

Anti-Inflammatory Cortisol Detox Diet Cookbook

**Quick & Energizing Balancing
Recipes with Full-Color Photos to
Lower Stress Hormones, Reduce
Inflammation, and Restore
Energy Naturally**

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Introduction

Welcome to a journey of culinary discovery and wellness, where each page invites you to explore the vibrant world of the Anti-Inflammatory Cortisol Detox Diet. Imagine stepping into a kitchen where the aromas of fresh herbs and spices mingle with the promise of health and vitality. Here, we embark on a shared adventure, one that nurtures both body and spirit through the transformative power of food.

In our fast-paced world, stress often takes center stage, leaving us yearning for balance and rejuvenation. This cookbook is your guide to achieving that harmony, offering a collection of recipes designed to soothe inflammation and detoxify your body by naturally managing cortisol levels. As you delve into these pages, you'll discover the art of crafting meals that are not only delicious but also deeply nourishing. Expect to learn how to harness the healing properties of whole foods, using them as tools to enhance your well-being. With each recipe, you'll gain insights into the delicate interplay between ingredients and their effects on your body, empowering you to make informed choices that support your health journey.

This culinary exploration is more than just a diet; it's a lifestyle that celebrates the richness of flavors and the joy of mindful eating. As you experiment with these dishes, you'll find yourself embracing a tradition of wellness that has been cherished for generations. Together, let's embark on this flavorful path to vitality, where every meal is an opportunity to nourish, heal, and thrive. Welcome to a new chapter of your culinary adventure, filled with discovery, flavor, and the promise of a healthier, more vibrant you.

Breakfast





GOLDEN TURMERIC AND CHIA SEED PUDDING



Servings:
4



Prep:
10 min



Chill:
2 h



Equipment: Mixing Bowl, Whisk, Refrigerator



Ingredients:

- 2 cups almond milk
- 1/2 cup chia seeds
- 1 tbsp turmeric powder
- 1 tbsp honey (or maple syrup)
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- Pinch of black pepper
- Fresh berries, for topping



Directions:

1. In a mixing bowl, whisk together almond milk, turmeric powder, honey, vanilla extract, cinnamon, ginger, and black pepper until well combined.
2. Stir in the chia seeds, ensuring they are evenly distributed throughout the mixture.
3. Cover the bowl and refrigerate for at least 2 hours, allowing the chia seeds to absorb the liquid and thicken.
4. Before serving, give the pudding a good stir and divide it into individual servings.
5. Top with fresh berries for added flavor and nutrition.



Nutritional Information:

Calories: 180, Protein: 5g, Carbohydrates: 24g, Fat: 8g, Fiber: 10g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 250 mg



REFRESHING RASPBERRY AND ALMOND PROTEIN SMOOTHIE



Glasses:
2



Prep:
10 min



Chill:
5 min



Equipment: Blender, Measuring Cups, Measuring Spoons



Ingredients:

- 1 cup fresh raspberries
- 1 cup unsweetened almond milk
- 1/2 cup plain Greek yogurt
- 2 tbsp almond butter
- 1 tbsp chia seeds
- 1 tsp honey (optional)
- 1/2 cup ice cubes



Directions:

1. Combine raspberries, almond milk, Greek yogurt, almond butter, and chia seeds in a blender.
2. Blend on high speed until smooth and creamy.
3. Add honey and ice cubes, then blend again until the ice is crushed and the mixture is well combined.
4. Pour into glasses and let chill for 5 minutes before serving.
5. Enjoy your refreshing and nutritious smoothie.



Nutritional Information:

Calories: 210, Protein: 10g, Carbohydrates: 20g, Fat: 12g, Fiber: 7g, Cholesterol: 5mg, Sodium: 80mg, Potassium: 350mg



SOOTHING OATMEAL WITH CINNAMON AND PUMPKIN SEEDS



Servings:
4



Prep:
5 min



Cook:
10 min



Equipment: Medium Saucepan, Wooden Spoon, Measuring Cups



Ingredients:

- 2 cups rolled oats
- 4 cups water
- 1 tsp ground cinnamon
- 1/4 cup pumpkin seeds
- 2 tbsp honey
- 1/2 tsp vanilla extract
- Pinch of salt



Directions:

1. In a medium saucepan, bring the water to a boil.
2. Stir in the rolled oats and reduce the heat to a simmer.
3. Add the cinnamon and salt, stirring occasionally, and cook for 5–7 minutes until creamy.
4. Remove from heat and stir in the honey and vanilla extract.
5. Serve warm, topped with pumpkin seeds for added crunch.



Nutritional Information:

Calories: 220, Protein: 7g, Carbohydrates: 38g, Fat: 5g, Fiber: 6g, Cholesterol: 0mg, Sodium: 15mg, Potassium: 180mg



DELECTABLE EGG WHITE SCRAMBLE WITH SPINACH



Servings:
2



Prep:
10 min



Cook:
5 min



Equipment: Non-stick skillet, Whisk, Spatula



Ingredients:

- 6 oz egg whites
- 1 cup fresh spinach, chopped
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1 tbsp nutritional yeast (optional)



Directions:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add minced garlic and sauté for 1 minute until fragrant.
3. Stir in the chopped spinach and cook until wilted, about 2 minutes.
4. Pour in the egg whites, season with salt and pepper, and gently stir with a spatula.
5. Cook until the egg whites are set but still soft, about 2–3 minutes.
6. Sprinkle nutritional yeast on top before serving, if desired.



Nutritional Information:

Calories: 110, Protein: 12g, Carbohydrates: 3g, Fat: 6g, Fiber: 1g, Cholesterol: 0mg, Sodium: 320mg, Potassium: 340mg



HEARTY QUINOA PORRIDGE WITH BLUEBERRIES AND ALMONDS



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Medium Saucepan, Wooden Spoon, Measuring Cups



Ingredients:

- 1 cup quinoa, rinsed
- 2 cups almond milk
- 1/2 tsp cinnamon
- 1 cup fresh blueberries
- 1/4 cup sliced almonds
- 2 tbsp honey
- 1/2 tsp vanilla extract



Directions:

1. In a medium saucepan, combine quinoa and almond milk. Bring to a boil over medium heat.
2. Reduce heat to low, cover, and simmer for 15 minutes, or until quinoa is tender and liquid is absorbed.
3. Stir in cinnamon, honey, and vanilla extract, mixing well.
4. Remove from heat and gently fold in blueberries and sliced almonds.
5. Serve warm, garnished with additional blueberries and almonds if desired.



Nutritional Information:

Calories: 250, Protein: 7g, Carbohydrates: 40g, Fat: 9g, Fiber: 5g, Cholesterol: 0mg, Sodium: 60mg, Potassium: 300mg



SWEET SPICED MAPLE MILLET CEREAL



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Medium Saucepan, Whisk, Measuring Cups and Spoons



Ingredients:

- 1 cup millet
- 3 cups water
- 1/2 cup almond milk
- 2 tbsp maple syrup
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/4 tsp sea salt
- 1/4 cup chopped walnuts
- 1/4 cup dried cranberries



Directions:

1. Rinse the millet under cold water and drain.
2. In a medium saucepan, combine millet and water. Bring to a boil over medium heat.
3. Reduce heat to low, cover, and simmer for 15 minutes until millet is tender.
4. Stir in almond milk, maple syrup, cinnamon, nutmeg, and sea salt. Cook for an additional 5 minutes.
5. Remove from heat and let sit for 5 minutes. Fluff with a fork.
6. Top with chopped walnuts and dried cranberries before serving.



Nutritional Information:

Calories: 250, Protein: 6g, Carbohydrates: 45g, Fat: 7g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 200 mg



SAVOURY CHICKPEA AND SPINACH BREAKFAST BOWL



Servings:
2



Prep:
10 min



Cook:
10 min



Equipment: Frying Pan, Spatula, Mixing Bowl



Ingredients:

- 1 tbsp extra virgin olive oil
- 1/2 small red onion, finely chopped
- 1 clove garlic, minced
- 1 1/2 cups canned chickpeas, rinsed and drained
- 2 cups fresh baby spinach
- 1/2 cup cherry tomatoes, halved
- 1/2 tsp ground turmeric
- 1/4 tsp ground cumin
- Salt and black pepper to taste
- 1 tbsp lemon juice
- 1 tbsp chopped fresh parsley (for garnish)



Directions:

1. Heat olive oil in a frying pan over medium heat. Add onion and garlic, and sauté for 2–3 minutes until fragrant.
2. Add chickpeas, turmeric, and cumin. Stir well and cook for 4–5 minutes until chickpeas are slightly crisp.
3. Add spinach and cherry tomatoes, cooking for another 2–3 minutes until the spinach wilts and the tomatoes soften.
4. Season with salt, pepper, and lemon juice. Stir to combine.
5. Serve warm, topped with fresh parsley and a drizzle of olive oil if desired.



Nutritional Information:

Calories: 290, Protein: 11g, Carbohydrates: 32g, Fat: 13g, Fibre: 9g, Sugars: 5g, Cholesterol: 0mg, Sodium: 200mg, Potassium: 480mg



SUPERFOOD KALE AND SPINACH GREEN SMOOTHIE



Glasses:
2



Prep:
10 min



Chill:
5 min



Equipment: Blender, Measuring Cups, Knife



Ingredients:

- 1 cup kale leaves, packed
- 1 cup spinach leaves, packed
- 1 banana
- 1/2 cup pineapple chunks
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- 1 cup unsweetened almond milk
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground ginger



Directions:

1. Combine kale, spinach, banana, and pineapple in a blender.
2. Add chia seeds, almond butter, almond milk, lemon juice, turmeric, and ginger.
3. Blend on high speed until smooth and creamy.
4. Taste and adjust sweetness if needed by adding a little more pineapple.
5. Pour into glasses and chill for 5 minutes before serving.



Nutritional Information:

Calories: 210, Protein: 5g, Carbohydrates: 35g, Fat: 8g, Fiber: 7g, Cholesterol: 0mg, Sodium: 95mg, Potassium: 650mg



SATISFYING SWEET POTATO AND AVOCADO TOAST



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Baking Sheet, Fork, Knife



Ingredients:

- 2 medium sweet potatoes (about 1 lb)
- 1 tbsp olive oil
- 1 ripe avocado
- 1 tbsp lemon juice
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 cup cherry tomatoes, halved
- 1 tbsp chia seeds
- 1 tbsp fresh cilantro, chopped



Directions:

1. Preheat the oven to 400°F. Slice sweet potatoes into 1/4-inch thick rounds.
2. Place sweet potato slices on a baking sheet, drizzle with olive oil, and roast for 20 minutes, flipping halfway through.
3. In a bowl, mash the avocado with lemon juice, sea salt, and black pepper using a fork.
4. Once sweet potatoes are roasted, spread the avocado mixture over each slice.
5. Top with cherry tomatoes, chia seeds, and fresh cilantro.
6. Serve immediately and enjoy the nourishing flavors.



Nutritional Information:

Calories: 180, Protein: 3g, Carbohydrates: 24g, Fat: 9g, Fiber: 7g, Cholesterol: 0 mg, Sodium: 160 mg, Potassium: 540 mg



INVIGORATING BEETROOT AND CUCUMBER JUICE



Glasses:
2



Prep:
10 min



Chill:
30 min



Equipment: Juicer, Knife, Cutting Board



Ingredients:

- 1 medium beetroot, peeled and chopped
- 1 large cucumber, peeled and chopped
- 1-inch piece of fresh ginger, peeled
- 1 tablespoon lemon juice
- 1/2 cup water
- Ice cubes (optional)



Directions:

1. Prepare the beetroot, cucumber, and ginger by peeling and chopping them into manageable pieces.
2. Feed the beetroot, cucumber, and ginger through the juicer, collecting the juice in a pitcher.
3. Stir in the lemon juice and water to the freshly extracted juice.
4. Chill the juice in the refrigerator for 30 minutes to enhance its refreshing quality.
5. Serve over ice cubes if desired, and enjoy immediately.



