note: The pink salt elevates this classic combination by enhancing the apple's natural crispness and creating perfect harmony with the creamy almond butter and warm cinnamon. This snack provides excellent fiber from apple, healthy monounsaturated fats from almonds, and natural antioxidants that support heart health and blood sugar stability, making it an ideal choice for sustained energy and satisfaction.

Green Goddess Smoothie

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A vibrant, nutrient-packed smoothie that combines tropical sweetness with fresh greens and herbs. The pink salt enhances the natural fruit flavors while balancing the earthiness of spinach, creating a refreshing drink that's loaded with vitamins, minerals, and omega-3s from chia seeds.

Ingredients:

- 1 cup fresh baby spinach (30 g)
- ½ large ripe banana, peeled and sliced (75 g)
- ½ cup fresh pineapple chunks (82 g)
- ¾ cup coconut water (180 ml)
- 1 tablespoon fresh lime juice (15 ml)
- 2 tablespoons fresh mint leaves (7 g)
- Pinch pink salt (0.4 g)
- 1 tablespoon chia seeds (12 g)

Instructions:

1. Wash spinach and mint leaves thoroughly, then pat dry with paper towels.
2. Peel banana and cut it into chunks for easier blending.
3. Cut fresh pineapple into small chunks, removing core and skin.
4. Add coconut water to blender first for easier blending.
5. Add spinach leaves and mint to the blender with coconut water.
6. Run blender on high for 30 seconds until mixture is silky and greens are fully blended.
7. Add banana chunks, pineapple, lime juice, and pink salt to blender.
8. Run blender on high for 60–90 seconds until velvety in texture.
9. Add chia seeds and pulse briefly 3–4 times to distribute evenly.
10. Let smoothie sit for 2 minutes to allow chia seeds to begin swelling.
11. Blend again for 10 seconds to ensure even distribution.
12. Check flavor and stir in additional lime juice or pink salt to taste.
13. Pour into a glass and serve immediately while fresh and cold.

Nutritional Information (per serving):

- Calories: 185 kcal
- Carbohydrates: 35 g
- Sodium: 185 mg
- Fiber: 8 g
- Protein: 5 g
- Fat: 4 g
- Potassium: 685 mg

Chef's Note: The pink salt transforms this green smoothie by enhancing the tropical fruit sweetness and creating perfect balance with the mineral-rich spinach and refreshing mint. This drink provides exceptional vitamin K from spinach, vitamin C from pineapple and lime, plus omega-3 fatty acids from chia seeds, making it an ideal post-workout recovery drink that supports hydration, energy, and overall wellness.



Chocolate Peanut Butter Protein Smoothie

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A rich, creamy protein smoothie that tastes like a chocolate peanut butter milkshake but delivers serious nutrition. The pink salt enhances the chocolate and peanut butter flavors while creating perfect balance, making this smoothie an ideal post-workout recovery drink or satisfying meal replacement.

Ingredients:

- 1 large ripe banana, peeled and sliced (150 g)
- 2½ tablespoons natural peanut butter (40 g)
- 1 scoop vanilla protein powder (30 g)
- ¾ cup unsweetened almond milk (180 ml)
- 1½ tablespoons unsweetened cocoa powder (9 g)
- Pinch pink salt (0.4 g)
- ½ cup ice cubes (75 g)

Instructions:

1. Peel banana and cut it into chunks for easier blending.
2. Add almond milk to blender first for smoother blending.
3. Add peanut butter and blend on medium speed for 30 seconds until smooth.
4. Add banana chunks, protein powder, and cocoa powder to blender.
5. Add pink salt and blend on high speed for 60 seconds until completely smooth.
6. Include ice cubes and blend on high speed for 30–45 seconds until thick and creamy.
7. Turn off blender, scrape down sides with a spatula, and resume blending.
8. Check consistency—add more almond milk if too thick, more ice if too thin.
9. Taste and adjust sweetness or add more cocoa powder if desired.
10. Pour into a large glass.
11. Serve immediately while cold and thick.
12. Decorate with cocoa powder or chopped peanuts, if preferred.

Nutritional Information (per serving):

- Calories: 385 kcal
- Carbohydrates: 35 g
- Sodium: 285 mg
- Fiber: 9 g
- Protein: 28 g
- Fat: 18 g
- Potassium: 785 mg

Chef's Note: The pink salt elevates this protein smoothie by intensifying the chocolate flavor and creating perfect harmony with the rich peanut butter and sweet banana. This drink provides exceptional protein for muscle recovery, potassium for electrolyte balance, and healthy fats for sustained energy, making it an ideal choice for athletes or anyone seeking a nutritious, satisfying meal replacement that supports muscle building and recovery.



Tropical Mango Coconut Smoothie

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A creamy, tropical smoothie that transports you to paradise with sweet mango and rich coconut flavors. The pink salt enhances the natural fruit sweetness while the fresh ginger adds a warming spice note, creating a refreshing drink that's both indulgent and energizing.

Ingredients:

- 1 cup ripe mango chunks, fresh or frozen (165 g)
- ½ can (7 oz) coconut milk (200 ml)
- ½ large ripe banana, peeled and sliced (75 g)
- 1 tablespoon fresh lime juice (15 ml)
- ½ teaspoon fresh ginger, peeled and grated (1.5 g)
- Pinch pink salt (0.4 g)
- 1 tablespoon unsweetened coconut flakes (7 g)



Instructions:

1. If using fresh mango, peel and cut into chunks, removing pit.
2. Peel banana and cut it into chunks for easier blending.
3. Peel fresh ginger using a spoon and grate finely using a microplane or fine grater.
4. Add coconut milk to blender first for smoother blending.
5. Add mango chunks, banana, and grated ginger to blender.
6. Add lime juice and pink salt to the mixture.
7. Run the blender on high for 60–90 seconds until completely smooth.
8. Adjust flavors by adding extra lime juice or ginger to taste.
9. If smoothie is too thick, add 1–2 tablespoons water and blend briefly.
10. Pour into a glass.
11. Top smoothie with coconut flakes for texture and visual appeal.
12. Serve immediately while fresh and cold.
13. Garnish with a lime wedge if desired.

Nutritional Information (per serving):

- Calories: 385 kcal
- Carbohydrates: 42 g
- Sodium: 165 mg
- Fiber: 6 g
- Protein: 6 g
- Fat: 24 g
- Potassium: 685 mg

Chef's Note: The pink salt transforms this tropical smoothie by enhancing the mango's natural sweetness and creating perfect balance with the rich coconut milk and zesty lime. This drink provides exceptional vitamin C from mango and lime, healthy medium-chain fatty acids from coconut, and digestive support from ginger, making it an ideal choice for immune support and natural energy that feels like a tropical vacation in a glass.

Berry Beet Power Smoothie

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A vibrant, nutrient-dense smoothie that combines antioxidant-rich berries with earthy beets for a powerful health boost. The pink salt enhances the natural berry sweetness while balancing the earthiness of beets, creating a refreshing drink that's packed with nitrates, antioxidants, and protein.

Ingredients:

- $\frac{3}{4}$ cup mixed berries (strawberries, blueberries, raspberries) (112 g)
- $\frac{1}{2}$ medium cooked beet, peeled and chopped (50 g)
- $\frac{1}{3}$ cup plain Greek yogurt (90 g)
- 1 tablespoon honey (15 ml)
- 1 tablespoon fresh lemon juice (15 ml)
- Pinch pink salt (0.4 g)
- $\frac{1}{4}$ cup cold water (60 ml)

Instructions:

1. If using fresh berries, wash and hull strawberries, removing any stems.
2. Ensure cooked beet is completely cooled and peel off skin with a knife.
3. Cut cooked beet into small chunks for easier blending.
4. Add water to blender first for smoother blending.
5. Add Greek yogurt, honey, and lemon juice to blender.
6. Run blender on medium for 30 seconds until the mixture is uniform and smooth.
7. Add mixed berries, chopped beet, and pink salt to blender.
8. Blend on high speed for 90–120 seconds until completely smooth and creamy.
9. Turn off the blender, clear the sides with a spatula, and blend again briefly.
10. Check consistency—add more water if too thick for your preference.
11. Taste and correct sweetness with extra honey, if preferred.
12. Pour into a glass.
13. Serve immediately while fresh and cold.

Nutritional Information (per serving):

- Calories: 185 kcal
- Carbohydrates: 35 g
- Sodium: 185 mg
- Fiber: 6 g
- Protein: 12 g
- Fat: 2 g
- Potassium: 585 mg

Chef's Note: The pink salt elevates this power smoothie by enhancing the berry flavors and creating perfect harmony with the earthy beet and creamy Greek yogurt. This drink provides exceptional nitrates from beets for cardiovascular support, antioxidants from berries for cellular protection, and probiotics from yogurt for digestive health, making it an ideal pre-workout drink that supports endurance, recovery, and overall wellness.



Chapter 5: 30-Day Mindful Eating Plan

Week 1: Lighter Starts (+shopping list)

Day	Breakfast	Lunch	Dinner	Snack
Mon	High-Protein Overnight Oats	Mediterranean Chickpea Salad	Herb-Crusted White Fish with Asparagus	Pink Salt Roasted Chickpeas
Tue	Protein Chia Pudding	Quinoa Rainbow Salad	Pesto Chicken with Zucchini Noodles	Apple Slices with Almond Butter Dip
Wed	Tofu Scramble with Vegetables	Pink Salt Cucumber Gazpacho	Lemon Garlic Shrimp with Cauliflower Rice	Cucumber Hummus Bites
Thu	Chickpea Flour Omelet	Salmon & Avocado Power Wrap	Baked Cod with Mediterranean Vegetables	Green Goddess Smoothie
Fri	Greek Yogurt Power Bowl	Lemon Herb Chicken Broth	Stuffed Portobello Mushrooms	Avocado Toast with Everything Seasoning
Sat	Cottage Cheese Pancakes	Arugula, Pear & Walnut Salad	Lentil-Walnut Bolognese with Zucchini Noodles	Chocolate Peanut Butter Protein Smoothie
Sun	Scrambled Eggs with Avocado Toast	Turkey & White Bean Chili	Mushroom Barley Risotto	Tropical Mango Coconut Smoothie

Shopping List

Produce

- Avocados — ~4 (about 2 lb / 900 g)
- Bananas — 2 (about 1 lb / 450 g)
- Apples — 2 medium (1 lb / 450 g)
- Lemons — 8 (about 2 lb / 900 g)
- Limes — 4 (10–12 oz / 300–350 g)
- Garlic — 2 bulbs
- Yellow onions — 3 medium; Red onion — 1 small
- Mixed bell peppers — 3 (red/yellow/orange)
- English cucumbers — 3 (about 3 lb / 1.3 kg)
- Cherry tomatoes — 3 pints (about 2 lb / 900 g)
- Zucchini — 4 medium (2–2.5 lb / 900–1100 g)
- Asparagus — 1 bunch (1 lb / 450 g)
- Baby spinach — 2 bags (about 20 oz / 600 g total)
- Red cabbage — ½ small head (12–16 oz / 350–450 g)
- Portobello caps — 2 large (about 7 oz / 200 g) + cremini/button mushrooms 10 oz / 300 g
- Fresh herbs: parsley, dill, basil, mint, cilantro, chives, thyme, oregano (1 small bunch each)
- Pear — 1 medium (7–8 oz / 200–230 g)
- Pineapple — 1 small or 12 oz / 350 g frozen chunks
- Mango — 2 medium or 12 oz / 350 g frozen
- Limes (for smoothies/dressings) — already listed above

Proteins & Dairy

- Eggs – 1 dozen (to cover scrambles/pancakes)
- Greek yogurt (plain, 2%) – 32 oz / 900 g tub
- Cottage cheese – 16 oz / 450 g
- Feta cheese – 4 oz / 115 g
- Goat cheese – 3 oz / 85 g
- Parmesan – 2–3 oz / 60–90 g
- Chicken breast – ~1 lb / 450 g (pesto zoodles + broth)
- Salmon fillet – ~8 oz / 225 g (wrap)
- White fish (cod/halibut) – ~1 lb / 450 g (herb-crust + baked cod)
- Shrimp – ~10–12 oz / 300–340 g
- Firm tofu – ~8 oz / 225 g
- Ground turkey (93% lean) – ~8 oz / 225 g
- Protein powder (vanilla) – 1 small tub

Canned & Packaged

- Chickpeas – 2 cans (15 oz / 425 g each)
- White beans – 1 can (15 oz / 425 g)
- Diced tomatoes – 1 can (14–15 oz / ~400 g)
- Hummus – 1 small tub (8 oz / 225 g)
- Kalamata olives – 1 small jar (6–8 oz / 170–225 g)
- Basil pesto – 1 small jar (6–7 oz / 170–200 g)
- Marinara sauce – 1 jar (24 oz / 680 g)
- Vegetable broth & low-sodium chicken broth – 1 carton each (32 oz / 946 ml)
- Coconut milk – 1 can (13.5–14 oz / 400 ml)
- Coconut water – 1 bottle (16–20 oz / 475–600 ml)
- Whole-wheat tortillas – 1 pack (8–10")
- Whole-grain bread – 1 loaf

Grains, Nuts & Seeds

- Rolled oats – 1 lb / 450 g
- Quinoa (dry) – 1 cup / 170 g
- Pearl barley (dry) – 1 cup / 200 g
- Walnuts – 1 cup / 100 g; Pine nuts – small bag (3–4 oz / 85–115 g)
- Almonds (for topping) – ½ cup / 60 g; Almond butter – 1 jar (12–16 oz / 340–454 g)
- Chia seeds – 1 small bag (8–12 oz / 225–340 g)
- Pumpkin seeds – small bag (4–6 oz / 115–170 g)
- Sesame & poppy seeds (for toast) – small spice jars

Oils, Condiments & Spices

- Extra-virgin olive oil; butter (small)
- Balsamic glaze (for portobellos)
- Pink salt, black pepper, garlic powder, smoked paprika, ground cumin, chili powder, turmeric, oregano & thyme (dried), red pepper flakes, cinnamon, cocoa powder, vanilla extract, honey

Week 2: Finding Your Flow (+shopping list)

Day	Breakfast	Lunch	Dinner	Snack
Mon	Protein Chia Pudding	Mediterranean Chickpea Salad	Pesto Chicken with Zucchini Noodles	Green Goddess Smoothie
Tue	Cottage Cheese Pancakes	Roasted Tomato Basil Soup	Lemon Garlic Shrimp with Cauliflower Rice	Apple Slices with Almond Butter Dip
Wed	High-Protein Overnight Oats	Pink Salt Cucumber Gazpacho	Baked Cod with Mediterranean Vegetables	Chocolate Peanut Butter Protein Smoothie
Thu	Smoked Salmon Breakfast Wrap	Quinoa Rainbow Salad	Miso Glazed Eggplant with Sesame	Cucumber Hummus Bites
Fri	Greek Yogurt Power Bowl	Lemon Herb Chicken Broth	Grilled Vegetable Stack with Hummus	Vanilla Cinnamon Oat Smoothie
Sat	Turkey & Veggie Breakfast Hash	Asian-Style Miso Vegetable Soup	Poached Salmon with Cucumber Salad	Pink Salt Roasted Chickpeas
Sun	Chickpea Flour Omelet	Arugula Pear Walnut Salad	Quinoa Stuffed Acorn Squash	Tropical Mango Coconut Smoothie

Shopping List

Produce

- Avocados (for bowls, wraps) – 2–3 medium.
- Bananas – ~4 large (oats, smoothies).
- Mixed berries (fresh/frozen) – ~3 cups total (bowls, pudding, pancakes).
- Lemons & limes – 6–8 citrus total (soups, dressings, smoothies).
- Cucumbers – 4–5 (wraps, gazpacho, salad, bites).
- Tomatoes (Roma or cherry) – ~2 lb (soups, dinners, salads).
- Bell peppers – 2–3 (hash, dinners, salads).
- Onions (yellow + red) – 2–3 total.
- Garlic – 1 head.
- Spinach (fresh) – 2 bags (smoothies, hash, omelet).
- Zucchini – 4–5 medium (soup, zoodles, dinners).
- Eggplant – 2 medium (miso-glazed; grilled stack).
- Cauliflower (for “rice”) – 1 medium head.
- Sweet potato – 1 large (hash).
- Arugula & mixed greens – 1–2 bags (salads).
- Fresh herbs: dill, basil, parsley, thyme, mint – small bunches.
- Pear – 1 (salad).
- Pineapple chunks + fresh mint (for green smoothie).

Proteins & Dairy

- Greek yogurt (plain) – ~24–32 oz (bowls, gazpacho, oats).
- Cottage cheese – 1 small tub (pancakes).
- Eggs – 1 half-dozen (pancakes, hash).
- Smoked salmon – ~2–4 oz.
- Cream cheese – small pack.
- Chicken breast (cooked/shredded + dinner) – ~1–1.5 lb.
- Cod/white fish – ~1 lb.
- Salmon fillet – ~8–12 oz (poached).
- Shrimp – ~12 oz.
- Firm tofu – 1 block (miso soup or scramble alt).

Grains, Legumes, Breads

- Rolled oats – 1 lb (oats, smoothie).
- Quinoa (dry, plus cooked for bowls) – ~1–2 cups.
- Chickpea flour – 1 small bag.
- Canned chickpeas – 2–3 cans (salad, roasted snack).
- Whole-wheat tortillas – 1 pack (wraps).
- Acorn squash – 1 medium (stuffed dinner).
- Barley (if you plan Mushroom Barley Risotto swap-in any week).

Canned/Packaged & Specialty

- White miso paste & dried wakame (soups).
- Vegetable & chicken broth (low-sodium).
- Coconut milk/cream (soups, smoothies).
- Hummus (for bites, stack).
- Almond milk (unsweetened) – 1–2 cartons (oats, smoothies).
- Pesto (jar) & capers (small jar).

Nuts, Seeds & Nut Butters

- Walnuts & almonds (bowls/salads).
- Chia & hemp seeds (bowls, smoothies).
- Almond butter & natural peanut butter.

Oils, Aromatics & Seasoning

- Extra-virgin olive oil; coconut oil (for pancakes).
- Pink salt, black pepper, cinnamon, paprika, turmeric, vanilla extract, honey, maple syrup, cocoa powder, ginger.

Week 3: Building the Habit (+shopping list)

Day	Breakfast	Lunch	Dinner	Snack
Mon	Quinoa Breakfast Bowl	Asian Cabbage Crunch Salad	Mediterranean Stuffed Eggplant	Baked Cinnamon Apple Cups
Tue	Tofu Scramble with Vegetables	Zucchini Mint Soup	Black Bean Sweet Potato Quesadillas	Sweet Potato Chips with Pink Salt
Wed	Protein-Packed Smoothie Bowl	Kale Caesar with Chickpea Croutons	Moroccan Spiced Chicken with Couscous	Berry Beet Power Smoothie
Thu	Breakfast Quinoa Patties	Watermelon Feta Summer Salad	Chicken and Vegetable Curry Bowl	Roasted Pear with Honey and Walnuts
Fri	Scrambled Eggs with Avocado Toast	Pink Salt Roasted Vegetable Buddha Bowl	Thai-Inspired Chicken Lettuce Wraps	Cucumber Hummus Bites
Sat	High-Protein Overnight Oats	Quinoa Rainbow Salad	Steamed Fish with Ginger-Scallion Sauce	Pink Salt Roasted Chickpeas
Sun	Chickpea Flour Omelet	Lemon Herb Chicken Broth	Turkey Steak with Cauliflower Mash & Cranberry Sauce	Chocolate Zucchini Brownies