Nutritional Information:

Calories: 60, Protein: 2g, Carbohydrates: 14g, Fat: 0g, Fiber: 3g, Cholesterol: 0 mg, Sodium: 30 mg, Potassium: 450 mg



CRUNCHY BUCKWHEAT GRANOLA WITH ALMOND MILK



Servings:
6



Prep:
15 min



Bake:
25 min



Equipment: Baking Sheet, Mixing Bowl, Parchment Paper



Ingredients:

- 2 cups raw buckwheat groats
- 1 cup rolled oats
- 1/2 cup raw almonds, chopped
- 1/2 cup unsweetened shredded coconut
- 1/4 cup chia seeds
- 1/4 cup maple syrup
- 2 tbsp coconut oil, melted
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp sea salt
- 3 cups almond milk, for serving



Directions:

1. Preheat the oven to 325°F (165°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine buckwheat groats, rolled oats, chopped almonds, shredded coconut, and chia seeds.
3. In a separate bowl, whisk together maple syrup, melted coconut oil, vanilla extract, ground cinnamon, and sea salt.
4. Pour the wet mixture over the dry ingredients and stir until everything is well coated.
5. Spread the mixture evenly on the prepared baking sheet and bake for 25 minutes, stirring halfway through, until golden and crunchy.
6. Allow the granola to cool completely before serving with almond milk.



Nutritional Information:

Calories: 320, Protein: 8g, Carbohydrates: 48g, Fat: 12g, Fiber: 7g, Cholesterol: 0mg, Sodium: 75mg, Potassium: 220mg



DECADENT APPLE AND CINNAMON BAKED OATMEAL



Servings:
6



Prep:
15 min



Bake:
30 min



Equipment: Baking Dish, Mixing Bowl, Whisk



Ingredients:

- 2 cups rolled oats
- 1 1/2 cups almond milk
- 1/2 cup unsweetened applesauce
- 1 large apple, diced
- 1/4 cup maple syrup
- 1 tsp ground cinnamon
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1/4 cup chopped walnuts (optional)



Directions:

1. Preheat the oven to 350°F (175°C) and lightly grease a baking dish.
2. In a mixing bowl, combine oats, almond milk, applesauce, maple syrup, cinnamon, baking powder, salt, and vanilla extract. Mix well.
3. Fold in the diced apple and walnuts, if using.
4. Pour the mixture into the prepared baking dish and spread evenly.
5. Bake for 30 minutes or until the top is golden brown and the oatmeal is set.
6. Allow to cool slightly before serving.



Nutritional Information:

Calories: 210, Protein: 5g, Carbohydrates: 38g, Fat: 5g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 200 mg



COMFORTING QUINOA PANCAKES WITH BLUEBERRY COMPOTE



Servings:

4



Prep:

15 min



Cook:

20 min



Equipment: Mixing Bowl, Skillet, Saucepan



Ingredients:

- 1 cup quinoa flour
- 1 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp sea salt
- 1 cup almond milk
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- 1 cup fresh or frozen blueberries
- 2 tbsp water
- 1 tbsp lemon juice
- 1 tbsp honey



Directions:

1. In a mixing bowl, combine quinoa flour, baking powder, cinnamon, and salt.
2. Add almond milk, maple syrup, and vanilla extract to the dry ingredients; mix until smooth.
3. Heat a skillet over medium heat and pour 1/4 cup of batter for each pancake; cook until bubbles form, then flip and cook until golden brown.
4. In a saucepan, combine blueberries, water, lemon juice, and honey; simmer until the compote thickens.
5. Serve pancakes warm, topped with the blueberry compote.



Nutritional Information:

Calories: 210, Protein: 6g, Carbohydrates: 38g, Fat: 4g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 180 mg, Potassium: 220 mg



LUSCIOUS BERRY AND GREEK YOGURT PARFAIT



Servings:

4



Prep:

10 min



Chill:

15 min



Equipment: Mixing Bowl, Parfait Glasses, Spoon



Ingredients:

- 2 cups Greek yogurt
- 1 cup mixed fresh berries (blueberries, strawberries, raspberries)
- 1/2 cup granola
- 2 tablespoons honey
- 1 teaspoon chia seeds
- 1 teaspoon vanilla extract



Directions:

1. In a mixing bowl, combine Greek yogurt with honey and vanilla extract, stirring until smooth.
2. Layer the bottom of each parfait glass with 1/4 cup of the yogurt mixture.
3. Add a layer of mixed berries, approximately 1/4 cup per glass.
4. Sprinkle 2 tablespoons of granola over the berries in each glass.
5. Repeat the layers with the remaining yogurt, berries, and granola.
6. Top each parfait with a sprinkle of chia seeds.
7. Chill in the refrigerator for 15 minutes before serving.



Nutritional Information:

Calories: 210, Protein: 10g, Carbohydrates: 32g, Fat: 5g, Fiber: 4g, Cholesterol: 5mg, Sodium: 60mg, Potassium: 250mg



REVITALIZING PINEAPPLE AND MINT SMOOTHIE



Glasses:
2



Prep:
10 min



Chill:
5 min



Equipment: Blender, Measuring Cups, Knife



Ingredients:

- 1 cup fresh pineapple chunks
- 1/2 cup coconut water
- 1/2 cup Greek yogurt
- 1 tbsp fresh mint leaves
- 1 tsp chia seeds
- 1/2 cup ice cubes



Directions:

1. Add the pineapple chunks and coconut water to the blender.
2. Add Greek yogurt and fresh mint leaves.
3. Sprinkle in the chia seeds and add the ice cubes.
4. Blend on high speed until smooth and creamy.
5. Pour into glasses and chill for 5 minutes before serving.



Nutritional Information:

Calories: 120, Protein: 4g, Carbohydrates: 22g, Fat: 2g, Fiber: 3g, Cholesterol: 5mg, Sodium: 30mg, Potassium: 250mg



NUTRIENT-RICH ASPARAGUS AND EGG SCRAMBLE



Servings:
4



Prep:
10 min



Cook:
10 min



Equipment: Skillet, Whisk, Spatula



Ingredients:

- 1 tbsp olive oil
- 8 oz asparagus, trimmed and cut into 1-inch pieces
- 6 large eggs
- 1/4 cup almond milk
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 cup fresh parsley, chopped
- 1/4 cup cherry tomatoes, halved



Directions:

1. Heat olive oil in a skillet over medium heat. Add asparagus and sauté for 3–4 minutes until tender.
2. In a bowl, whisk together eggs, almond milk, sea salt, and black pepper.
3. Pour the egg mixture over the asparagus in the skillet. Cook gently, stirring occasionally, until eggs are softly set, about 5–6 minutes.
4. Stir in fresh parsley and cherry tomatoes, cooking for an additional minute.
5. Serve immediately, garnished with extra parsley if desired.



Nutritional Information:

Calories: 150, Protein: 11g, Carbohydrates: 6g, Fat: 10g, Fiber: 2g, Cholesterol: 280 mg, Sodium: 320 mg, Potassium: 350 mg



DELIGHTFUL BANANA AND FLAXSEED MUFFINS



Servings:
12



Prep:
15 min



Bake:
20 min



Equipment: Muffin Tin, Mixing Bowl, Whisk



Ingredients:

- 1 cup mashed ripe bananas (about 2 large bananas)
- 1/2 cup unsweetened almond milk
- 1/4 cup honey
- 1/4 cup coconut oil, melted
- 1 tsp vanilla extract
- 1 cup whole wheat flour
- 1/2 cup ground flaxseed
- 1 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt



Directions:

1. Preheat your oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a mixing bowl, combine mashed bananas, almond milk, honey, melted coconut oil, and vanilla extract. Whisk until smooth.
3. In another bowl, mix together whole wheat flour, ground flaxseed, baking soda, cinnamon, and salt.
4. Gradually add the dry ingredients to the wet ingredients, stirring until just combined.
5. Divide the batter evenly among the muffin cups and bake for 20 minutes, or until a toothpick inserted into the center comes out clean. Let cool before serving.



Nutritional Information:

Calories: 150, Protein: 3g, Carbohydrates: 22g, Fat: 6g, Fiber: 3g, Cholesterol: 0mg, Sodium: 95mg, Potassium: 150mg



WARMING CHIA AND COCONUT BREAKFAST PUDDING



Servings:
4



Prep:
10 min



Cook:
10 min



Equipment: Medium saucepan, Whisk, Serving bowls



Ingredients:

- 1 cup coconut milk
- 1 cup water
- 1/2 cup chia seeds
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground turmeric
- 1/4 cup unsweetened shredded coconut
- 1/4 cup fresh berries (optional, for topping)



Directions:

1. In a medium saucepan, combine coconut milk and water, and bring to a gentle simmer over medium heat.
2. Whisk in chia seeds, maple syrup, vanilla extract, cinnamon, and turmeric until well combined.
3. Reduce heat to low and cook, stirring occasionally, until the mixture thickens, about 5–7 minutes.
4. Stir in shredded coconut and remove from heat.
5. Divide the pudding into serving bowls and top with fresh berries, if desired.



Nutritional Information:

Calories: 250, Protein: 5g, Carbohydrates: 25g, Fat: 15g, Fiber: 10g, Cholesterol: 0 mg, Sodium: 20 mg, Potassium: 250 mg



ENERGIZING ACAI AND SPINACH BOWL



Servings:
2



Prep:
10 min



Chill:
5 min



Equipment: Blender, Measuring Cups, Spoon



Ingredients:

- 3.5 oz frozen acai puree
- 1 cup fresh spinach leaves
- 1/2 cup unsweetened almond milk
- 1 banana, sliced
- 1/4 cup blueberries
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1/4 cup granola (optional, for topping)



Directions:

1. Blend the acai puree, spinach leaves, almond milk, and half of the banana slices until smooth.
2. Pour the mixture into a bowl.
3. Top with the remaining banana slices, blueberries, chia seeds, and almond butter.
4. Sprinkle granola on top if desired.
5. Chill in the refrigerator for 5 minutes before serving.



Nutritional Information:

Calories: 250, Protein: 6g, Carbohydrates: 40g, Fat: 10g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 80 mg, Potassium: 600 mg



SAVORY AVOCADO AND TOMATO BREAKFAST WRAP



Servings:
4



Prep:
10 min



Cook:
5 min



Equipment: Skillet, Mixing Bowl, Spatula



Ingredients:

- 4 whole wheat tortillas
- 2 ripe avocados, peeled and pitted
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1 tablespoon lime juice
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil
- 1/4 cup fresh cilantro, chopped



Directions:

1. In a mixing bowl, mash the avocados with lime juice, sea salt, and black pepper until smooth.
2. Stir in the cherry tomatoes, red onion, and cilantro into the avocado mixture.
3. Heat olive oil in a skillet over medium heat.
4. Warm each tortilla in the skillet for about 30 seconds on each side.
5. Spread the avocado mixture evenly over each tortilla.
6. Roll up the tortillas tightly to form wraps.
7. Slice each wrap in half and serve immediately.



Nutritional Information:

Calories: 280, Protein: 5g, Carbohydrates: 34g, Fat: 16g, Fiber: 9g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 690 mg



NOURISHING MILLET PORRIDGE WITH APPLE AND CINNAMON



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Medium Saucepan, Wooden Spoon, Measuring Cups



Ingredients:

- 1 cup millet
- 3 cups water
- 1 cup almond milk
- 2 medium apples, peeled and diced
- 2 tbsp honey
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1/4 cup chopped walnuts (optional)
- 1 tbsp chia seeds (optional)



Directions:

1. Rinse the millet under cold water and drain.
2. In a medium saucepan, combine millet and water. Bring to a boil over medium heat.
3. Reduce heat to low, cover, and simmer for 15 minutes.
4. Stir in almond milk, apples, honey, cinnamon, and salt. Cook for an additional 5 minutes, stirring occasionally.
5. Remove from heat and let sit for a few minutes. Stir in walnuts and chia seeds, if using.
6. Serve warm, garnished with additional apple slices or a sprinkle of cinnamon if desired.



Nutritional Information:

Calories: 250, Protein: 6g, Carbohydrates: 45g, Fat: 5g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 200 mg



INDULGENT ALMOND BUTTER AND BANANA TOAST



Slices:
2



Prep:
10 min



Cook:
5 min



Equipment: Toaster, Knife, Cutting Board



Ingredients:

- 2 slices whole-grain bread
- 4 tbsp almond butter
- 1 medium banana, sliced
- 1 tsp chia seeds
- 1/2 tsp ground cinnamon
- 1 tbsp honey (optional)



Directions:

1. Toast the slices of whole-grain bread until golden brown.
2. Spread 2 tablespoons of almond butter on each slice of toast.
3. Arrange banana slices evenly over the almond butter.
4. Sprinkle chia seeds and ground cinnamon on top of the banana slices.
5. Drizzle honey over the toast for added sweetness, if desired.