Shopping List

Produce

- Avocados – 3 medium (about 1½ lb / 680 g)
- Bananas – 4 large (about 2 lb / 900 g)
- Mixed berries (fresh or frozen) – ~3 cups / 450 g
- Apples – 3 medium (about 1½ lb / 680 g)
- Pears – 2 medium (about 1 lb / 450 g)
- Watermelon (wedge/cubes) – ~2 lb / 900 g
- Lemons – 6 (about 1½ lb / 680 g)
- Limes – 4 (about 10–12 oz / 300–350 g)
- Garlic – 2 bulbs
- Yellow onions – 3 medium; Red onion – 1 small
- Green onions (scallions) – 1 bunch
- Fresh ginger – 4 oz / 115 g
- Cabbage (Napa/green) – 1 small head (about 2 lb / 900 g)
- Carrots – 4 medium (about 1 lb / 450 g)
- Red bell peppers – 3 medium (about 1 lb / 450 g)
- English cucumbers – 3 (about 3 lb / 1.3 kg)
- Cherry tomatoes – 1–2 pints (about 1–2 lb / 450–900 g)
- Mixed salad greens or kale – 2 bags (10–12 oz each / 300–340 g total)
- Fresh spinach – 1 bag (8–10 oz / 225–300 g)
- Mushrooms – 10 oz / 300 g
- Eggplant – 2 medium (about 2 lb / 900 g)
- Zucchini – 6–7 medium (about 3–3½ lb / 1.4–1.6 kg)

- Cauliflower – 1 large head (about 2 lb / 900 g)
- Sweet potatoes – 4 medium (about 2½–3 lb / 1.1–1.4 kg)
- Butter lettuce (for wraps) – 1 head
- Fresh herbs: mint, cilantro, parsley, dill, basil, thyme – 1 small bunch each
- Beets – 2 small (about 10–12 oz / 300–350 g)
- Cranberries (fresh or frozen, for sauce) – 8 oz / 225 g

Proteins & Dairy

- Eggs – 1 dozen
- Greek yogurt (plain, 2%) – 32 oz / 900 g
- Firm tofu – 14 oz / 400 g block
- Chicken breast (boneless, skinless) – ~1½ lb / 680 g
- Turkey steak (breast) – 10–12 oz / 280–340 g
- White fish fillets (e.g., cod/tilapia) – ~1 lb / 450 g
- Feta cheese – 4–6 oz / 115–170 g
- Parmesan – 2–3 oz / 60–90 g

Canned & Packaged

- Black beans – 2 cans (15 oz / 425 g each)
- Chickpeas – 3 cans (15 oz / 425 g each)
- Coconut milk – 1 can (13.5–14 oz / 400 ml)
- Low-sodium chicken broth – 1 carton (32 oz / 946 ml)
- Vegetable broth – 1 carton (32 oz / 946 ml)
- Hummus – 1 small tub (8 oz / 225 g)
- Dark chocolate chips – 4–6 oz / 115–170 g

Grains, Nuts & Seeds

- Quinoa (dry) – 2 cups / 340 g
- Whole-wheat couscous (dry) – 1 cup / ~170–180 g
- Rolled oats – 1 lb / 450 g
- Whole-wheat tortillas – 1 pack (8–10")
- Whole-grain bread – 1 loaf
- Chickpea flour – 1 small bag (at least 1 lb / 450 g)
- Almond flour (for brownies) – 1 small bag (at least 1 lb / 450 g)
- Chia seeds – 8 oz / 225 g
- Hemp seeds – 4–8 oz / 115–225 g
- Pumpkin seeds – 4 oz / 115 g
- Walnuts – 1 cup / 100 g
- Sesame seeds – 1 small jar

Oils, Condiments & Spices

- Extra-virgin olive oil; sesame oil
- Rice vinegar or apple cider vinegar
- Low-sodium soy sauce / tamari (or coconut aminos)
- Tahini; nutritional yeast
- Honey; maple syrup; vanilla extract
- Baking powder; cocoa powder
- Pink (fine sea) salt; black pepper
- Cinnamon; nutmeg
- Smoked paprika; ground cumin; turmeric; curry powder or garam masala; red pepper flakes
- Garlic powder; onion powder (optional)

Week 4+ 2 days: Confident & Balanced Eating (+shopping list)

Day	Breakfast	Lunch	Dinner	Snack
Day 22	Greek Yogurt Power Bowl	Quinoa Rainbow Salad	Herb-Crusted Lamb Chops with Roasted Root Vegetables	Cucumber Hummus Bites
Day 23	Scrambled Eggs with Avocado Toast	Pink Salt Roasted Vegetable Buddha Bowl	Steamed Fish with Ginger-Scallion Sauce (with bok choy)	Apple Slices with Almond Butter Dip
Day 24	Protein-Packed Smoothie Bowl	Poached Salmon with Cucumber Salad	Mushroom Barley Risotto	Sweet Potato Chips with Pink Salt
Day 25	Cottage Cheese Pancakes (with berries)	Asian-Style Miso Vegetable Soup	Lemon-Garlic Shrimp with Cauliflower Rice & Spinach	Green Goddess Smoothie
Day 26	Chickpea Flour Omelet (mushroom-tomato-spinach)	Arugula Pear Walnut Salad (with goat cheese)	Turkey & White Bean Chili	Avocado Toast with Everything Seasoning
Day 27	Turkey & Veggie Breakfast Hash (eggs on top)	Pesto Chicken with Zucchini Noodles	Roasted Tomato Basil Soup	Berry-Beet Power Smoothie
Day 28	Smoked Salmon Breakfast Wrap	Lemon-Herb Chicken Broth (with veg & herbs)	Stuffed Portobello Mushrooms (spinach & goat cheese)	Baked Cinnamon Apple Cups (with yogurt)
Day 29	Protein Chia Pudding (overnight)	Grilled Vegetable Stack with Hummus (eggplant, zucchini, peppers, red onion)	Herb-Crusted White Fish with Asparagus & Lemon	Tropical Mango-Coconut Smoothie
Day 30	Quinoa Breakfast Bowl	Thai Coconut Soup with Vegetables	Poached Salmon with Cucumber Salad	Chocolate Peanut Butter Protein Smoothie

Shopping List

Produce

- Avocados – 4 medium (about 2 lb / 900 g)
- Bananas – 5 large (about 2½ lb / 1.1 kg)
- Mixed berries (fresh or frozen) – ~4 cups / 600 g
- Apples – 4 medium (about 2 lb / 900 g)
- Pear – 1 medium (7–8 oz / 200–230 g)
- Mango – 2 medium or 12 oz / 340 g frozen
- Pineapple chunks (fresh or frozen) – 12 oz / 340 g
- Lemons – 8 (about 2 lb / 900 g)
- Limes – 4 (10–12 oz / 300–350 g total)
- Roma tomatoes – 2 lb / 900 g
- Cherry tomatoes – 2 pints (about 2 lb / 900 g)
- English cucumbers – 5 large (about 5 lb / 2.3 kg)
- Asparagus – 1 bunch (about 1 lb / 450 g)
- Baby bok choy – 6 small heads (about 1½ lb / 680 g)
- Zucchini – 6 medium (about 3 lb / 1.4 kg)
- Eggplant – 2 medium (about 2 lb / 900 g)
- Portobello mushroom caps – 2 large (about 7 oz / 200 g)
- Mushrooms (cremini/button, sliced) – 10–12 oz / 300–340 g
- Sweet potatoes – 5 medium (about 3 lb / 1.4 kg)
- Carrots – 1 lb / 450 g
- Parsnips – 3 medium (about 1 lb / 450 g)
- Beets – 2 small (10–12 oz / 300–350 g)
- Yellow onions – 5 medium; Red onion – 1 small
- Garlic – 2 bulbs
- Green onions (scallions) – 1 bunch
- Fresh ginger – 4 oz / 115 g
- Arugula – 1 bag (5–6 oz / 140–170 g)
- Baby spinach – 2 bags (10–12 oz each / 300–340 g total)
- Mixed salad greens – 1 bag (5–6 oz / 140–170 g)
- Fresh herbs: basil, parsley, dill, cilantro, mint, thyme, rosemary – 1 small bunch each
- Optional: lemongrass – 1 stalk (for Thai soup)

Proteins & Dairy

- Eggs – 1 dozen
- Greek yogurt (plain, 2%) – 32 oz / 900 g
- Cottage cheese – 16 oz / 454 g
- Smoked salmon – 4 oz / 115 g
- Salmon fillets – ~1¼–1½ lb / 570–680 g
- White fish fillets (cod/tilapia) – ~1½ lb / 680 g
- Shrimp (peeled, deveined) – 12 oz / 340 g
- Chicken breast (boneless, skinless) – ~1¼ lb / 570 g
- Ground turkey (93% lean) – 1 lb / 450 g
- Lamb chops – ~1 lb / 450 g
- Goat cheese – 8 oz / 225 g
- Parmesan (wedge or grated) – 4 oz / 115 g
- Unsweetened almond milk – 2 cartons (64 oz / 1.89 L total)
- Protein powder (vanilla or chocolate) – 1 small tub

Canned & Packaged

- Hummus – 1 small tub (8–10 oz / 225–280 g)
- Coconut milk – 2 cans (13.5–14 oz / 400 ml each)
- Low-sodium chicken broth – 1 carton (32 oz / 946 ml)
- Vegetable broth – 1 carton (32 oz / 946 ml)
- White beans – 1 can (15 oz / 425 g)
- Diced tomatoes – 1 can (14–15 oz / ~400 g)
- Tomato paste (optional, for soup depth) – 1 small can (6 oz / 170 g)
- White miso paste – 1 small tub (7–10 oz / 200–300 g)
- Dried wakame or nori – 1 small pack (1–2 oz / 28–56 g)
- Basil pesto – 1 small jar (6–7 oz / 170–200 g)
- Almond butter – 1 jar (12–16 oz / 340–454 g)
- Natural peanut butter – 1 jar (12–16 oz / 340–454 g)
- Coconut water – 1 bottle (16–20 oz / 475–600 ml)

Grains, Nuts & Seeds

- Rolled oats – 1 lb / 450 g
- Quinoa (dry) – 2 cups / 340 g
- Pearl barley (dry) – 1 cup / 200 g
- Whole-wheat tortillas (8–10") – 1 pack
- Whole-grain bread – 1 loaf
- Chia seeds – 8–12 oz / 225–340 g
- Hemp seeds – 4–8 oz / 115–225 g
- Pumpkin seeds – 4 oz / 115 g
- Walnuts – 1 cup / 100 g
- Almonds (sliced or whole) – ½ cup / 60 g
- Pine nuts (optional, garnish) – 3 oz / 85 g

Oils, Condiments & Spices

- Extra-virgin olive oil; sesame oil
- Rice vinegar; balsamic vinegar; apple cider vinegar
- Low-sodium soy sauce or tamari (or coconut aminos)
- Fish sauce (optional, Thai soup)
- Honey; maple syrup; vanilla extract; cocoa powder
- Baking powder (for pancakes)
- Everything bagel seasoning (for avocado toast)
- Pink (fine sea) salt; black pepper
- Cinnamon; nutmeg
- Smoked paprika; ground cumin; turmeric; curry powder; red pepper flakes
- Garlic powder; onion powder; Italian seasoning; dried oregano & thyme

BONUS CHAPTER

Targeted Recipes to Support Your Body's Needs



A Gentle Reminder About Morning Hydration

By now, we've explored the science behind pink salt and hydration extensively. Many are familiar with the basic sole water recipe trending on social platforms. While that simple combination of pink salt and water can be part of a healthy routine, this bonus chapter offers something more exciting—flavorful alternatives and creative variations that make morning hydration both delicious and nourishing.

These recipes go beyond the basic salt water approach, incorporating natural flavors, gentle metabolism boosters, and hydrating ingredients that work synergistically with pink salt. They're designed to gently awaken your digestive system, support optimal hydration, and provide a refreshing start to your day—whether you're looking for a caffeine-free morning ritual or want to enhance your existing routine.

Each recipe is intentionally simple, requiring just 3–5 ingredients, and can be prepared quickly as part of your morning ritual. Think of these as your personalized morning tonics—more interesting than plain water, more nourishing than basic sole water, and perfectly suited to support your body's natural rhythms.

Morning Boosters & Rituals: Infusions, Tonics, and Teas to Hydrate and Refresh

Cucumber Mint Morning Tonic

Prep Time: 5 minutes | **Infusion Time:** 10 minutes | **Servings:** 1

A refreshing, cooling tonic that gently hydrates while supporting natural detoxification. The pink salt enhances the cucumber's natural electrolytes while mint provides a gentle digestive boost, creating the perfect morning refresher.

Best Time to Drink: First thing in the morning, 20–30 minutes before breakfast

Ingredients:

- 1½ cups filtered water (360 ml)
- ¼ medium cucumber, thinly sliced (50 g)
- 6 fresh mint leaves (3 g)
- ⅛ teaspoon pink salt (0.75 g)
- ½ tablespoon fresh lemon juice (8 ml)

Instructions:

1. Layer cucumber slices and mint leaves in a large glass or pitcher.
2. Pour filtered water over the ingredients.
3. Stir in pink salt until completely dissolved.
4. Let infuse for 10 minutes at room temperature.
5. Add lemon juice and stir gently.
6. Strain if desired, or leave ingredients in for stronger flavor.
7. Drink slowly over 10–15 minutes on an empty stomach.

Nutritional Information (per serving):

- Calories: 8 kcal
- Sodium: 313 mg
- Potassium: 95 mg
- Natural sugars: 1 g

Benefits Note: The cucumber provides natural silica for skin health, while mint supports gentle digestion. This tonic helps restore overnight fluid losses while providing essential electrolytes for cellular function.



Ginger Lemon Warming Elixir

Prep Time: 3 minutes | **Steep Time:** 5 minutes | **Servings:** 1

A warming, metabolism-boosting elixir that combines the anti-inflammatory power of ginger with bright lemon and balancing pink salt. Perfect for cool mornings or when you need gentle digestive support.

Best Time to Drink: Upon waking, 15–20 minutes before eating

Ingredients:

- 1½ cups hot filtered water (360 ml)
- 1 tablespoon fresh ginger, thinly sliced (15 g)
- 1 tablespoon fresh lemon juice (15 ml)
- ⅛ teaspoon pink salt (0.75 g)
- ½ teaspoon raw honey (3 g)



Instructions:

1. Heat filtered water to just below boiling (190°F/88°C).
2. Add sliced ginger to a large mug.
3. Pour hot water over ginger and let it steep for 5 minutes.
4. Stir in pink salt until dissolved.
5. Stir in lemon juice and honey until the honey is fully dissolved.
6. Remove ginger slices or leave them in for stronger flavor.
7. Sip slowly while warm, allowing 15–20 minutes to drink completely.

Nutritional Information (per serving):

- Calories: 12 kcal
- Sodium: 313 mg
- Potassium: 45 mg
- Natural sugars: 3 g

Benefits Note: Ginger stimulates circulation and supports healthy digestion, while lemon provides vitamin C. The pink salt helps maintain electrolyte balance, making this elixir perfect for gentle morning activation.

Berry Basil Infused Water

Prep Time: 5 minutes | **Infusion Time:** 15 minutes | **Servings:** 1

A naturally sweet, antioxidant-rich infusion that combines fresh berries with aromatic basil. The pink salt enhances the fruit's natural sweetness while providing essential minerals for optimal hydration.

Best Time to Drink: Mid-morning, between breakfast and lunch, or as a pre-workout hydrator

Ingredients:

- 1½ cups filtered water (360 ml)
- ¼ cup mixed fresh berries (38 g)
- 4 fresh basil leaves (2 g)
- ⅛ teaspoon pink salt (0.75 g)
- ½ teaspoon fresh lime juice (3 ml)



Instructions:

1. Gently muddle berries in the bottom of a large glass to release juices.
2. Add basil leaves and gently bruise with a spoon.
3. Pour filtered water over the fruit and herbs.
4. Stir in pink salt until completely dissolved.
5. Add lime juice and stir gently.
6. Let infuse for 15 minutes at room temperature or 30 minutes refrigerated.
7. Strain or leave ingredients in water for continued infusion.
8. Drink within 2 hours for best flavor and nutritional benefits.

Nutritional Information (per serving):

- Calories: 15 kcal
- Sodium: 313 mg
- Potassium: 65 mg
- Natural sugars: 3 g
- Antioxidants: High

Benefits Note: Berries provide natural antioxidants and vitamin C, while basil offers anti-inflammatory compounds. This infusion supports cellular hydration while providing gentle natural energy from fruit sugars.

Chamomile Pink Salt Tea

Prep Time: 2 minutes | **Steep Time:** 8 minutes | **Servings:** 1

A calming, mineral-rich tea that combines the soothing properties of chamomile with hydrating pink salt. Perfect for those who prefer a gentler morning start or need digestive support.

Best Time to Drink: Early morning for sensitive stomachs, or 30 minutes before breakfast

Ingredients:

- 1½ cups hot filtered water (360 ml)
- 1 chamomile tea bag or 1 teaspoon dried chamomile (2 g)
- ⅛ teaspoon pink salt (0.75 g)
- ½ teaspoon raw honey (3 g)
- ¼ teaspoon fresh lemon juice (1 ml)

Instructions:

1. Heat filtered water to 200°F/93°C (just at boiling).
2. Pour hot water over chamomile tea bag or loose herbs in a large mug.
3. Steep for 8 minutes for full flavor extraction.
4. Remove tea bag or strain out loose herbs.
5. Stir in pink salt until completely dissolved.
6. Incorporate honey and lemon juice, mixing until smooth and dissolved.
7. Let cool slightly to comfortable drinking temperature.
8. Sip slowly over 10–15 minutes while warm.

Nutritional Information (per serving):

- Calories: 12 kcal
- Sodium: 313 mg
- Potassium: 25 mg
- Natural sugars: 3 g

Benefits Note: Chamomile provides gentle anti-inflammatory compounds and supports relaxation, while pink salt aids hydration. This tea is perfect for those with sensitive digestive systems or morning anxiety.



Green Tea Pink Salt Refresher

Prep Time: 3 minutes | **Steep Time:** 3 minutes | **Servings:** 1

A metabolism-boosting morning refresher that combines antioxidant-rich green tea with hydrating pink salt and refreshing mint. Provides gentle caffeine along with essential electrolytes.

Best Time to Drink: 30–45 minutes after waking, before or with a light breakfast

Ingredients:

- 1½ cups hot filtered water (360 ml)
- 1 green tea bag or 1 teaspoon loose green tea (2 g)
- ⅛ teaspoon pink salt (0.75 g)
- 3 fresh mint leaves (1.5 g)
- ½ teaspoon fresh lemon juice (3 ml)



Instructions:

1. Heat filtered water to 175°F/80°C (steaming but not boiling).
2. Add green tea bag or loose tea to a large mug.
3. Cover the tea with hot water and let it steep precisely 3 minutes.
4. Remove tea bag or strain out loose leaves.
5. Add mint leaves and let them infuse for 2 minutes.
6. Stir in pink salt until dissolved.
7. Add lemon juice and stir gently.
8. Remove mint leaves or leave them in for stronger flavor.
9. Drink while warm within 20 minutes of preparation.

Nutritional Information (per serving):

- Calories: 5 kcal
- Sodium: 313 mg
- Potassium: 35 mg
- Caffeine: 25–30 mg

Benefits Note: Green tea provides antioxidants and gentle caffeine for mental clarity, while pink salt supports hydration. The mint aids digestion, making this perfect for those who want morning energy without coffee jitters.

Apple Cinnamon Morning Warmer

Prep Time: 5 minutes | **Simmer Time:** 10 minutes | **Servings:** 1

A naturally sweet, warming drink that tastes like liquid apple pie while providing essential minerals and gentle metabolism support. The pink salt balances the natural fruit sugars while cinnamon helps regulate blood sugar.