Nutritional Information:

Calories: 320, Protein: 8g, Carbohydrates: 42g, Fat: 16g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 450 mg

Lunch





SPICED TURMERIC LENTIL SOUP



Servings:
4



Prep:
10 min



Cook:
30 min



Equipment: Large Pot, Wooden Spoon, Blender or Immersion Blender



Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 cup red lentils, rinsed
- 4 cups vegetable broth
- 1 cup coconut milk
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tbsp lemon juice
- 2 tbsp fresh cilantro, chopped (for garnish)



Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic; sauté until onion is translucent.
2. Stir in turmeric and cumin; cook for 1 minute until fragrant.
3. Add lentils and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes, or until lentils are tender.
4. Stir in coconut milk, salt, and black pepper. Simmer for an additional 5 minutes.
5. Blend the soup until smooth using a blender or immersion blender. Stir in lemon juice.
6. Serve hot, garnished with fresh cilantro.



Nutritional Information:

Calories: 250, Protein: 12g, Carbohydrates: 32g, Fat: 10g, Fiber: 8g, Cholesterol: 0mg, Sodium: 600mg, Potassium: 500mg



ZESTY QUINOA BEETROOT SALAD



Servings:
4



Prep:
20 min



Cook:
15 min



Equipment: Medium Saucepan, Large Mixing Bowl, Whisk



Ingredients:

- 1 cup quinoa
- 2 cups water
- 2 medium beetroots, roasted and diced
- 1 cup arugula
- 1/4 cup walnuts, chopped
- 1/4 cup feta cheese, crumbled
- 1/4 cup fresh orange juice
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp honey
- Salt and pepper to taste



Directions:

1. Rinse quinoa under cold water. In a medium saucepan, combine quinoa and water. Bring to a boil, then reduce heat and simmer for 15 minutes until water is absorbed.
2. In a large mixing bowl, combine cooked quinoa, diced beetroots, arugula, walnuts, and feta cheese.
3. In a small bowl, whisk together orange juice, olive oil, apple cider vinegar, honey, salt, and pepper.
4. Pour the dressing over the quinoa mixture and toss gently to combine.
5. Serve immediately or chill for 30 minutes for enhanced flavor.



Nutritional Information:

Calories: 320, Protein: 9g, Carbohydrates: 40g, Fat: 15g, Fiber: 6g, Cholesterol: 10mg, Sodium: 220mg, Potassium: 540mg



LEMON BASIL CHICKEN STIR-FRY



Servings:
4



Prep:
15 min



Cook:
10 min



Equipment: Wok or large skillet, Cutting board, Knife



Ingredients:

- 1 lb boneless, skinless chicken breast, thinly sliced
- 2 tbsp olive oil
- 1 cup bell peppers, sliced (any color)
- 1 cup broccoli florets
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 1/4 cup fresh basil leaves, roughly chopped
- 2 tbsp lemon juice
- 1 tbsp low-sodium soy sauce
- 1/2 tsp black pepper
- 1/4 tsp sea salt



Directions:

1. Heat olive oil in a wok or large skillet over medium-high heat.
2. Add chicken slices and cook until browned and cooked through, about 5 minutes.
3. Add bell peppers, broccoli, garlic, and ginger to the pan, stir-frying for 3–4 minutes until vegetables are tender-crisp.
4. Stir in basil leaves, lemon juice, soy sauce, black pepper, and sea salt.
5. Toss everything together for another 1–2 minutes until well combined and heated through.
6. Serve immediately, garnished with additional basil if desired.



Nutritional Information:

Calories: 280, Protein: 30g, Carbohydrates: 10g, Fat: 14g, Fiber: 3g, Cholesterol: 75mg, Sodium: 320mg, Potassium: 650mg



HERBED WILD SALMON WITH ASPARAGUS



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Baking Sheet, Mixing Bowl, Tongs



Ingredients:

- 1 lb wild salmon fillets
- 1 lb asparagus, trimmed
- 2 tbsp olive oil
- 2 tbsp fresh dill, chopped
- 1 tbsp fresh lemon juice
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, combine olive oil, dill, lemon juice, garlic powder, salt, and pepper.
3. Place salmon and asparagus on a baking sheet. Drizzle with the herb mixture, ensuring even coverage.
4. Bake for 15–20 minutes, or until the salmon is cooked through and asparagus is tender.
5. Serve immediately, garnished with additional dill if desired.



Nutritional Information:

Calories: 320, Protein: 34g, Carbohydrates: 6g, Fat: 18g, Fiber: 3g, Cholesterol: 70 mg, Sodium: 260 mg, Potassium: 950 mg



TANGY GINGER SWEET POTATO PUREE



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Medium Saucepan, Blender or Food Processor, Mixing Spoon



Ingredients:

- 2 lbs sweet potatoes, peeled and cubed
- 1 tsp fresh ginger, grated
- 1 cup vegetable broth
- 2 tbsp fresh lemon juice
- 1 tbsp olive oil
- 1 tsp ground turmeric
- Salt and pepper to taste



Directions:

1. In a medium saucepan, combine sweet potatoes and vegetable broth. Bring to a boil over medium-high heat.
2. Reduce heat to low, cover, and simmer for 15 minutes, or until sweet potatoes are tender.
3. Drain the sweet potatoes, reserving some of the broth, and transfer them to a blender or food processor.
4. Add ginger, lemon juice, olive oil, turmeric, salt, and pepper. Blend until smooth, adding reserved broth as needed for desired consistency.
5. Taste and adjust seasoning if necessary. Serve warm.



Nutritional Information:

Calories: 210, Protein: 3g, Carbohydrates: 45g, Fat: 4g, Fiber: 7g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 750 mg



SESAME GINGER SHRIMP SALAD



Servings:
4



Prep:
20 min



Cook:
5 min



Equipment: Skillet, Mixing Bowl, Whisk



Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 tbsp sesame oil
- 1 tbsp fresh ginger, grated
- 2 tbsp soy sauce (low sodium)
- 1 tbsp rice vinegar
- 1 tbsp honey
- 4 cups mixed salad greens
- 1 cup shredded carrots
- 1/2 cup sliced cucumbers
- 2 tbsp sesame seeds
- 1/4 cup chopped fresh cilantro



Directions:

1. Heat 1 tbsp of sesame oil in a skillet over medium heat. Add shrimp and cook for 2–3 minutes on each side until pink and opaque. Remove from heat.
2. In a mixing bowl, whisk together the remaining sesame oil, grated ginger, soy sauce, rice vinegar, and honey to create the dressing.
3. In a large bowl, combine salad greens, shredded carrots, and sliced cucumbers.
4. Add cooked shrimp to the salad mixture and drizzle with the prepared dressing.
5. Sprinkle sesame seeds and chopped cilantro over the salad before serving.



Nutritional Information:

Calories: 250, Protein: 22g, Carbohydrates: 14g, Fat: 12g, Fiber: 3g, Cholesterol: 172 mg, Sodium: 520 mg, Potassium: 450 mg



ROASTED CAULIFLOWER AND CHICKPEA CURRY



Servings:
4



Prep:
15 min



Cook:
30 min



Equipment: Baking Sheet, Large Pot, Wooden Spoon



Ingredients:

- 1 medium cauliflower, cut into florets
- 2 tbsp olive oil
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp cayenne pepper
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 can (14 oz) coconut milk
- 1 cup vegetable broth
- Salt and pepper to taste
- 1/4 cup fresh cilantro, chopped



Directions:

1. Preheat the oven to 400°F (200°C). Toss cauliflower florets with 1 tbsp olive oil, turmeric, cumin, coriander, and cayenne pepper. Spread on a baking sheet and roast for 20 minutes.
2. In a large pot, heat the remaining 1 tbsp olive oil over medium heat. Add onion and garlic, sautéing until translucent.
3. Stir in the roasted cauliflower, chickpeas, coconut milk, and vegetable broth. Season with salt and pepper.
4. Simmer for 10 minutes, allowing flavors to meld and sauce to thicken.
5. Garnish with fresh cilantro before serving.



Nutritional Information:

Calories: 320, Protein: 9g, Carbohydrates: 32g, Fat: 19g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 420 mg, Potassium: 650 mg



CUCUMBER AVOCADO GAZPACHO



Servings:
4



Prep:
15 min



Chill:
30 min



Equipment: Blender, Mixing Bowl, Knife



Ingredients:

- 2 large cucumbers, peeled and chopped
- 2 ripe avocados, peeled and pitted
- 1 cup plain Greek yogurt
- 1/4 cup fresh lime juice
- 1/4 cup fresh cilantro leaves
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon ground cumin
- 1 cup cold water



Directions:

1. Add cucumbers, avocados, Greek yogurt, lime juice, cilantro, sea salt, black pepper, and cumin to a blender.
2. Blend until smooth, gradually adding cold water to reach desired consistency.
3. Taste and adjust seasoning if necessary.
4. Transfer to a mixing bowl, cover, and chill in the refrigerator for 30 minutes.
5. Serve cold, garnished with additional cilantro if desired.



Nutritional Information:

Calories: 180, Protein: 5g, Carbohydrates: 15g, Fat: 13g, Fiber: 7g, Cholesterol: 5mg, Sodium: 250mg, Potassium: 700mg



THYME-INFUSED BROCCOLI QUINOA PILAF



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Medium Saucepan, Large Skillet, Wooden Spoon



Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cups broccoli florets
- 1 teaspoon fresh thyme leaves
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice



Directions:

1. In a medium saucepan, combine quinoa and water. Bring to a boil, reduce heat, cover, and simmer for 15 minutes until quinoa is tender.
2. In a large skillet, heat olive oil over medium heat. Add onion and sauté until translucent, about 5 minutes.
3. Stir in broccoli florets and thyme, cooking for another 5 minutes until broccoli is tender-crisp.
4. Add cooked quinoa to the skillet, mixing well. Season with salt, pepper, and lemon juice.
5. Cook for an additional 2 minutes, stirring to combine flavors. Serve warm.



Nutritional Information:

Calories: 210, Protein: 7g, Carbohydrates: 35g, Fat: 6g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 310 mg, Potassium: 450 mg



BAKED COD WITH SUNDRIED TOMATO PESTO



Servings:
4



Prep:
15 min



Bake:
20 min



Equipment: Baking Sheet, Food Processor, Mixing Bowl



Ingredients:

- 1 lb cod fillets
- 1 cup sundried tomatoes (packed in oil)
- 1/4 cup fresh basil leaves
- 1/4 cup pine nuts
- 2 cloves garlic
- 1/4 cup olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste



Directions:

1. Preheat the oven to 400°F (200°C).
2. Place sundried tomatoes, basil, pine nuts, and garlic in a food processor. Pulse until finely chopped.
3. Slowly add olive oil and lemon juice to the processor, blending until a smooth pesto forms. Season with salt and pepper.
4. Arrange cod fillets on a baking sheet lined with parchment paper. Spread the sundried tomato pesto evenly over each fillet.
5. Bake in the preheated oven for 20 minutes, or until the cod is cooked through and flakes easily with a fork.
6. Serve warm, garnished with fresh basil if desired.



Nutritional Information:

Calories: 320, Protein: 32g, Carbohydrates: 8g, Fat: 18g, Fiber: 2g, Cholesterol: 75mg, Sodium: 350mg, Potassium: 850mg



MEDITERRANEAN BAKED EGGPLANT WITH COUSCOUS



Servings:
4



Prep:
20 min



Cook:
40 min



Equipment: Baking Sheet, Saucepan, Mixing Bowl



Ingredients:

- 1 large eggplant (about 1 lb), sliced into 1/2-inch rounds
- 2 tbsp olive oil
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 cup couscous
- 1 1/4 cups vegetable broth
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup Kalamata olives, pitted and sliced
- 1/4 cup fresh parsley, chopped
- 2 tbsp lemon juice
- 1/4 cup crumbled feta cheese (optional)



Directions:

1. Preheat the oven to 400°F (200°C). Arrange the eggplant slices on a baking sheet, brush with olive oil, and season with sea salt and black pepper.
2. Bake the eggplant for 25–30 minutes, flipping halfway through, until golden and tender.
3. In a saucepan, bring the vegetable broth to a boil. Stir in the couscous, cover, and remove from heat. Let it sit for 5 minutes, then fluff with a fork.
4. In a mixing bowl, combine the cooked couscous, sun-dried tomatoes, olives, parsley, and lemon juice. Mix well.
5. Serve the baked eggplant over the couscous mixture, and sprinkle with feta cheese if desired.