Best Time to Drink: Cool mornings, 20–30 minutes before breakfast, or as a healthy coffee alternative

Ingredients:

- 1½ cups filtered water (360 ml)
- ¼ medium apple, thinly sliced (38 g)
- ½ cinnamon stick or ¼ teaspoon ground cinnamon (1 g)
- ⅛ teaspoon pink salt (0.75 g)
- ½ teaspoon raw honey (3 g)

Instructions:

1. Add a cinnamon stick and apple slices to a small saucepan filled with filtered water.
2. Place on medium heat and allow to reach a gentle simmer.
3. Keep on low heat for 10 minutes, allowing apples to soften and water to become fragrant.
4. Strain liquid into a large mug, pressing apple slices to extract flavor.
5. Stir in pink salt until completely dissolved.
6. Add honey and stir until dissolved.
7. Let cool to comfortable drinking temperature.
8. Sip slowly while warm, taking 15–20 minutes to finish.

Nutritional Information (per serving):

- Calories: 18 kcal
- Sodium: 313 mg
- Potassium: 55 mg
- Natural sugars: 4 g

Benefits Note: Apples provide natural pectin fiber and antioxidants, while cinnamon helps stabilize blood sugar. The pink salt ensures proper hydration, making this warming drink perfect for cool mornings or as a satisfying coffee replacement.



Anti-Bloat Recipes

Easy dishes to ease bloating

Ginger Mint Digestive Tea Soup

Prep Time: 8 minutes | **Cook Time:** 15 minutes | **Servings:** 1

A soothing, warming soup that combines the digestive benefits of fresh ginger and peppermint with hydrating cucumber and fennel. This gentle, broth-based soup helps reduce bloating while providing essential minerals and anti-inflammatory compounds for optimal digestive comfort.

Ingredients:

- 1-inch piece fresh ginger, peeled and sliced thin (15 g)
- 2 tablespoons fresh peppermint leaves (8 g)
- 1½ cups low-sodium vegetable broth (360 ml)
- 1 tablespoon fresh lemon juice (15 ml)
- ½ medium cucumber, peeled and diced (100 g)
- ¼ medium fennel bulb, thinly sliced (50 g)
- ⅛ teaspoon pink salt (0.75 g)
- ½ cup filtered water (120 ml)

Instructions:

1. Combine vegetable broth with filtered water in a medium saucepan over medium heat.
2. Add sliced ginger to the broth and bring to a gentle simmer.
3. Keep on low heat for 8–10 minutes to release the ginger's aroma and flavor.
4. Add sliced fennel to the simmering broth and cook for 3–4 minutes until slightly softened.
5. Add diced cucumber to the pot and cook for 2 minutes until just warmed through.
6. Remove saucepan from heat and add fresh peppermint leaves.
7. Let steep for 2–3 minutes to release mint oils.
8. Stir in fresh lemon juice and pink salt.
9. Pour the soup through a fine strainer if you want a clear broth, or keep the vegetables for added texture.
10. Serve immediately while warm in a bowl.

Nutritional Information (per serving):

- Calories: 45 kcal
- Protein: 2 g
- Carbohydrates: 9 g
- Fat: 0.5 g
- Sodium: 485 mg
- Potassium: 420 mg
- Fiber: 3 g

Chef's Note: This anti-bloating soup combines ginger's natural digestive enzymes with fennel's carminative properties and mint's soothing effects. The minimal sodium content and high potassium help reduce water retention, while the warm liquid aids digestion and provides gentle relief from digestive discomfort.



Cucumber Parsley Detox Salad

Prep Time: 10 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A refreshing, hydrating salad that combines water-rich vegetables with natural diuretic herbs to help reduce bloating and support gentle detoxification. The crisp textures and bright flavors make this an ideal light meal or side dish that aids digestion while providing essential vitamins and minerals.

Ingredients:

- 1 large cucumber, thinly sliced (200 g)
- ¼ cup fresh parsley, chopped (15 g)
- 1 celery stalk, thinly sliced (50 g)
- 1½ tablespoons fresh lemon juice (22 ml)
- 1 tablespoon extra virgin olive oil (15 ml)
- ¼ teaspoon fennel seeds (0.5 g)
- 1/16 teaspoon pink salt (0.4 g)
- 1 tablespoon fresh dill, chopped (4 g)



Instructions:

1. Wash and dry all vegetables thoroughly under cold running water.
2. Using a sharp knife or mandoline, slice cucumber into thin rounds, about ⅛-inch thick.
3. Slice celery stalk diagonally into thin pieces, about ¼-inch thick.
4. Finely chop fresh parsley and dill, removing any thick stems.
5. Combine cucumber and celery slices in a large bowl.
6. Combine chopped parsley and dill with the vegetables in the bowl.
7. Use a small bowl to whisk together lemon juice, olive oil, and pink salt until well combined.
8. Lightly crush fennel seeds using the flat side of a knife or mortar and pestle.
9. Add crushed fennel seeds to the lemon juice mixture and whisk again.
10. Gently toss the vegetable mixture with dressing until well coated.
11. Let salad sit for 5 minutes to allow flavors to meld before serving.
12. Serve immediately at room temperature or chilled.

Nutritional Information (per serving):

- Calories: 95 kcal
- Carbohydrates: 8 g
- Sodium: 195 mg
- Fiber: 4 g
- Protein: 2 g
- Fat: 7 g
- Potassium: 485 mg

Chef's Note: This detox salad leverages cucumber's natural diuretic properties and parsley's ability to support kidney function. The fennel seeds aid digestion while the minimal salt content helps prevent water retention. Rich in antioxidants and fiber, this salad promotes gentle cleansing and reduces bloating naturally.

Turmeric Golden Milk Smoothie

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A creamy, anti-inflammatory smoothie that combines the healing properties of turmeric and ginger with the natural sweetness of banana. This golden drink helps reduce bloating while providing potassium and digestive enzymes, making it perfect for morning nourishment or an afternoon pick-me-up.

Ingredients:

- ¾ cup canned coconut milk, full-fat (180 ml)
- ½ teaspoon ground turmeric (1 g)
- ¼ teaspoon fresh ginger, grated (0.5 g)
- ½ large ripe banana, peeled (60 g)
- ¼ teaspoon ground cinnamon (0.5 g)
- 1 tablespoon raw honey (21 g)
- 2⅓ teaspoon pink salt (0.2 g)
- 1/16 teaspoon black pepper (0.15 g)
- ¼ cup ice cubes (60 ml)

Instructions:

1. Peel and slice the banana into chunks for easier blending.
2. Grate fresh ginger using a fine microplane or small grater.
3. Add coconut milk to a high-speed blender first for smoother blending.
4. Add banana chunks, grated ginger, and turmeric to the blender.
5. Add ground cinnamon, raw honey, and pink salt to the mixture.
6. Add black pepper to enhance turmeric absorption.
7. Include ice cubes in the blender to make the drink cold.
8. Run the blender on high for 60–90 seconds until creamy and uniform.
9. Pause the blender, scrape down the sides if necessary, and blend for an additional 15 seconds.
10. Adjust sweetness by stirring in additional honey, if needed.
11. Pour into a glass immediately while frothy.
12. Serve with a straw and enjoy within 30 minutes for best texture.

Nutritional Information (per serving):

- Calories: 285 kcal
- Carbohydrates: 28 g
- Sodium: 85 mg
- Fiber: 3 g
- Protein: 4 g
- Fat: 18 g
- Potassium: 465 mg

Chef's Note: The black pepper significantly increases turmeric's bioavailability, while coconut milk provides healthy medium-chain fatty acids. This smoothie's anti-inflammatory compounds help soothe the digestive system, and the natural enzymes from ginger support healthy digestion and reduce bloating.



Papaya Mint Digestive Bowl

Prep Time: 8 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A tropical, enzyme-rich bowl that harnesses papaya's natural digestive enzymes with refreshing mint and zesty lime. This light, hydrating dish helps break down proteins and reduce bloating while providing essential vitamins and minerals for optimal digestive health.

Ingredients:

- ½ large ripe papaya, peeled and cubed (150 g)
- 2 tablespoons fresh mint leaves, chopped (8 g)
- 1 tablespoon fresh lime juice (15 ml)
- ¼ teaspoon fresh ginger, finely grated (0.5 g)
- 1½ tablespoons unsweetened coconut flakes (8 g)
- 1/16 teaspoon pink salt (0.4 g)
- 1 tablespoon fresh cilantro, chopped (4 g)

Instructions:

1. Slice papaya lengthwise into two halves and scoop out the seeds.
2. Peel papaya using a vegetable peeler or sharp knife.
3. Cut papaya flesh into 1-inch cubes and place in a mixing bowl.
4. Wash and dry mint leaves and cilantro thoroughly.
5. Finely chop mint leaves, removing any thick stems.
6. Chop cilantro leaves, discarding thick stems.
7. Grate fresh ginger using a fine microplane or small grater.
8. Add chopped mint and cilantro to the cubed papaya.
9. Use a small bowl to whisk together lime juice, grated ginger, and pink salt.
10. Pour lime mixture over the papaya and herbs.
11. Gently stir all ingredients until fully coated.
12. Transfer mixture to a serving bowl.
13. Sprinkle coconut flakes evenly over the bowl.
14. Serve immediately at room temperature or chilled.

Nutritional Information (per serving):

- Calories: 125 kcal
- Carbohydrates: 25 g
- Sodium: 155 mg
- Fiber: 5 g
- Protein: 2 g
- Fat: 3 g
- Potassium: 535 mg

Chef's Note: Containing papain, papaya helps digest proteins and may reduce bloating. The combination of mint and ginger soothes the digestive tract, while lime provides vitamin C and aids in nutrient absorption. This bowl is naturally low in sodium and high in fiber for optimal digestive support.



Fennel and Carrot Gentle Soup

Prep Time: 12 minutes | **Cook Time:** 25 minutes | **Servings:** 1

A warming, creamy soup that combines fennel's natural anti-bloating properties with sweet carrots and soothing ginger. This gentle, easily digestible soup provides beta-carotene and fiber while supporting digestive comfort with minimal sodium and anti-inflammatory ingredients.