Nutritional Information:

Calories: 220, Protein: 5g, Carbohydrates: 30g, Fat: 10g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 480 mg, Potassium: 450 mg



LIME CILANTRO TOFU WRAPS



Servings:
4



Prep:
20 min



Cook:
10 min



Equipment: Skillet, Mixing Bowl, Tongs



Ingredients:

- 14 oz firm tofu, drained and pressed
- 2 tbsp olive oil
- 1 tbsp lime juice
- 1 tsp lime zest
- 1/4 cup fresh cilantro, chopped
- 1/2 tsp ground cumin
- 1/4 tsp sea salt
- 4 whole wheat tortillas
- 1 cup mixed greens
- 1/2 cup red bell pepper, sliced
- 1/4 cup red onion, thinly sliced



Directions:

1. Cut the tofu into 1/2-inch cubes.
2. Heat olive oil in a skillet over medium heat. Add tofu and cook until golden brown, about 8 minutes.
3. In a mixing bowl, combine lime juice, lime zest, cilantro, cumin, and sea salt. Add cooked tofu and toss to coat.
4. Warm tortillas in a dry skillet for about 1 minute on each side.
5. Assemble wraps by placing mixed greens, red bell pepper, red onion, and tofu mixture onto each tortilla. Roll tightly and serve.



Nutritional Information:

Calories: 320, Protein: 14g, Carbohydrates: 36g, Fat: 15g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 450 mg



ROASTED BUTTERNUT SQUASH AND SPINACH SALAD



Servings:
4



Prep:
15 min



Cook:
30 min



Equipment: Baking Sheet, Large Mixing Bowl, Whisk



Ingredients:

- 1 lb butternut squash, peeled and cubed
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/4 tsp black pepper
- 6 oz fresh spinach leaves
- 1/4 cup red onion, thinly sliced
- 1/4 cup walnuts, toasted
- 1/4 cup dried cranberries
- 2 tbsp balsamic vinegar
- 1 tbsp honey



Directions:

1. Preheat the oven to 400°F. Toss the butternut squash cubes with olive oil, salt, and pepper. Spread evenly on a baking sheet.
2. Roast the squash in the oven for 25–30 minutes, or until tender and slightly caramelized. Remove from the oven and let cool.
3. In a large mixing bowl, combine the spinach, red onion, walnuts, and dried cranberries.
4. In a small bowl, whisk together balsamic vinegar and honey to create the dressing.
5. Add the roasted butternut squash to the spinach mixture. Drizzle with the dressing and toss gently to combine.
6. Serve immediately, garnishing with additional walnuts if desired.



Nutritional Information:

Calories: 220, Protein: 3g, Carbohydrates: 30g, Fat: 12g, Fiber: 5g, Cholesterol: 0mg, Sodium: 200mg, Potassium: 600mg



VEGAN LENTIL AND MUSHROOM BURGER



Servings:
4



Prep:
20 min



Cook:
15 min



Equipment: Food Processor, Skillet, Baking Sheet



Ingredients:

- 1 cup cooked lentils
- 8 oz mushrooms, finely chopped
- 1/2 cup rolled oats
- 1/4 cup walnuts, chopped
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper to taste
- 4 whole-grain burger buns



Directions:

1. In a skillet, heat olive oil over medium heat. Sauté onions and garlic until translucent.
2. Add mushrooms, cumin, and smoked paprika to the skillet. Cook until mushrooms are soft.
3. In a food processor, combine cooked lentils, oats, walnuts, and the mushroom mixture. Pulse until well combined but still slightly chunky.
4. Season with salt and pepper. Form the mixture into 4 patties.
5. Place patties on a baking sheet and bake at 375°F for 15 minutes, flipping halfway through.
6. Serve on whole-grain buns with your choice of toppings.



Nutritional Information:

Calories: 280, Protein: 12g, Carbohydrates: 40g, Fat: 10g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 450 mg



GRILLED CHICKEN WITH MANGO SALSA



Servings:
4



Prep:
20 min



Cook:
15 min



Equipment: Grill, Mixing Bowl, Tongs



Ingredients:

- 1 lb boneless, skinless chicken breasts
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 cup diced mango
- 1/2 cup diced red bell pepper
- 1/4 cup chopped red onion
- 2 tbsp chopped fresh cilantro
- 1 tbsp lime juice



Directions:

1. Preheat the grill to medium-high heat.
2. In a bowl, mix olive oil, cumin, garlic powder, salt, and pepper. Coat chicken breasts with the mixture.
3. Grill chicken for 6–7 minutes on each side, until cooked through.
4. In another bowl, combine mango, red bell pepper, red onion, cilantro, and lime juice to make the salsa.
5. Serve grilled chicken topped with mango salsa.



Nutritional Information:

Calories: 280, Protein: 28g, Carbohydrates: 18g, Fat: 12g, Fiber: 2g, Cholesterol: 70mg, Sodium: 320mg, Potassium: 550mg



BUCKWHEAT NOODLES WITH EDAMAME AND MISO



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Large Pot, Strainer, Mixing Bowl



Ingredients:

- 8 oz buckwheat noodles
- 1 cup shelled edamame
- 2 tbsp miso paste
- 2 tbsp soy sauce (low sodium)
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp grated ginger
- 2 green onions, sliced
- 1 tbsp sesame seeds



Directions:

1. Cook the buckwheat noodles according to package instructions. Drain and set aside.
2. In the same pot, bring water to a boil and cook the edamame for 3–4 minutes until tender. Drain.
3. In a mixing bowl, whisk together miso paste, soy sauce, sesame oil, rice vinegar, and grated ginger.
4. Toss the cooked noodles and edamame with the miso dressing until well coated.
5. Garnish with sliced green onions and sesame seeds before serving.



Nutritional Information:

Calories: 320, Protein: 12g, Carbohydrates: 50g, Fat: 8g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 480 mg, Potassium: 350 mg



MOROCCAN CHICKPEA AND CARROT STEW



Servings:
4



Prep:
15 min



Cook:
30 min



Equipment: Large Pot, Wooden Spoon, Measuring Cups and Spoons



Ingredients:

- 2 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- 2 cups carrots, sliced
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
- 2 cups vegetable broth
- 1/4 cup fresh cilantro, chopped
- Salt and pepper to taste



Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, sautéing until onion is translucent.
2. Stir in cumin, coriander, cinnamon, and cayenne pepper, cooking for 1 minute until fragrant.
3. Add carrots, chickpeas, diced tomatoes, and vegetable broth. Bring to a boil, then reduce heat to simmer.
4. Cover and cook for 25 minutes, or until carrots are tender.
5. Stir in fresh cilantro and season with salt and pepper to taste before serving.



Nutritional Information:

Calories: 250, Protein: 8g, Carbohydrates: 38g, Fat: 8g, Fiber: 10g, Cholesterol: 0mg, Sodium: 480mg, Potassium: 750mg



KALE AND SWEET POTATO TACOS



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Baking Sheet, Skillet, Mixing Bowl



Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 4 cups kale, chopped
- 1 tbsp lime juice
- 8 small corn tortillas
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped



Directions:

1. Preheat oven to 400°F. Toss sweet potatoes with 1 tbsp olive oil, cumin, paprika, salt, and pepper on a baking sheet. Roast for 20 minutes, until tender.
2. In a skillet, heat remaining olive oil over medium heat. Add kale and sauté for 3–4 minutes until wilted. Drizzle with lime juice.
3. Warm tortillas in a dry skillet for 1 minute on each side.
4. Assemble tacos by dividing sweet potatoes and kale among the tortillas. Top with red onion and cilantro.
5. Serve immediately and enjoy the fresh, vibrant flavors.



Nutritional Information:

Calories: 250, Protein: 5g, Carbohydrates: 42g, Fat: 8g, Fiber: 7g, Cholesterol: 0 mg, Sodium: 180 mg, Potassium: 620 mg



GARLIC ROASTED BRUSSELS SPROUTS WITH QUINOA



Servings:
4



Prep:
10 min



Cook:
25 min



Equipment: Baking Sheet, Medium Saucepan, Mixing Bowl



Ingredients:

- 1 lb Brussels sprouts, halved
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 cup quinoa, rinsed
- 2 cups water
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 tbsp lemon juice
- 1/4 cup chopped fresh parsley



Directions:

1. Preheat the oven to 400°F (200°C). Toss Brussels sprouts with olive oil, garlic, salt, and pepper on a baking sheet.
2. Roast in the oven for 20–25 minutes until tender and golden brown.
3. Meanwhile, bring water to a boil in a medium saucepan. Add quinoa and a pinch of salt, then reduce heat to low and cover. Cook for 15 minutes or until water is absorbed.
4. Fluff quinoa with a fork and transfer to a mixing bowl. Add roasted Brussels sprouts, lemon juice, and parsley.
5. Toss everything together until well combined. Adjust seasoning if necessary.



Nutritional Information:

Calories: 220, Protein: 7g, Carbohydrates: 30g, Fat: 9g, Fiber: 6g, Cholesterol: 0mg, Sodium: 310mg, Potassium: 550mg



PAN-SEARED TUNA WITH AVOCADO SALSA



Servings:
4



Prep:
15 min



Cook:
10 min



Equipment: Skillet, Mixing Bowl, Spatula



Ingredients:

- 4 (6 oz) tuna steaks
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp sea salt
- 1/2 tsp black pepper
- 2 avocados, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 lime, juiced



Directions:

1. Rub tuna steaks with olive oil, cumin, salt, and pepper.
2. Heat a skillet over medium-high heat and sear tuna for 2–3 minutes on each side until desired doneness.
3. In a mixing bowl, combine avocados, cherry tomatoes, red onion, cilantro, and lime juice.
4. Gently toss the avocado mixture to create the salsa.
5. Serve the seared tuna topped with avocado salsa.



Nutritional Information:

Calories: 350, Protein: 40g, Carbohydrates: 12g, Fat: 18g, Fiber: 7g, Cholesterol: 60mg, Sodium: 450mg, Potassium: 950mg



STUFFED BELL PEPPERS WITH BROWN RICE AND LENTILS



Servings:
4



Prep:
20 min



Cook:
40 min



Equipment: Large Pot, Baking Dish, Mixing Bowl



Ingredients:

- 4 large bell peppers, tops removed and seeds discarded
- 1 cup cooked brown rice
- 1 cup cooked lentils
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon turmeric
- Salt and pepper to taste
- 1/4 cup chopped fresh parsley



Directions:

1. Preheat the oven to 375°F (190°C).
2. In a large pot, bring water to a boil and blanch the bell peppers for 3–4 minutes. Remove and set aside.
3. Heat olive oil in a pan over medium heat. Add onion and garlic, sauté until translucent.
4. Stir in cumin, paprika, turmeric, salt, and pepper. Add cooked rice and lentils, mixing well.
5. Stuff each bell pepper with the rice and lentil mixture, then place in a baking dish.
6. Cover with foil and bake for 30 minutes. Remove foil and bake for an additional 10 minutes.
7. Garnish with fresh parsley before serving.



Nutritional Information:

Calories: 250, Protein: 10g, Carbohydrates: 45g, Fat: 5g, Fiber: 12g, Cholesterol: 0 mg, Sodium: 50 mg, Potassium: 600 mg



BAKED FALAFEL BOWL WITH TAHINI DRESSING



Servings:
4



Prep:
20 min



Bake:
25 min



Equipment: Baking Sheet, Food Processor, Mixing Bowl



Ingredients:

- 15 oz canned chickpeas, drained and rinsed
- 1 cup fresh parsley, chopped
- 1/2 cup onion, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp baking powder
- 1/4 cup whole wheat flour
- Salt and pepper to taste
- 1/2 cup tahini
- 1/4 cup water
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 4 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, sliced



Directions:

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. In a food processor, combine chickpeas, parsley, onion, garlic, olive oil, lemon juice, cumin, coriander, baking powder, flour, salt, and pepper. Blend until smooth.
3. Form the mixture into small balls and place them on the prepared baking sheet. Bake for 25 minutes, turning halfway through.
4. In a mixing bowl, whisk together tahini, water, apple cider vinegar, and maple syrup until smooth.
5. Assemble bowls with mixed greens, cherry tomatoes, cucumber, and baked falafel. Drizzle with tahini dressing.



Nutritional Information:

Calories: 420, Protein: 14g, Carbohydrates: 50g, Fat: 20g, Fiber: 12g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 780 mg

Dinner





SOOTHING TURMERIC CHICKEN STEW



Servings:
4



Prep:
20 min



Cook:
40 min



Equipment: Large Pot, Wooden Spoon, Measuring Cups and Spoons



Ingredients:

- 1 lb boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 tbsp olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp black pepper
- 4 cups low-sodium chicken broth
- 2 cups carrots, sliced
- 2 cups kale, chopped
- 1 cup coconut milk
- 1 tbsp lemon juice
- Salt to taste



Directions:

1. Heat olive oil in a large pot over medium heat. Add chicken pieces and cook until browned, about 5 minutes.
2. Add onion, garlic, and ginger to the pot, sautéing until the onion is translucent.
3. Stir in turmeric, cumin, and black pepper, cooking for an additional 2 minutes to release the spices' aroma.
4. Pour in chicken broth and bring to a simmer. Add carrots and cook for 15 minutes until tender.
5. Stir in kale and coconut milk, cooking for another 10 minutes until the kale is wilted.
6. Finish with lemon juice and salt to taste. Serve warm.



Nutritional Information:

Calories: 320, Protein: 25g, Carbohydrates: 18g, Fat: 18g, Fiber: 4g, Cholesterol: 70 mg, Sodium: 420 mg, Potassium: 780 mg



GARLIC-GINGER SALMON WITH VIBRANT GREENS



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Baking Sheet, Mixing Bowl, Whisk



Ingredients:

- 1 lb salmon fillets
- 2 tbsp olive oil
- 1 tbsp fresh ginger, grated
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 4 cups mixed greens (spinach, kale, arugula)
- 1 tbsp sesame seeds



Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, whisk together olive oil, ginger, garlic, lemon juice, salt, and pepper.
3. Place salmon fillets on a baking sheet and brush with the garlic-ginger mixture.
4. Bake for 15–20 minutes, until salmon is cooked through and flakes easily.
5. Toss mixed greens with sesame seeds and serve alongside the salmon.



Nutritional Information:

Calories: 320, Protein: 28g, Carbohydrates: 5g, Fat: 21g, Fiber: 2g, Cholesterol: 70mg, Sodium: 320mg, Potassium: 850mg



ROASTED SWEET POTATO BLISS BOWL



Servings:
4



Prep:
15 min



Cook:
30 min



Equipment: Baking Sheet, Mixing Bowl, Whisk



Ingredients:

- 2 lbs sweet potatoes, peeled and cubed
- 2 tbsp olive oil
- 1 tsp ground turmeric
- 1/2 tsp sea salt
- 4 cups mixed greens (such as spinach and kale)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup pumpkin seeds
- 1/4 cup lemon juice
- 1 tbsp apple cider vinegar
- 1 tbsp honey
- 1 tsp grated ginger



Directions:

1. Preheat the oven to 400°F (200°C). Toss sweet potatoes with olive oil, turmeric, and sea salt on a baking sheet.
2. Roast for 25–30 minutes until tender and slightly crispy, stirring halfway through.
3. In a mixing bowl, whisk together lemon juice, apple cider vinegar, honey, and grated ginger to make the dressing.
4. Arrange mixed greens, cherry tomatoes, and roasted sweet potatoes in serving bowls.
5. Drizzle with the dressing and sprinkle pumpkin seeds on top before serving.



Nutritional Information:

Calories: 320, Protein: 5g, Carbohydrates: 52g, Fat: 12g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 310 mg, Potassium: 950 mg



EXOTIC MOROCCAN QUINOA AND VEGETABLE MEDLEY



Servings:
4



Prep:
15 min



Cook:
25 min



Equipment: Medium Saucepan, Large Skillet, Wooden Spoon



Ingredients:

- 1 cup quinoa
- 2 cups water
- 1 tbsp olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1 red bell pepper, chopped
- 1 zucchini, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup raisins
- 1/4 cup sliced almonds
- Salt and pepper to taste
- 1/4 cup fresh cilantro, chopped



Directions:

1. Rinse quinoa under cold water. In a medium saucepan, combine quinoa and water. Bring to a boil, reduce heat, cover, and simmer for 15 minutes until water is absorbed.
2. In a large skillet, heat olive oil over medium heat. Add onion and garlic, sauté until onion is translucent.
3. Stir in cumin, coriander, and cinnamon, cooking for 1 minute until fragrant.
4. Add bell pepper, zucchini, and cherry tomatoes. Cook for 5–7 minutes until vegetables are tender.
5. Stir in cooked quinoa, raisins, and almonds. Season with salt and pepper.
6. Remove from heat and garnish with fresh cilantro before serving.



Nutritional Information:

Calories: 320, Protein: 9g, Carbohydrates: 52g, Fat: 10g, Fiber: 8g, Cholesterol: 0mg, Sodium: 30mg, Potassium: 650mg



MELLOW GREEN ASPARAGUS SOUP



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Large Pot, Blender, Ladle



Ingredients:

- 1 lb fresh asparagus, trimmed and chopped
- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 1 cup unsweetened almond milk
- 1 tsp lemon juice
- Salt and pepper to taste



Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, sauté until translucent.
2. Add chopped asparagus to the pot, stirring occasionally for about 5 minutes.
3. Pour in the vegetable broth, bring to a boil, then reduce heat and simmer for 15 minutes.
4. Remove from heat and blend the soup until smooth using a blender. Return to the pot.
5. Stir in almond milk and lemon juice, then season with salt and pepper. Heat gently before serving.



Nutritional Information:

Calories: 110, Protein: 4g, Carbohydrates: 12g, Fat: 5g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 450 mg



TWILIGHT EGGPLANT AND CHICKPEA CURRY



Servings:
4



Prep:
20 min



Cook:
30 min



Equipment: Large Pot, Wooden Spoon, Knife



Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 teaspoons garlic, minced
- 1 tablespoon ginger, grated
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/4 teaspoon cayenne pepper
- 1 large eggplant, diced (about 1 lb)
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 can (14 oz) coconut milk
- 1 cup vegetable broth
- Salt and pepper to taste
- 2 tablespoons fresh cilantro, chopped



Directions:

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, and ginger, sautéing until the onion is translucent.
2. Stir in turmeric, cumin, coriander, and cayenne pepper, cooking for 1 minute until fragrant.
3. Add diced eggplant, chickpeas, coconut milk, and vegetable broth. Stir well and bring to a simmer.
4. Cover and cook for 20–25 minutes, stirring occasionally, until the eggplant is tender.
5. Season with salt and pepper to taste. Garnish with fresh cilantro before serving.



Nutritional Information:

Calories: 280, Protein: 7g, Carbohydrates: 30g, Fat: 17g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 580 mg



LEMON KISSED MEDITERRANEAN TUNA SALAD



Servings:
4



Prep:
15 min



Rest:
10 min



Equipment: Large Mixing Bowl, Whisk, Measuring Cups and Spoons



Ingredients:

- 2 (5 oz) cans of tuna, drained
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup Kalamata olives, pitted and sliced
- 2 tbsp fresh parsley, chopped
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/2 tsp dried oregano
- Salt and pepper to taste



Directions:

1. In a large mixing bowl, combine the drained tuna, cherry tomatoes, cucumber, red onion, olives, and parsley.
2. In a small bowl, whisk together the olive oil, lemon juice, lemon zest, oregano, salt, and pepper.
3. Pour the dressing over the tuna mixture and gently toss to combine.
4. Let the salad rest for 10 minutes to allow flavors to meld.
5. Serve chilled or at room temperature.



Nutritional Information:

Calories: 220, Protein: 25g, Carbohydrates: 6g, Fat: 12g, Fiber: 2g, Cholesterol: 30mg, Sodium: 450mg, Potassium: 350mg



TANGY LEMON-PARSLEY COD FILLET



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Baking Sheet, Mixing Bowl, Whisk



Ingredients:

- 1.5 lbs cod fillets
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp lemon zest
- 1/4 cup fresh parsley, chopped
- 2 cloves garlic, minced
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, whisk together olive oil, lemon juice, lemon zest, parsley, garlic, sea salt, and black pepper.
3. Place the cod fillets on a baking sheet lined with parchment paper.
4. Drizzle the lemon-parsley mixture evenly over the cod fillets.
5. Bake in the preheated oven for 12–15 minutes, or until the fish flakes easily with a fork.
6. Serve immediately, garnished with additional parsley if desired.



Nutritional Information:

Calories: 220, Protein: 35g, Carbohydrates: 2g, Fat: 8g, Fiber: 0g, Cholesterol: 80mg, Sodium: 320mg, Potassium: 750mg



ZESTY ARTICHOKE AND TOMATO PENNE



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Large Pot, Skillet, Colander



Ingredients:

- 8 oz penne pasta
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 can (14 oz) artichoke hearts, drained and quartered
- 1 cup cherry tomatoes, halved
- 1 tsp lemon zest
- 1/4 tsp red pepper flakes
- Salt and pepper to taste
- 1/4 cup fresh basil, chopped



Directions:

1. Cook the penne pasta in a large pot of salted boiling water until al dente, about 10 minutes. Drain and set aside.
2. In a skillet, heat olive oil over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
3. Add artichoke hearts and cherry tomatoes to the skillet. Cook until the tomatoes soften, about 5 minutes.
4. Stir in lemon zest, red pepper flakes, salt, and pepper. Cook for another 2 minutes.
5. Combine the cooked penne with the artichoke-tomato mixture. Toss well to combine.
6. Garnish with fresh basil before serving.



Nutritional Information:

Calories: 320, Protein: 10g, Carbohydrates: 55g, Fat: 8g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 220 mg, Potassium: 450 mg



SUBTLE FENNEL AND WHITE BEAN SOUP



Servings:
4



Prep:
15 min



Cook:
30 min



Equipment: Large Pot, Wooden Spoon, Blender or Immersion Blender



Ingredients:

- 2 tbsp olive oil
- 1 medium fennel bulb, thinly sliced
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 2 cups canned white beans, drained and rinsed
- 1 tsp dried thyme
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp lemon juice
- 1/4 cup fresh parsley, chopped



Directions:

1. Heat olive oil in a large pot over medium heat. Add fennel and onion, sauté until soft, about 5 minutes.
2. Stir in garlic and cook for an additional minute until fragrant.
3. Add vegetable broth, white beans, thyme, salt, and pepper. Bring to a boil, then reduce heat and simmer for 20 minutes.
4. Remove from heat and blend the soup until smooth using a blender or immersion blender.
5. Stir in lemon juice and adjust seasoning if necessary.
6. Serve hot, garnished with fresh parsley.



Nutritional Information:

Calories: 210, Protein: 9g, Carbohydrates: 32g, Fat: 7g, Fiber: 9g, Cholesterol: 0 mg, Sodium: 620 mg, Potassium: 620 mg



HARVEST PUMPKIN RISOTTO WITH SAGE



Servings:
4



Prep:
15 min



Cook:
30 min



Equipment: Large saucepan, Wooden spoon, Ladle



Ingredients:

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 cup Arborio rice
- 1 cup pumpkin puree
- 4 cups vegetable broth
- 1/2 cup grated Parmesan cheese
- 1 tbsp fresh sage, chopped
- Salt and pepper to taste



Directions:

1. Heat olive oil in a large saucepan over medium heat. Add onion and sauté until translucent.
2. Stir in Arborio rice, coating it with the oil, and cook for 2 minutes.
3. Add pumpkin puree and mix well. Gradually add vegetable broth, one ladle at a time, stirring constantly until each addition is absorbed.
4. Continue adding broth and stirring until the rice is creamy and tender, about 20 minutes.
5. Stir in Parmesan cheese and fresh sage. Season with salt and pepper to taste.
6. Serve hot, garnished with additional sage if desired.



Nutritional Information:

Calories: 320, Protein: 8g, Carbohydrates: 52g, Fat: 9g, Fiber: 3g, Cholesterol: 15 mg, Sodium: 720 mg, Potassium: 420 mg



ROASTED SALMON WITH HONEY-THYME GLAZED CARROTS



Servings:
2



Prep:
10 min



Cook:
20 min



Equipment: Baking Tray, Mixing Bowl, Small Saucepan, Spoon



Ingredients:

- 2 salmon fillets (about 4 oz each)
- 2 cups carrots, peeled and sliced into 1/4-inch rounds
- 1 tbsp extra virgin olive oil
- 1 tbsp honey
- 1 tsp fresh thyme leaves
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- Fresh thyme sprigs and lemon wedges (for serving)



Directions:

1. Preheat the oven to 400°F (200°C) and line a baking tray with parchment paper.
2. In a mixing bowl, toss the sliced carrots with olive oil, honey, thyme, salt, and pepper until evenly coated.
3. Spread the carrots on one side of the tray and roast for 10 minutes.
4. Meanwhile, season the salmon fillets with salt, pepper, garlic powder, and lemon juice.
5. Add the salmon fillets to the tray beside the carrots and roast for another 10–12 minutes, until the salmon is cooked through and flakes easily with a fork.
6. Serve the salmon with the glazed carrots, garnished with fresh thyme and lemon wedges.