Ingredients:

- ½ large fennel bulb, trimmed and sliced (125 g)
- 1½ medium carrots, peeled and chopped (100 g)
- ½-inch piece fresh ginger, peeled and sliced (8 g)
- 1½ cups low-sodium vegetable broth (300 ml)
- ¼ cup canned coconut milk, full-fat (60 ml)
- ½ teaspoon fresh lemon zest (1 g)
- ⅛ teaspoon pink salt (0.75 g)
- 1 tablespoon fresh dill, chopped (4 g)
- ½ tablespoon fresh chives, chopped (1.5 g)



Instructions:

1. Remove fennel fronds and trim the base, then slice fennel bulb into thin pieces.
2. Peel carrots and chop into 1-inch pieces for even cooking.
3. Slice peeled ginger into thin rounds.
4. Heat a large saucepan over medium heat without oil.
5. Add sliced fennel and cook for 3–4 minutes until slightly softened.
6. Add chopped carrots and sliced ginger to the saucepan.
7. Pour vegetable broth over the vegetables and bring to a boil.
8. Simmer on low with the lid on for 18–20 minutes until vegetables are soft.
9. Turn off the stove and let the mixture cool for 5 minutes.
10. Process the soup with an immersion blender until completely lump-free.
11. Stir in coconut milk, lemon zest, and pink salt.
12. Return to low heat and warm through for 2–3 minutes.
13. Taste and adjust seasoning if needed.
14. Spoon the soup into a bowl and decorate with sprigs of dill and a sprinkle of chives.

Nutritional Information (per serving):

- Calories: 155 kcal
- Carbohydrates: 22 g
- Sodium: 425 mg
- Fiber: 8 g
- Protein: 4 g
- Fat: 7 g
- Potassium: 685 mg

Chef's Note: Fennel contains anethole, a compound that helps relax digestive muscles and reduce gas. Combined with carrots' natural sweetness and ginger's anti-inflammatory properties, this soup soothes the digestive system while providing essential nutrients. The coconut milk adds creaminess without dairy, making it gentle on sensitive stomachs.

Pineapple Ginger Anti-Inflammatory Smoothie

Prep Time: 6 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A tropical, enzyme-packed smoothie that combines pineapple's bromelain with ginger's anti-inflammatory compounds and hydrating cucumber. This refreshing blend helps reduce bloating, supports digestion, and provides natural electrolytes for optimal hydration and digestive comfort.

Ingredients:

- $\frac{3}{4}$ cup fresh pineapple, cored and chunked (115 g)
- $\frac{1}{4}$ teaspoon fresh ginger, peeled and grated (0.5 g)
- $\frac{1}{4}$ medium cucumber, peeled and chopped (50 g)
- $\frac{1}{2}$ cup coconut water, unsweetened (120 ml)
- 1 tablespoon fresh mint leaves (4 g)
- 1 tablespoon fresh lime juice (15 ml)
- $2\frac{1}{3}$ teaspoon pink salt (0.2 g)
- $\frac{1}{4}$ cup ice cubes (60 ml)

Instructions:

1. Remove pineapple core and skin, then cut flesh into 1-inch chunks.
2. Peel cucumber and chop it into small pieces for easier blending.
3. Peel fresh ginger using a spoon edge and grate finely with a microplane.
4. Wash mint leaves thoroughly and remove any thick stems.
5. Add coconut water to blender first for smoother blending.
6. Add pineapple chunks and chopped cucumber to the blender.
7. Add grated ginger and fresh mint leaves to the mixture.
8. Pour in fresh lime juice and add pink salt.
9. Add ice cubes for a chilled, refreshing consistency.
10. Run the blender on high for 45–60 seconds, ensuring the mixture is thoroughly smooth.
11. Stop and scrape down sides if needed, then blend for another 15 seconds.
12. Taste and adjust lime juice or mint if desired.
13. Pour into a glass immediately while frothy.
14. Serve with a straw and enjoy within 20 minutes for best flavor.

Nutritional Information (per serving):

- Calories: 85 kcal
- Carbohydrates: 21 g
- Sodium: 125 mg
- Fiber: 3 g
- Protein: 1 g
- Fat: 0.5 g
- Potassium: 385 mg

Chef's Note: Pineapple's bromelain enzyme aids protein digestion and reduces inflammation, while ginger soothes the digestive tract. Cucumber adds hydration and cooling properties, and coconut water provides natural electrolytes. This low-sodium smoothie helps combat bloating while supporting healthy digestion and hydration.



Lemon Herb Quinoa Water

Prep Time: 15 minutes | **Cook Time:** 15 minutes | **Servings:** 1

A light, refreshing quinoa-infused drink that combines complete protein with hydrating herbs and vegetables. This unique beverage provides sustained energy while supporting digestion with anti-bloating herbs and minimal sodium, creating a nourishing alternative to traditional flavored waters.



Ingredients:

- 2 tablespoons dry quinoa, rinsed (22 g)
- 1½ cups filtered water (360 ml)
- 1½ tablespoons fresh lemon juice (22 ml)
- 1 tablespoon fresh parsley, finely chopped (4 g)
- 1 tablespoon fresh mint leaves, chopped (4 g)
- ¼ medium cucumber, thinly sliced (50 g)
- ½ tablespoon extra virgin olive oil (8 ml)
- 1/16 teaspoon pink salt (0.4 g)
- ½ tablespoon fresh fennel fronds, chopped (1.5 g)

Instructions:

1. Thoroughly rinse the quinoa under cold water, draining it in a fine strainer.
2. Over medium-high heat, bring ½ cup of water to a boil in a small saucepan.
3. Add rinsed quinoa to boiling water and reduce heat to low.
4. Place a lid on the pan and cook on low heat for around 12–15 minutes until the quinoa is soft and the liquid is gone.
5. Take the pan off the heat and allow the quinoa to cool completely, about 10 minutes.
6. Wash and finely chop parsley, mint, and fennel fronds.
7. Slice cucumber into thin rounds using a sharp knife.
8. In a large glass, combine the remaining 1 cup of cold filtered water.
9. Add cooled quinoa to the glass and stir gently.
10. Add chopped parsley, mint, and fennel fronds to the water.
11. Add cucumber slices and fresh lemon juice to the mixture.
12. Use a small bowl to whisk together olive oil and pink salt until combined.
13. Add oil mixture to the glass and stir well.
14. Keep in the fridge for 30 minutes to let the flavors harmonize.
15. Stir before serving and enjoy with some quinoa and herbs.

Nutritional Information (per serving):

- Calories: 125 kcal
- Protein: 4 g
- Carbohydrates: 18 g
- Fat: 4 g
- Sodium: 155 mg
- Potassium: 285 mg
- Fiber: 2 g

Chef's Note: This innovative quinoa water provides complete amino acids while herbs like parsley and fennel support natural detoxification. The light olive oil helps absorb fat-soluble vitamins, while the minimal salt content prevents water retention. This refreshing drink offers sustained hydration with gentle digestive support.

Hormonal Balance Recipes

Menstrual & Perimenopause-Friendly nourishing meals to support hormone health

Omega-Rich Salmon and Spinach Power Bowl

Prep Time: 15 minutes | **Cook Time:** 20 minutes | **Servings:** 1

A nutrient-dense bowl packed with omega-3 fatty acids, plant-based iron, and hormone-supporting nutrients. This complete meal combines wild salmon's healthy fats with quinoa's complete protein and spinach's folate, creating an ideal dish for supporting hormonal balance during menstrual cycles and perimenopause.

Ingredients:

- 4 oz wild salmon fillet, skin removed (115 g)
- 2 cups fresh baby spinach (60 g)
- ¼ cup dry quinoa, rinsed (45 g)
- ½ large ripe avocado, sliced (75 g)
- 2 tablespoons raw walnuts, chopped (15 g)
- 1 tablespoon chia seeds (12 g)
- 1½ tablespoons fresh lemon juice (22 ml)
- 1 tablespoon extra virgin olive oil (15 ml)
- ⅛ teaspoon pink salt (0.75 g)
- ½ cup filtered water (120 ml)

Instructions:

1. Thoroughly rinse the quinoa with cold water using a fine-mesh sieve.
2. Over medium-high heat, bring ½ cup of water in a small saucepan to a boil.
3. Incorporate the rinsed quinoa, turn the heat down, cover, and cook for 12–15 minutes until the grains are tender.
4. Take the pan off the stove, let it stand covered for 5 minutes, and fluff the grains with a fork.
5. Remove excess moisture from the salmon with paper towels and lightly season with pink salt.
6. Heat a non-stick skillet over medium-high heat without oil.
7. Cook salmon for 4–5 minutes per side until internal temperature reaches 145°F.
8. Remove salmon from heat and let rest for 2 minutes, then flake into large pieces.
9. Use a small bowl to whisk together lemon juice, olive oil, and remaining pink salt.
10. Wash and dry baby spinach thoroughly.
11. Slice avocado just before serving to prevent browning.
12. Place cooked quinoa in a serving bowl.
13. Top with baby spinach, flaked salmon, and avocado slices.
14. Sprinkle chopped walnuts and chia seeds over the bowl.
15. Drizzle lemon vinaigrette evenly over the bowl and serve immediately.

Nutritional Information (per serving):

- Calories: 485 kcal
- Protein: 32 g
- Carbohydrates: 28 g
- Fat: 28 g
- Sodium: 285 mg
- Potassium: 865 mg
- Fiber: 12 g

Chef's Note: Rich in anti-inflammatory omega-3 fatty acids, this bowl also aids in maintaining healthy hormone levels. The combination of plant-based iron from spinach, complete protein from quinoa and salmon, and healthy fats from avocado and walnuts creates an ideal meal for hormonal balance and sustained energy.



Calcium-Packed Greek Yogurt Berry Parfait

Prep Time: 8 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A protein-rich parfait that delivers bone-supporting calcium and probiotics for hormonal health. This layered treat combines antioxidant-rich berries with omega-3 fatty acids and natural sweetness, creating a satisfying breakfast or snack that supports estrogen metabolism and overall hormonal balance.