Nutritional Information:

Calories: 420, Protein: 32g, Carbohydrates: 18g, Fat: 25g, Fibre: 3g, Sugars: 10g, Cholesterol: 75mg, Sodium: 360mg, Potassium: 720mg



RADIANT RAINBOW TROUT WITH FRESH HERBS



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Baking Sheet, Mixing Bowl, Aluminum Foil



Ingredients:

- 4 (6 oz) rainbow trout fillets
- 2 tbsp olive oil
- 1 lemon, thinly sliced
- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh dill, chopped
- 2 cloves garlic, minced
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with aluminum foil.
2. Place the trout fillets on the prepared baking sheet. Drizzle with olive oil.
3. Sprinkle the fillets with garlic, parsley, dill, salt, and pepper. Top each fillet with lemon slices.
4. Fold the foil over the fish to create a sealed packet. Bake for 20 minutes or until the fish flakes easily with a fork.
5. Carefully open the foil packets and serve the trout with additional herbs if desired.



Nutritional Information:

Calories: 280, Protein: 30g, Carbohydrates: 3g, Fat: 17g, Fiber: 1g, Cholesterol: 80 mg, Sodium: 320 mg, Potassium: 750 mg



SAVORY QUINOA STUFFED BELL PEPPERS



Servings:
4



Prep:
20 min



Cook:
30 min



Equipment: Oven, Baking Dish, Medium Saucepan



Ingredients:

- 4 large bell peppers, tops removed and seeds discarded
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon turmeric
- 1/4 teaspoon black pepper
- 1/4 cup fresh parsley, chopped
- Salt to taste



Directions:

1. Preheat the oven to 375°F (190°C).
2. In a medium saucepan, combine quinoa and vegetable broth. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes or until liquid is absorbed.
3. In a skillet, heat olive oil over medium heat. Add onion and garlic, sauté until translucent.
4. Stir in cherry tomatoes, cumin, smoked paprika, turmeric, and black pepper. Cook for 3–4 minutes.
5. Combine the cooked quinoa with the sautéed mixture. Add parsley and salt, mixing well.
6. Stuff each bell pepper with the quinoa mixture and place in a baking dish. Cover with foil and bake for 30 minutes.
7. Remove foil and bake for an additional 5 minutes to lightly brown the tops.



Nutritional Information:

Calories: 210, Protein: 7g, Carbohydrates: 38g, Fat: 5g, Fiber: 7g, Cholesterol: 0 mg, Sodium: 380 mg, Potassium: 620 mg



SUMMER SQUASH AND ZUCCHINI NOODLE STIR-FRY



Servings:
4



Prep:
15 min



Cook:
10 min



Equipment: Spiralizer, Large Skillet, Wooden Spoon



Ingredients:

- 2 medium zucchinis, spiralized
- 2 medium summer squashes, spiralized
- 1 tbsp olive oil
- 1 red bell pepper, thinly sliced
- 1 cup snap peas
- 2 cloves garlic, minced
- 1 tsp ground turmeric
- 1/2 tsp ground ginger
- 1 tbsp low-sodium soy sauce
- 1/4 cup fresh basil leaves, chopped
- Salt and pepper to taste



Directions:

1. Heat olive oil in a large skillet over medium heat.
2. Add garlic, turmeric, and ginger, sautéing for 1 minute until fragrant.
3. Stir in bell pepper and snap peas, cooking for 3–4 minutes until tender-crisp.
4. Add spiralized zucchini and summer squash, tossing gently to combine.
5. Drizzle with soy sauce, cooking for another 2–3 minutes until noodles are tender.
6. Remove from heat, stir in fresh basil, and season with salt and pepper.
7. Serve immediately, garnished with additional basil if desired.



Nutritional Information:

Calories: 130, Protein: 4g, Carbohydrates: 18g, Fat: 6g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 220 mg, Potassium: 550 mg



LUSCIOUS LENTIL AND MUSHROOM LOAF



Loaf:
1



Prep:
20 min



Bake:
45 min



Equipment: Oven, Loaf Pan, Skillet, Mixing Bowl



Ingredients:

- 1 cup lentils, cooked
- 8 oz mushrooms, finely chopped
- 1 cup rolled oats
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tbsp flaxseed meal mixed with 3 tbsp water (flax egg)
- 1 tsp dried thyme
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 350°F (175°C) and grease a loaf pan.
2. In a skillet over medium heat, sauté the onions and garlic in olive oil until translucent. Add mushrooms and cook until softened.
3. In a mixing bowl, combine cooked lentils, sautéed vegetables, rolled oats, flax egg, thyme, smoked paprika, salt, and pepper. Mix well.
4. Transfer the mixture into the prepared loaf pan, pressing down to compact.
5. Bake for 45 minutes until firm and golden on top. Let it cool slightly before slicing.



Nutritional Information:

Calories: 180, Protein: 8g, Carbohydrates: 28g, Fat: 5g, Fiber: 7g, Cholesterol: 0 mg, Sodium: 210 mg, Potassium: 350 mg



CRISP CAULIFLOWER STEAK WITH CHIMICHURRI SAUCE



Servings:
4



Prep:
15 min



Cook:
25 min



Equipment: Baking Sheet, Food Processor, Mixing Bowl



Ingredients:

- 1 large head of cauliflower, cut into 1-inch thick steaks
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 cup fresh parsley leaves
- 1/4 cup fresh cilantro leaves
- 2 cloves garlic
- 1/4 cup red wine vinegar
- 1/2 cup extra-virgin olive oil
- 1/4 tsp red pepper flakes



Directions:

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.
2. Brush cauliflower steaks with olive oil and season with cumin, smoked paprika, salt, and pepper.
3. Roast cauliflower in the oven for 20-25 minutes, flipping halfway through, until golden and crisp.
4. In a food processor, combine parsley, cilantro, garlic, red wine vinegar, and red pepper flakes. Pulse until finely chopped.
5. Gradually add extra-virgin olive oil to the herb mixture, blending until well combined.
6. Serve the roasted cauliflower steaks drizzled with chimichurri sauce.



Nutritional Information:

Calories: 210, Protein: 3g, Carbohydrates: 12g, Fat: 19g, Fiber: 5g, Cholesterol: 0mg, Sodium: 160mg, Potassium: 620mg



SESAME-INFUSED BAKED TOFU AND VEGGIES



Servings:
4



Prep:
20 min



Cook:
30 min



Equipment: Baking Sheet, Mixing Bowl, Whisk



Ingredients:

- 14 oz firm tofu, drained and cubed
- 2 tbsp sesame oil
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sesame seeds
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 cup sliced carrots
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 1 tbsp olive oil
- Salt and pepper to taste



Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, whisk together sesame oil, soy sauce, rice vinegar, sesame seeds, garlic, and ginger.
3. Add the cubed tofu to the bowl, tossing to coat evenly. Let it marinate for 10 minutes.
4. On a baking sheet, spread the marinated tofu, bell pepper, broccoli, and carrots. Drizzle with olive oil, and season with salt and pepper.
5. Bake for 25-30 minutes, flipping halfway through, until the tofu is golden and the veggies are tender.
6. Serve warm, garnished with additional sesame seeds if desired.



Nutritional Information:

Calories: 220, Protein: 12g, Carbohydrates: 14g, Fat: 14g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 250 mg, Potassium: 450 mg



HEARTY KALE AND CANNELLINI BEAN STEW



Servings:
4



Prep:
15 min



Cook:
30 min



Equipment: Large Pot, Wooden Spoon, Knife



Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 lb kale, stems removed and leaves chopped
- 2 cups vegetable broth
- 1 can (15 oz) cannellini beans, drained and rinsed
- 1 can (14.5 oz) diced tomatoes
- 1 tsp dried thyme
- 1/2 tsp black pepper
- 1/4 tsp salt



Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic; sauté until onion is translucent.
2. Stir in kale and cook until wilted, about 5 minutes.
3. Add vegetable broth, cannellini beans, diced tomatoes, thyme, black pepper, and salt. Stir to combine.
4. Bring to a boil, then reduce heat and simmer for 20 minutes, allowing flavors to meld.
5. Adjust seasoning to taste before serving.



Nutritional Information:

Calories: 220, Protein: 10g, Carbohydrates: 35g, Fat: 5g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 480 mg, Potassium: 650 mg



WARMING GINGER-SOY GLAZED CHICKEN



Servings:
4



Prep:
20 min



Cook:
25 min



Equipment: Skillet, Mixing Bowl, Whisk



Ingredients:

- 1.5 lbs boneless, skinless chicken thighs
- 2 tbsp olive oil
- 1/4 cup low-sodium soy sauce
- 2 tbsp fresh ginger, grated
- 2 cloves garlic, minced
- 1 tbsp honey
- 1 tsp sesame oil
- 1/4 tsp black pepper
- 2 green onions, sliced (for garnish)



Directions:

1. Heat olive oil in a skillet over medium heat. Add chicken thighs and cook until browned on both sides, about 5 minutes per side.
2. In a mixing bowl, whisk together soy sauce, ginger, garlic, honey, sesame oil, and black pepper.
3. Pour the ginger-soy mixture over the chicken in the skillet. Reduce heat to low and simmer, turning the chicken occasionally, until cooked through, about 15 minutes.
4. Remove chicken from the skillet and let it rest for a few minutes. Increase heat to medium-high and reduce the sauce until slightly thickened, about 3 minutes.
5. Slice chicken and drizzle with the reduced sauce. Garnish with sliced green onions before serving.



Nutritional Information:

Calories: 320, Protein: 28g, Carbohydrates: 10g, Fat: 18g, Fiber: 1g, Cholesterol: 110 mg, Sodium: 600 mg, Potassium: 420 mg



BOUNTIFUL BROCCOLI AND ALMOND SOUP



Servings:
4



Prep:
15 min



Cook:
25 min



Equipment: Large Pot, Blender, Ladle



Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 lb broccoli florets
- 4 cups vegetable broth
- 1/2 cup raw almonds
- 1/2 cup unsweetened almond milk
- 1 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp ground nutmeg



Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, sautéing until onion is translucent.
2. Add broccoli florets and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Stir in almonds and almond milk, cooking for an additional 5 minutes.
4. Carefully transfer the soup to a blender and blend until smooth. Return to the pot.
5. Season with salt, black pepper, and nutmeg. Heat through and serve warm.



Nutritional Information:

Calories: 210, Protein: 7g, Carbohydrates: 18g, Fat: 14g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 650 mg, Potassium: 450 mg



TENDER LEMON-DILL BAKED COD



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Baking Dish, Mixing Bowl, Whisk



Ingredients:

- 1.5 lbs cod fillets
- 2 tbsp olive oil
- 1 lemon, juiced and zested
- 1 tbsp fresh dill, chopped
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 lemon, sliced for garnish



Directions:

1. Preheat your oven to 400°F (200°C).
2. In a mixing bowl, whisk together olive oil, lemon juice, lemon zest, dill, garlic powder, salt, and pepper.
3. Place cod fillets in a baking dish and pour the lemon-dill mixture evenly over them.
4. Bake in the preheated oven for 15 minutes, or until the cod flakes easily with a fork.
5. Garnish with lemon slices before serving.



Nutritional Information:

Calories: 220, Protein: 32g, Carbohydrates: 2g, Fat: 9g, Fiber: 0g, Cholesterol: 85 mg, Sodium: 320 mg, Potassium: 750 mg

Sides & Salads





BALSAMIC GLAZED RAINBOW CARROTS



Servings:
4



Prep:
10 min



Cook:
25 min



Equipment: Baking Sheet, Small Saucepan, Mixing Bowl



Ingredients:

- 1 lb rainbow carrots, peeled and cut into sticks
- 2 tbsp olive oil
- 1/4 cup balsamic vinegar
- 2 tbsp honey
- 1 tsp fresh thyme leaves
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, toss the carrots with olive oil, salt, and pepper.
3. Spread the carrots evenly on a baking sheet and roast for 20 minutes.
4. Meanwhile, in a small saucepan, combine balsamic vinegar, honey, and thyme. Simmer over medium heat until slightly thickened, about 5 minutes.
5. Drizzle the balsamic glaze over the roasted carrots and toss to coat evenly.
6. Return to the oven for an additional 5 minutes, allowing the glaze to caramelize.
7. Serve warm, garnished with extra thyme if desired.



Nutritional Information:

Calories: 150, Protein: 1g, Carbohydrates: 24g, Fat: 7g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 310 mg, Potassium: 450 mg



CHILLED CUCUMBER AND MINT SOUP



Servings:
4



Prep:
15 min



Chill:
1 h



Equipment: Blender, Mixing Bowl, Fine Mesh Sieve



Ingredients:

- 2 large cucumbers, peeled and chopped
- 1 cup plain Greek yogurt
- 1/2 cup fresh mint leaves
- 1/4 cup fresh dill
- 1 tablespoon lemon juice
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/4 cup water
- 1 tablespoon olive oil



Directions:

1. Combine cucumbers, Greek yogurt, mint leaves, dill, lemon juice, sea salt, black pepper, and water in a blender.
2. Blend until smooth and creamy.
3. Pour the mixture through a fine mesh sieve into a mixing bowl to remove any solids.
4. Stir in olive oil and adjust seasoning if necessary.
5. Chill in the refrigerator for 1 hour before serving.



Nutritional Information:

Calories: 120, Protein: 5g, Carbohydrates: 10g, Fat: 7g, Fiber: 2g, Cholesterol: 5mg, Sodium: 320mg, Potassium: 400mg



TURMERIC ROASTED CAULIFLOWER STEAKS



Servings:
4



Prep:
10 min



Cook:
25 min



Equipment: Baking Sheet, Mixing Bowl, Oven



Ingredients:

- 1 large head of cauliflower (about 2 lbs), cut into 1-inch thick steaks
- 2 tbsp olive oil
- 1 tsp ground turmeric
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp lemon juice
- 2 tbsp chopped fresh parsley (optional, for garnish)



Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, combine olive oil, turmeric, cumin, garlic powder, sea salt, and black pepper.
3. Brush the cauliflower steaks with the spice mixture on both sides, ensuring even coverage.
4. Place the steaks on a baking sheet and roast in the oven for 20–25 minutes, flipping halfway through, until golden brown and tender.
5. Drizzle with lemon juice and garnish with fresh parsley before serving.



Nutritional Information:

Calories: 130, Protein: 4g, Carbohydrates: 10g, Fat: 9g, Fiber: 4g, Cholesterol: 0mg, Sodium: 310mg, Potassium: 620mg



HONEY DIJON BRUSSEL SPROUTS



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Baking Sheet, Mixing Bowl, Whisk



Ingredients:

- 1 lb Brussel sprouts, halved
- 2 tbsp olive oil
- 2 tbsp Dijon mustard
- 1 tbsp honey
- 1 tsp apple cider vinegar
- 1/2 tsp garlic powder
- Salt and pepper to taste



Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, whisk together olive oil, Dijon mustard, honey, apple cider vinegar, garlic powder, salt, and pepper.
3. Add the halved Brussel sprouts to the bowl and toss until they are evenly coated with the mixture.
4. Spread the coated Brussel sprouts on a baking sheet in a single layer.
5. Roast in the preheated oven for 20 minutes, or until the sprouts are tender and slightly caramelized.
6. Serve warm as a delicious and healthy side dish.



Nutritional Information:

Calories: 150, Protein: 3g, Carbohydrates: 18g, Fat: 8g, Fiber: 4g, Cholesterol: 0mg, Sodium: 180mg, Potassium: 450mg



POMEGRANATE AND ARUGULA QUINOA SALAD



Servings:
4



Prep:
15 min



Cook:
15 min



Equipment: Medium Saucepan, Large Mixing Bowl, Whisk



Ingredients:

- 1 cup quinoa
- 2 cups water
- 4 cups arugula
- 1 cup pomegranate seeds
- 1/2 cup walnuts, chopped
- 1/4 cup red onion, thinly sliced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp honey
- Salt and pepper to taste



Directions:

1. Rinse quinoa under cold water. In a medium saucepan, combine quinoa and water. Bring to a boil, reduce heat, cover, and simmer for 15 minutes until water is absorbed. Fluff with a fork and let cool.
2. In a large mixing bowl, combine cooled quinoa, arugula, pomegranate seeds, walnuts, and red onion.
3. In a small bowl, whisk together olive oil, lemon juice, honey, salt, and pepper.
4. Pour the dressing over the salad and toss gently to combine.
5. Serve immediately or refrigerate for up to 2 hours to allow flavors to meld.



Nutritional Information:

Calories: 280, Protein: 7g, Carbohydrates: 35g, Fat: 14g, Fiber: 5g, Cholesterol: 0mg, Sodium: 20mg, Potassium: 400mg



GARLIC AND LEMON INFUSED ASPARAGUS



Servings:
4



Prep:
10 min



Cook:
10 min



Equipment: Baking Sheet, Mixing Bowl, Tongs



Ingredients:

- 1 lb fresh asparagus, trimmed
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 lemon, zested and juiced
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp fresh parsley, chopped (optional)



Directions:

1. Preheat your oven to 400°F (200°C).
2. In a mixing bowl, combine olive oil, minced garlic, lemon zest, lemon juice, sea salt, and black pepper.
3. Toss the asparagus in the mixture until evenly coated.
4. Spread the asparagus on a baking sheet in a single layer.
5. Roast in the preheated oven for 10 minutes, or until tender yet crisp.
6. Remove from the oven and garnish with fresh parsley if desired before serving.



Nutritional Information:

Calories: 90, Protein: 3g, Carbohydrates: 8g, Fat: 7g, Fiber: 3g, Cholesterol: 0mg, Sodium: 300mg, Potassium: 270mg



SWEET POTATO AND KALE TOSSED SALAD



Servings:
4



Prep:
15 min



Cook:
25 min



Equipment: Baking Sheet, Large Mixing Bowl, Whisk



Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 2 tbsp olive oil, divided
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 4 cups kale, chopped
- 1/4 cup red onion, thinly sliced
- 1/4 cup walnuts, toasted
- 1/4 cup dried cranberries
- 2 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1 tsp honey



Directions:

1. Preheat the oven to 400°F. Toss sweet potatoes with 1 tbsp olive oil, sea salt, and black pepper on a baking sheet.
2. Roast sweet potatoes for 20–25 minutes until tender and slightly caramelized.
3. In a large mixing bowl, combine kale, red onion, walnuts, and dried cranberries.
4. In a small bowl, whisk together remaining olive oil, lemon juice, apple cider vinegar, and honey.
5. Add roasted sweet potatoes to the kale mixture and drizzle with the lemon vinaigrette. Toss to combine.
6. Serve immediately or refrigerate for up to 2 hours to allow flavors to meld.



Nutritional Information:

Calories: 220, Protein: 4g, Carbohydrates: 32g, Fat: 10g, Fiber: 5g, Cholesterol: 0mg, Sodium: 210mg, Potassium: 540mg



ZESTY LEMON BROCCOLI WITH ALMONDS



Servings:
4



Prep:
10 min



Cook:
10 min



Equipment: Large Skillet, Zester, Mixing Bowl



Ingredients:

- 1 lb broccoli florets
- 2 tbsp olive oil
- 1/4 cup sliced almonds
- 1 lemon, zested and juiced
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 clove garlic, minced



Directions:

1. Heat olive oil in a large skillet over medium heat.
2. Add broccoli florets and sauté for 5 minutes until vibrant green and tender-crisp.
3. Stir in sliced almonds and cook for an additional 2 minutes until lightly toasted.
4. Add lemon zest, lemon juice, sea salt, black pepper, and minced garlic to the skillet.
5. Toss everything together until the broccoli is well-coated and heated through.
6. Transfer to a mixing bowl and serve warm.



Nutritional Information:

Calories: 150, Protein: 4g, Carbohydrates: 10g, Fat: 12g, Fiber: 4g, Cholesterol: 0mg, Sodium: 310mg, Potassium: 350mg



SPICY GINGER CARROT SLAW



Servings:
4



Prep:
20 min



Rest:
10 min



Equipment: Large Mixing Bowl, Grater, Whisk



Ingredients:

- 3 cups shredded carrots
- 1/4 cup fresh cilantro, chopped
- 1/4 cup green onions, sliced
- 1 tablespoon fresh ginger, grated
- 1 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon honey
- 1/2 teaspoon crushed red pepper flakes
- Salt and pepper to taste



Directions:

1. In a large mixing bowl, combine the shredded carrots, cilantro, and green onions.
2. In a separate small bowl, whisk together the grated ginger, apple cider vinegar, olive oil, honey, and crushed red pepper flakes until well combined.
3. Pour the dressing over the carrot mixture and toss until the slaw is evenly coated.
4. Season with salt and pepper to taste.
5. Allow the slaw to rest for 10 minutes to let the flavors meld before serving.



Nutritional Information:

Calories: 130, Protein: 1g, Carbohydrates: 10g, Fat: 10g, Fiber: 3g, Cholesterol: 0mg, Sodium: 45mg, Potassium: 320mg



BEETROOT AND AVOCADO SUMMER SALAD



Servings:
4



Prep:
20 min



Rest:
10 min



Equipment: Large Mixing Bowl, Whisk, Knife



Ingredients:

- 2 medium beetroots, cooked and diced
- 2 ripe avocados, peeled, pitted, and diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 2 tbsp fresh lemon juice
- 3 tbsp extra virgin olive oil
- 1/4 cup fresh cilantro, chopped
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. In a large mixing bowl, combine the diced beetroots, avocados, cherry tomatoes, and red onion.
2. In a small bowl, whisk together the lemon juice, olive oil, sea salt, and black pepper until well combined.
3. Pour the dressing over the salad ingredients and gently toss to coat.
4. Sprinkle the chopped cilantro over the salad and toss lightly.
5. Let the salad rest for 10 minutes to allow the flavors to meld before serving.



Nutritional Information:

Calories: 210, Protein: 3g, Carbohydrates: 20g, Fat: 15g, Fiber: 8g, Cholesterol: 0mg, Sodium: 310mg, Potassium: 750mg



WARM QUINOA AND SPINACH MEDLEY



Servings:
4



Prep:
10 min



Cook:
20 min



Equipment: Medium Saucepan, Large Skillet, Wooden Spoon



Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 5 ounces fresh spinach, roughly chopped
- 1/4 cup sun-dried tomatoes, chopped
- 1 tablespoon lemon juice
- Salt and pepper to taste



Directions:

1. In a medium saucepan, combine quinoa and water. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes or until quinoa is cooked and water is absorbed.
2. In a large skillet, heat olive oil over medium heat. Add onion and garlic, sautéing until onion is translucent, about 3–4 minutes.
3. Stir in the chopped spinach and sun-dried tomatoes, cooking until spinach is wilted, about 2–3 minutes.
4. Add the cooked quinoa to the skillet, mixing well. Stir in lemon juice, and season with salt and pepper to taste.
5. Serve warm, garnished with additional lemon zest if desired.



Nutritional Information:

Calories: 220, Protein: 7g, Carbohydrates: 35g, Fat: 7g, Fiber: 5g, Cholesterol: 0mg, Sodium: 150mg, Potassium: 500mg



CRISPY ROASTED CHICKPEAS WITH CUMIN



Servings:
4



Prep:
10 min



Cook:
30 min



Equipment: Baking Sheet, Mixing Bowl, Oven



Ingredients:

- 15 oz canned chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 400°F (200°C).
2. Pat the chickpeas dry with a paper towel to remove excess moisture.
3. In a mixing bowl, combine chickpeas, olive oil, cumin, smoked paprika, garlic powder, sea salt, and black pepper. Toss until chickpeas are evenly coated.
4. Spread the chickpeas in a single layer on a baking sheet.
5. Roast in the oven for 30 minutes, stirring halfway through, until golden and crispy.
6. Allow to cool slightly before serving.



Nutritional Information:

Calories: 120, Protein: 5g, Carbohydrates: 18g, Fat: 4g, Fiber: 5g, Cholesterol: 0mg, Sodium: 150mg, Potassium: 200mg



MEDITERRANEAN QUINOA AND FETA STUFFED TOMATOES



Servings:
2



Prep:
15 min



Cook:
25 min



Equipment: Baking Dish, Mixing Bowl, Frying Pan, Spoon



Ingredients:

- 4 large tomatoes
- 1 tbsp extra virgin olive oil
- 1/2 small red onion, finely chopped
- 1 clove garlic, minced
- 1 cup cooked quinoa
- 1/4 cup Kalamata olives, sliced
- 1/4 cup crumbled feta cheese
- 2 tbsp chopped fresh parsley
- 1 tbsp chopped fresh oregano or basil
- 1 tsp lemon juice
- 1/4 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 375°F (190°C) and lightly grease a baking dish.
2. Slice the tops off the tomatoes and scoop out the pulp with a spoon. Reserve 2 tablespoons of the pulp for the filling.
3. Heat olive oil in a frying pan over medium heat. Add onion and garlic, and sauté for 2–3 minutes until fragrant.
4. In a mixing bowl, combine cooked quinoa, sautéed onion and garlic, tomato pulp, olives, feta, parsley, oregano, lemon juice, salt, and pepper. Stir until evenly mixed.
5. Stuff each tomato with the quinoa mixture and place them upright in the baking dish.
6. Bake uncovered for 25 minutes, or until the tomatoes are tender and the filling is lightly golden on top.
7. Serve warm, garnished with extra parsley and a drizzle of olive oil if desired.