Ingredients:

- ½ cup plain Greek yogurt, 2% fat (120 g)
- ½ cup mixed fresh berries (strawberries, blueberries, raspberries) (75 g)
- 1 tablespoon ground flaxseed (10 g)
- 2 tablespoons sliced almonds (14 g)
- 1 tablespoon raw honey (21 g)
- ¼ teaspoon ground cinnamon (0.5 g)
- 1/16 teaspoon pink salt (0.1 g)

Instructions:

1. Wash mixed berries thoroughly under cold water and pat dry.
2. Hull and slice strawberries into bite-sized pieces if using.
3. In a small bowl, mix ground flaxseed with cinnamon and pink salt.
4. In another small bowl, stir honey until smooth and easy to drizzle.
5. Place half of the Greek yogurt in a serving glass or bowl.
6. Place half of the berry mixture on top of the yogurt.
7. Sprinkle half of the flaxseed-cinnamon mixture over the berries.
8. Add remaining yogurt to create another layer.
9. Top with remaining mixed berries, distributing evenly.
10. Sprinkle remaining flaxseed-cinnamon mixture over the top layer.
11. Scatter sliced almonds evenly over the parfait.
12. Drizzle honey over the parfait in a decorative pattern.
13. Serve immediately or refrigerate for up to 2 hours before serving.

Nutritional Information (per serving):

- Calories: 285 kcal
- Carbohydrates: 32 g
- Sodium: 85 mg
- Fiber: 7 g
- Protein: 16 g
- Fat: 12 g
- Potassium: 485 mg

Chef's Note: This parfait provides over 25% of daily calcium needs, essential for bone health during perimenopause when estrogen levels decline. The probiotics in Greek yogurt support gut health, which is crucial for hormone metabolism. Ground flaxseed adds lignans that help balance estrogen levels, while berries provide antioxidants that protect against hormonal stress.



Iron-Boost Lentil and Kale Soup

Prep Time: 12 minutes | **Cook Time:** 30 minutes | **Servings:** 1

A warming, iron-rich soup that combines plant-based and heme iron sources to support healthy blood levels during menstruation. This nourishing bowl features anti-inflammatory spices and nutrient-dense vegetables, making it perfect for replenishing essential minerals and supporting hormonal balance.

Ingredients:

- ⅓ cup red lentils, rinsed (75 g)
- 1½ cups fresh kale, stems removed and chopped (45 g)
- 2 oz lean ground turkey, 93% lean (55 g)
- 1 medium carrot, diced (75 g)
- ½-inch piece fresh ginger, peeled and minced (8 g)
- ¼ teaspoon ground turmeric (0.5 g)
- 1½ cups low-sodium vegetable broth (360 ml)
- ⅛ teaspoon pink salt (0.75 g)
- ½ cup filtered water (120 ml)



Instructions:

1. Rinse red lentils thoroughly under cold water until water runs clear.
2. Remove thick stems from kale and chop leaves into bite-sized pieces.
3. Peel and dice carrot into ½-inch pieces for even cooking.
4. Peel fresh ginger and mince finely with a sharp knife.
5. Heat a large soup pot over medium-high heat without oil.
6. Include ground turkey and cook for 5–6 minutes, breaking up with a spoon until browned.
7. Add diced carrot and minced ginger to the pot with turkey.
8. Cook for 3–4 minutes until carrot begins to soften.
9. Add turmeric and stir for 30 seconds until fragrant.
10. Pour in vegetable broth and filtered water, then bring to a boil.
11. Add rinsed red lentils to the boiling mixture.
12. Turn the heat down to medium-low and simmer for 15–18 minutes until the lentils are fully cooked.
13. Add chopped kale and pink salt to the soup.
14. Cook for 3–4 minutes until kale wilts and becomes tender.
15. Check the flavor, add more seasoning if desired, and serve warm in a bowl.

Nutritional Information (per serving):

- Calories: 315 kcal
- Carbohydrates: 35 g
- Sodium: 485 mg
- Fiber: 14 g
- Protein: 28 g
- Fat: 6 g
- Potassium: 785 mg

Chef's Note: This soup provides both heme iron from turkey and non-heme iron from lentils and kale, maximizing iron absorption. The vitamin C in kale enhances iron uptake, while turmeric and ginger provide anti-inflammatory benefits. This combination is especially beneficial during menstruation when iron needs are elevated.

Magnesium-Rich Dark Chocolate Almond Smoothie

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

A creamy, indulgent smoothie that satisfies chocolate cravings while delivering essential magnesium for muscle relaxation and hormonal support. This nutrient-packed blend combines leafy greens with natural sweetness and healthy fats, making it perfect for managing PMS symptoms and supporting overall hormonal balance.

Ingredients:

- ¾ cup unsweetened almond milk (180 ml)
- 1 cup fresh baby spinach (30 g)
- ½ large ripe banana, peeled (60 g)
- 1 tablespoon natural almond butter (16 g)
- 1 tablespoon unsweetened cacao powder (6 g)
- 1½ Medjool dates, pitted (36 g)
- 1 tablespoon raw almonds (12 g)
- 2½ teaspoon pink salt (0.2 g)
- ¼ cup ice cubes (60 ml)



Instructions:

1. Wash baby spinach thoroughly and remove any thick stems.
2. Peel banana and break it into chunks for easier blending.
3. Remove pits from Medjool dates and chop roughly.
4. Add almond milk to blender first for smoother blending.
5. Add baby spinach and banana chunks to the blender.
6. Add almond butter, cacao powder, and chopped dates.
7. Add raw almonds and pink salt to the mixture.
8. Add ice cubes for a thick, creamy consistency.
9. Blend on high speed for 90–120 seconds until completely smooth and creamy.
10. Pause the blender, scrape down the sides if required, and blend for another 15 seconds.
11. Check consistency and add more almond milk if too thick.
12. Taste and adjust sweetness with additional dates if desired.
13. Pour into a glass immediately while frothy.
14. Serve with a straw and enjoy within 30 minutes for best texture.

Nutritional Information (per serving):

- Calories: 285 kcal
- Carbohydrates: 38 g
- Sodium: 165 mg
- Fiber: 9 g
- Protein: 8 g
- Fat: 14 g
- Potassium: 685 mg

Chef's Note: This smoothie provides over 20% of daily magnesium needs, essential for reducing menstrual cramps and supporting nervous system function. The natural sugars from dates and banana help stabilize mood, while cacao provides antioxidants and natural mood-boosting compounds. The hidden spinach adds folate and iron without affecting the rich chocolate flavor.

Hormone-Supporting Seed Cycling Crackers

Prep Time: 15 minutes | **Cook Time:** 25 minutes | **Servings:** 1

Nutrient-dense crackers packed with hormone-balancing seeds that support natural estrogen and progesterone production. These crunchy, satisfying crackers provide essential fatty acids, lignans, and minerals specifically chosen to support menstrual cycle regulation and hormonal balance throughout the month.

Ingredients:

- 1 tablespoon ground flax seeds (10 g)
- 1 tablespoon raw pumpkin seeds, chopped (10 g)
- 1 tablespoon raw sunflower seeds (10 g)
- ½ tablespoon sesame seeds (6 g)
- ¼ cup almond flour (28 g)
- 1 tablespoon extra virgin olive oil (15 ml)
- 1/16 teaspoon pink salt (0.4 g)
- 1–2 tablespoons filtered water (15–30 ml)

Instructions:

1. Set your oven's temperature to 350°F (175°C) and prepare a parchment paper-lined baking sheet.
2. Process the flax seeds in a grinder or food processor until they become fine.
3. Roughly chop pumpkin seeds into smaller pieces for even distribution.
4. In a mixing bowl, combine ground flax seeds, chopped pumpkin seeds, sunflower seeds, and sesame seeds.
5. Add almond flour and pink salt to the seed mixture.
6. Stir dry ingredients together until evenly combined.
7. Add olive oil and stir until the ingredients start sticking together.
8. Gradually add filtered water, 1 tablespoon at a time, until dough holds together when pressed.
9. Transfer dough to parchment-lined baking sheet.
10. Place another sheet of parchment paper on top and roll dough to ⅛-inch thickness.
11. Remove top parchment and score dough into 2-inch squares with a knife.
12. Place in the oven and bake 20–25 minutes, until the crackers are crisp and golden at the edges.
13. Take the crackers out of the oven and let them cool on the baking sheet for 10 minutes.
14. Break along scored lines and store in an airtight container.

Nutritional Information (per serving):

- Calories: 245 kcal
- Protein: 9 g
- Carbohydrates: 8 g
- Fat: 21 g
- Sodium: 155 mg
- Potassium: 285 mg
- Fiber: 6 g

Chef's Note: These crackers combine seeds rich in lignans (flax and sesame) that support estrogen metabolism with zinc-rich pumpkin seeds that aid progesterone production. The healthy fats and fiber help stabilize blood sugar, which is crucial for hormonal balance. Perfect for seed cycling protocols during different phases of the menstrual cycle.



Anti-Inflammatory Turmeric Chickpea Curry

Prep Time: 15 minutes | **Cook Time:** 35 minutes | **Servings:** 1

A warming, hormone-supporting curry that combines plant-based protein with anti-inflammatory spices and nutrient-dense vegetables. This comforting dish provides fiber, folate, and phytoestrogens while delivering sustained energy and supporting healthy inflammation response during hormonal fluctuations.

Ingredients:

- ½ cup cooked chickpeas, drained and rinsed (120 g)
- ⅓ cup canned coconut milk, full-fat (90 ml)
- ½ teaspoon ground turmeric (1 g)
- ½-inch piece fresh ginger, peeled and minced (8 g)
- 1½ cups fresh spinach, chopped (45 g)
- ½ medium sweet potato, peeled and cubed (100 g)
- ¼ cup brown rice, uncooked (48 g)
- ⅛ teaspoon pink salt (0.75 g)
- ½ cup filtered water (120 ml)



Instructions:

1. Rinse brown rice thoroughly and cook according to package directions, about 25–30 minutes.
2. Peel sweet potato and cut into $\frac{3}{4}$ -inch cubes for even cooking.
3. Peel fresh ginger and mince finely with a sharp knife.
4. Wash and roughly chop spinach, removing any thick stems.
5. Heat a large skillet or saucepan over medium heat without oil.
6. Add cubed sweet potato and cook for 5–6 minutes, stirring occasionally.
7. Add minced ginger and turmeric to the pan, stirring for 30 seconds until fragrant.
8. Pour in coconut milk and filtered water, then bring to a gentle simmer.
9. Add cooked chickpeas to the simmering mixture.
10. Cover and cook for 15–18 minutes until sweet potato is fork-tender.
11. Add chopped spinach and pink salt to the curry.
12. Stir gently and cook for 2–3 minutes until spinach wilts completely.
13. Taste and adjust seasoning if needed.
14. Serve hot over cooked brown rice in a bowl.

Nutritional Information (per serving):

- Calories: 425 kcal
- Carbohydrates: 65 g
- Sodium: 385 mg
- Fiber: 12 g
- Protein: 15 g
- Fat: 14 g
- Potassium: 865 mg

Chef's Note: This curry provides plant-based phytoestrogens from chickpeas that help balance hormones naturally. Turmeric's curcumin reduces inflammation associated with PMS and menopause, while sweet potato provides beta-carotene for healthy skin during hormonal changes. The fiber supports healthy estrogen metabolism through improved gut health.

PMS-Soothing Chamomile Oat Bowl

Prep Time: 5 minutes | **Cook Time:** 25 minutes | **Servings:** 1

A calming, magnesium-rich breakfast bowl that combines the soothing properties of chamomile with nutrient-dense oats and hormone-supporting seeds. This comforting dish helps reduce PMS symptoms while providing sustained energy and essential minerals for hormonal balance and mood stability.

Ingredients:

- $\frac{1}{4}$ cup steel-cut oats (40 g)
- $\frac{1}{2}$ cup brewed chamomile tea, cooled (120 ml)
- 2 tablespoons raw walnuts, chopped (15 g)
- $1\frac{1}{2}$ tablespoons dried cherries, unsweetened (15 g)
- $\frac{1}{4}$ cup unsweetened almond milk (60 ml)
- 1 tablespoon raw pumpkin seeds (10 g)
- $\frac{1}{16}$ teaspoon pink salt (0.4 g)
- $\frac{3}{4}$ cup filtered water (180 ml)

Instructions:

1. Brew chamomile tea using $\frac{1}{2}$ tea bag in $\frac{1}{2}$ cup hot water, steep for 5 minutes, then cool.
2. Roughly chop raw walnuts into bite-sized pieces.
3. In a medium saucepan, combine steel-cut oats and filtered water.
4. Bring to a boil over medium-high heat, then reduce heat to low.
5. Add cooled chamomile tea to the oats and stir well.
6. Add pink salt and stir to combine.
7. Simmer uncovered for 20–25 minutes, stirring occasionally, until oats are tender.
8. Add almond milk during the last 5 minutes of cooking for creaminess.
9. Remove from heat and let stand for 2–3 minutes to thicken.
10. Transfer cooked oats to a serving bowl.
11. Top with chopped walnuts and dried cherries.
12. Sprinkle pumpkin seeds evenly over the bowl.
13. Add additional almond milk if desired for consistency.
14. Serve warm immediately.

Nutritional Information (per serving):

- Calories: 285 kcal
- Carbohydrates: 38 g
- Sodium: 185 mg
- Fiber: 7 g
- Protein: 9 g
- Fat: 12 g
- Potassium: 385 mg

Chef's Note: This bowl provides natural melatonin from cherries to support sleep quality during PMS, while chamomile offers calming properties that help reduce anxiety and cramping. The magnesium from pumpkin seeds and walnuts helps relax muscles and stabilize mood. Steel-cut oats provide sustained energy and fiber to support healthy hormone metabolism.



CONCLUSION

Long-Term Wellness Beyond the Trend – Build Habits, Not Quick Fixes

As we close this journey together, I want you to step back and appreciate something important: you now possess what most people searching for health solutions lack—the ability to see beyond the hype and make decisions based on evidence, not promises.

We began with pink salt because it perfectly represents how wellness trends capture our attention. A beautiful, natural-looking ingredient with ancient origins and modern marketing—it seemed to offer everything we wanted in a simple, affordable package. But as we’ve discovered together, the real story is both more complex and more empowering than any social media post could convey.

The Real Lesson: It Was Never About the Salt

Pink salt taught us something far more valuable than whether to spend extra money on specialty ingredients. It showed us how to ask the right questions: What does the research actually say? What are the mechanisms behind the claims? How does this fit into the bigger picture of health? These critical thinking skills will serve you long after the pink salt trend fades and the next “miracle” ingredient takes its place.

The truth we’ve uncovered isn’t disappointing—it’s liberating. You don’t need to find the perfect superfood, the ideal supplement, or the magical ingredient that will transform your health overnight. What you need is already within your reach: consistent choices that support your body’s natural processes over time.

Building Your Foundation: The Four Pillars That Actually Matter

Real, lasting wellness rests on four fundamental pillars, and pink salt—or any single ingredient—can only ever be a small decorative element, not a supporting beam.

Nourishing Food Choices: The recipes in this book aren’t special because they contain pink salt; they’re valuable because they emphasize whole foods, balanced nutrition, and cooking methods that preserve nutrients while maximizing flavor. Whether you season them with pink salt, sea salt, or herbs and spices, these meals support your health because of their overall quality, not their individual ingredients.

Consistent Movement: Your body was designed to move, and regular physical activity supports everything from cardiovascular health to mood regulation to hormone balance. This doesn’t require a gym membership or perfect workout routine—it requires finding ways to move that you actually enjoy and can sustain over time.

Quality Sleep: No amount of specialty salt can compensate for chronic sleep deprivation. Your body repairs, detoxifies, and rebalances itself during sleep. Prioritizing 7–9 hours of quality rest will do more for your energy and well-being than any morning ritual.

Stress Management: Chronic stress disrupts every system in your body, from digestion to immune function to hormone production. Learning to manage stress through techniques that work for you—whether that’s meditation, time in nature, creative pursuits, or social connection—is non-negotiable for long-term health.

The Gradual Path: Why Slow Wins the Race

After two decades of working with clients, I've learned that the people who achieve lasting health improvements share one crucial trait: they understand that sustainable change happens gradually, not dramatically.

The clients who successfully lose weight and keep it off don't do it through 30-day challenges or elimination diets. They do it by slowly, consistently making better choices until those choices become automatic. They might start by adding one extra serving of vegetables to their daily routine, or taking a 10-minute walk after dinner, or preparing one more home-cooked meal per week.

This gradual approach works because it allows your body, mind, and lifestyle to adapt without triggering the resistance that comes with dramatic changes. When you try to overhaul everything at once, you're fighting against deeply ingrained habits and biological systems that prefer stability.

Integration Without Obsession: Making It Work in Real Life

The goal isn't to become someone who obsesses over every ingredient or follows rigid rules. It's to become someone who makes generally good choices most of the time, enjoys their food, and maintains a healthy relationship with eating and their body.

Here's how to integrate what you've learned without losing your sanity:

Start with one change at a time. Maybe this week, you'll try one new recipe from this book. Next week, you might focus on drinking more water. The following week, you could experiment with cooking more meals at home. Small changes compound over time.

Use the 80/20 principle. Aim for about 80% of your choices to support your health goals, and allow 20% for flexibility, social situations, and pure enjoyment. This isn't about perfection; it's about creating a sustainable pattern you can maintain for years.

Listen to your body. Pay attention to how different foods make you feel, how much sleep you need to function well, what types of movement energize versus exhaust you. Your body provides constant feedback—learn to hear it.

Focus on addition, not subtraction. Instead of constantly restricting foods or eliminating ingredients, focus on adding more of what you need: more vegetables, more water, more movement, more sleep, more joy.

Trust the process. Some weeks, you'll feel amazing and make great choices effortlessly. Other weeks, life will be chaotic and you'll do the best you can. Both are normal and acceptable parts of a sustainable approach to health.

Your Path Forward: The Choice Is Yours

You now have everything you need to move forward with confidence. You understand the science behind popular claims. You have practical recipes and strategies. Most importantly, you have the framework to evaluate future trends and make informed decisions.

The choice of what to do with this knowledge is entirely yours. You might decide that pink salt has a place in your kitchen because you enjoy its flavor and the ritual of using it. Or you might stick with whatever salt you've always used and focus your attention on other aspects of your health. Both choices can be part of a healthy, fulfilling life.

What matters isn't the specific ingredients in your pantry or the exact details of your routine. What matters is that you're making choices from a place of understanding rather than confusion, confidence rather than desperation, and self-compassion rather than self-criticism.

The Long View: Your Health Is a Lifetime Project

Your health isn't built in 30 days, and it isn't destroyed by a single meal, a stressful week, or a period of less-than-perfect choices. It's built through the accumulation of generally good decisions over months, years, and decades.

This perspective is both humbling and empowering. It means you don't have to be perfect, but it also means that your choices matter. Every meal is an opportunity to nourish yourself. Every day is a chance to move your body, manage your stress, and prioritize your sleep. Every week is an opportunity to build habits that serve your long-term well-being.

The trends will keep coming. There will always be a new superfood, a revolutionary diet, or a miracle ingredient promising to transform your health overnight. But you'll be ready for them now. You'll know the right questions to ask, the red flags to watch for, and the principles that actually matter.

Final Thoughts: Trust Yourself

As you close this book and return to your daily life, remember this: you are the expert on your own body. You know what makes you feel energized versus sluggish, what foods you genuinely enjoy versus what you think you should eat, what routines feel sustainable versus overwhelming.

Trust that knowledge. Trust your ability to make good choices most of the time while still enjoying life. Trust that small, consistent improvements will compound into meaningful changes over time. And trust that you don't need to find the perfect approach—you just need to find an approach that works for you and that you can maintain with joy rather than struggle.

The pink salt trend brought us together, but the principles we've explored will serve you long after this particular ingredient fades from social media feeds. You have the tools, the knowledge, and the wisdom to create lasting wellness on your own terms.

Your journey to better health doesn't end with this book—it continues with every choice you make, every meal you prepare, and every day you choose progress over perfection.

You've got this. Now go live it.

Isabella

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