Nutritional Information:

Calories: 230, Protein: 8g, Carbohydrates: 26g, Fat: 10g, Fibre: 5g, Sugars: 7g, Cholesterol: 15mg, Sodium: 340mg, Potassium: 620mg



REFRESHING WATERMELON AND CUCUMBER SALAD



Servings:
4



Prep:
15 min



Chill:
30 min



Equipment: Large Mixing Bowl, Cutting Board, Knife



Ingredients:

- 4 cups watermelon, cubed
- 2 cups cucumber, sliced
- 1/4 cup fresh mint leaves, chopped
- 2 tbsp lime juice
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper



Directions:

1. In a large mixing bowl, combine the watermelon cubes and cucumber slices.
2. Add the chopped mint leaves to the bowl.
3. In a small bowl, whisk together the lime juice, olive oil, salt, and black pepper.
4. Pour the dressing over the watermelon and cucumber mixture.
5. Gently toss the salad to ensure even coating of the dressing.
6. Chill the salad in the refrigerator for 30 minutes before serving.



Nutritional Information:

Calories: 90, Protein: 1g, Carbohydrates: 15g, Fat: 4g, Fiber: 1g, Cholesterol: 0mg, Sodium: 150mg, Potassium: 320mg



MOROCCAN SPICED SWEET POTATO FRIES



Servings:
4



Prep:
15 min



Cook:
25 min



Equipment: Baking Sheet, Mixing Bowl, Parchment Paper



Ingredients:

- 2 lbs sweet potatoes, peeled and cut into fries
- 2 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- 1/2 tsp sea salt
- 1/4 tsp black pepper



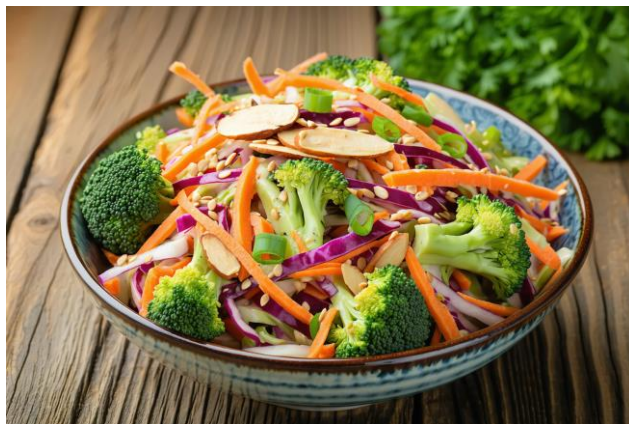
Directions:

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine olive oil, cumin, coriander, smoked paprika, cinnamon, cayenne pepper, sea salt, and black pepper.
3. Add the sweet potato fries to the bowl and toss until they are evenly coated with the spice mixture.
4. Spread the fries in a single layer on the prepared baking sheet.
5. Bake for 25 minutes, turning halfway through, until the fries are golden brown and crispy.
6. Remove from the oven and let cool slightly before serving.



Nutritional Information:

Calories: 180, Protein: 2g, Carbohydrates: 32g, Fat: 7g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 310 mg, Potassium: 440 mg



CRUNCHY ASIAN BROCCOLI SLAW



Servings:
4



Prep:
15 min



Chill:
30 min



Equipment: Large Mixing Bowl, Whisk, Measuring Cups, Measuring Spoons



Ingredients:

- 3 cups broccoli slaw mix
- 1 cup red cabbage, thinly sliced
- 1/2 cup carrots, julienned
- 1/4 cup green onions, chopped
- 1/4 cup cilantro, chopped
- 1/4 cup sliced almonds, toasted
- 2 tablespoons sesame seeds, toasted
- 1/4 cup rice vinegar
- 2 tablespoons soy sauce (low sodium)
- 1 tablespoon honey
- 1 tablespoon sesame oil
- 1 teaspoon fresh ginger, grated
- 1 clove garlic, minced



Directions:

1. In a large mixing bowl, combine the broccoli slaw mix, red cabbage, carrots, green onions, and cilantro.
2. In a separate small bowl, whisk together the rice vinegar, soy sauce, honey, sesame oil, ginger, and garlic until well combined.
3. Pour the dressing over the slaw mixture and toss until all the ingredients are evenly coated.
4. Add the toasted almonds and sesame seeds, and gently mix them into the slaw.
5. Cover and chill the slaw in the refrigerator for at least 30 minutes to allow the flavors to meld.
6. Serve cold, garnished with additional cilantro if desired.



Nutritional Information:

Calories: 150, Protein: 4g, Carbohydrates: 18g, Fat: 8g, Fiber: 4g, Cholesterol: 0mg, Sodium: 320mg, Potassium: 350mg



BAKED BUTTERNUT SQUASH WITH CINNAMON



Servings:
4



Prep:
10 min



Bake:
40 min



Equipment: Baking Sheet, Mixing Bowl, Oven



Ingredients:

- 2 lbs butternut squash, peeled and cubed
- 2 tbsp olive oil
- 1 tsp ground cinnamon
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp maple syrup (optional)



Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, combine the cubed butternut squash, olive oil, ground cinnamon, sea salt, and black pepper. Toss until the squash is evenly coated.
3. Spread the squash in a single layer on a baking sheet.
4. Bake for 35–40 minutes, or until the squash is tender and lightly browned, stirring halfway through.
5. Drizzle with maple syrup before serving, if desired.



Nutritional Information:

Calories: 160, Protein: 2g, Carbohydrates: 30g, Fat: 7g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 300 mg, Potassium: 580 mg



ZUCCHINI RIBBONS WITH LEMON AND BASIL



Servings:
4



Prep:
15 min



Cook:
0 min



Equipment: Vegetable Peeler, Mixing Bowl, Whisk



Ingredients:

- 2 medium zucchinis (about 1 lb)
- 2 tbsp fresh lemon juice
- 1 tbsp extra-virgin olive oil
- 1/4 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1/4 cup fresh basil leaves, thinly sliced
- 2 tbsp pine nuts, toasted



Directions:

1. Use a vegetable peeler to slice the zucchinis into thin ribbons.
2. In a mixing bowl, whisk together lemon juice, olive oil, salt, and pepper.
3. Add the zucchini ribbons to the bowl and toss gently to coat with the dressing.
4. Sprinkle the sliced basil and toasted pine nuts over the zucchini.
5. Serve immediately or chill for up to 30 minutes for enhanced flavor.



Nutritional Information:

Calories: 90, Protein: 2g, Carbohydrates: 6g, Fat: 7g, Fiber: 2g, Cholesterol: 0mg, Sodium: 150mg, Potassium: 450mg



ROASTED BEET AND CITRUS SALAD



Servings:
4



Prep:
15 min



Cook:
45 min



Equipment: Baking Sheet, Mixing Bowl, Whisk



Ingredients:

- 1 lb beets, peeled and quartered
- 2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 oranges, peeled and segmented
- 1 grapefruit, peeled and segmented
- 1/4 cup red onion, thinly sliced
- 1/4 cup walnuts, toasted
- 2 tbsp fresh mint leaves, chopped
- 2 tbsp balsamic vinegar



Directions:

1. Preheat the oven to 400°F (200°C). Toss the beets with olive oil, salt, and pepper, then spread them on a baking sheet.
2. Roast the beets for 40–45 minutes until tender, stirring halfway through.
3. In a mixing bowl, whisk together the balsamic vinegar and any remaining olive oil from roasting.
4. Add the roasted beets, orange segments, grapefruit segments, and red onion to the bowl. Toss gently to combine.
5. Top with toasted walnuts and fresh mint leaves before serving.



Nutritional Information:

Calories: 210, Protein: 4g, Carbohydrates: 28g, Fat: 11g, Fiber: 6g, Cholesterol: 0mg, Sodium: 160mg, Potassium: 600mg



SESAME GINGER GREEN BEANS



Servings:
4



Prep:
10 min



Cook:
10 min



Equipment: Skillet, Mixing Bowl, Tongs



Ingredients:

- 1 lb fresh green beans, trimmed
- 1 tbsp sesame oil
- 1 tbsp fresh ginger, grated
- 2 cloves garlic, minced
- 2 tbsp low-sodium soy sauce
- 1 tbsp sesame seeds
- 1 tsp honey
- 1 tbsp rice vinegar



Directions:

1. Heat the sesame oil in a skillet over medium heat.
2. Add the ginger and garlic, sautéing for 1–2 minutes until fragrant.
3. Add the green beans to the skillet, stirring to coat them in the oil and aromatics.
4. Pour in the soy sauce, honey, and rice vinegar, stirring well.
5. Cook for 5–7 minutes, stirring occasionally, until the green beans are tender-crisp.
6. Sprinkle with sesame seeds and toss to combine.
7. Serve warm as a flavorful, detoxifying side dish.



Nutritional Information:

Calories: 90, Protein: 3g, Carbohydrates: 12g, Fat: 4g, Fiber: 4g, Cholesterol: 0mg, Sodium: 320mg, Potassium: 230mg



HERBED QUINOA AND POMEGRANATE SALAD



Servings:
4



Prep:
15 min



Cook:
20 min



Equipment: Medium Saucepan, Large Mixing Bowl, Whisk



Ingredients:

- 1 cup quinoa
- 2 cups water
- 1/2 teaspoon salt
- 1 cup pomegranate seeds
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- 1/4 cup red onion, finely diced
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1/2 teaspoon ground black pepper



Directions:

1. Rinse quinoa under cold water. In a medium saucepan, combine quinoa, water, and salt. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes or until water is absorbed.
2. Remove from heat and let quinoa sit, covered, for 5 minutes. Fluff with a fork and let cool.
3. In a large mixing bowl, combine cooled quinoa, pomegranate seeds, parsley, mint, and red onion.
4. In a small bowl, whisk together olive oil, lemon juice, and black pepper.
5. Pour the dressing over the quinoa mixture and toss gently to combine.
6. Adjust seasoning with additional salt and pepper to taste, if desired.



Nutritional Information:

Calories: 280, Protein: 6g, Carbohydrates: 35g, Fat: 14g, Fiber: 5g, Cholesterol: 0mg, Sodium: 310mg, Potassium: 380mg



CRISP APPLE AND WALNUT SALAD WITH HONEY DRESSING



Servings:
4



Prep:
15 min



Rest:
10 min



Equipment: Large Mixing Bowl, Whisk, Salad Tongs



Ingredients:

- 2 medium apples, thinly sliced
- 1 cup walnuts, roughly chopped
- 4 cups mixed greens (such as spinach and arugula)
- 1/4 cup red onion, thinly sliced
- 1/4 cup feta cheese, crumbled
- 3 tablespoons honey
- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard
- Salt and pepper to taste



Directions:

1. In a large mixing bowl, combine the sliced apples, walnuts, mixed greens, red onion, and feta cheese.
2. In a small bowl, whisk together the honey, apple cider vinegar, olive oil, Dijon mustard, salt, and pepper to create the dressing.
3. Pour the dressing over the salad ingredients in the large bowl.
4. Toss the salad gently with salad tongs to ensure even distribution of the dressing.
5. Allow the salad to rest for 10 minutes before serving to let the flavors meld together.



Nutritional Information:

Calories: 250, Protein: 5g, Carbohydrates: 28g, Fat: 15g, Fiber: 4g, Cholesterol: 10mg, Sodium: 150mg, Potassium: 300mg

Appetizers & Calming Sips





SOOTHING TURMERIC GINGER TEA



Cups:
4



Prep:
10 min



Cook:
15 min



Equipment: Medium Saucepan, Fine Mesh Strainer, Teapot or Pitcher



Ingredients:

- 4 cups water
- 1 tbsp fresh ginger, grated
- 1 tbsp turmeric powder
- 1/2 tsp black pepper
- 1 tbsp honey (optional)
- 1 tbsp lemon juice



Directions:

1. In a medium saucepan, bring the water to a boil.
2. Add the grated ginger, turmeric powder, and black pepper to the boiling water.
3. Reduce the heat and let it simmer for 10 minutes.
4. Strain the tea into a teapot or pitcher using a fine mesh strainer.
5. Stir in honey and lemon juice, if desired, before serving.



Nutritional Information:

Calories: 20, Protein: 0g, Carbohydrates: 5g, Fat: 0g, Fiber: 0g, Cholesterol: 0 mg, Sodium: 5 mg, Potassium: 40 mg



CREAMY AVOCADO HUMMUS CUPS



Servings:
6



Prep:
15 min



Chill:
30 min



Equipment: Food Processor, Mixing Bowl, Muffin Tin



Ingredients:

- 1 ripe avocado, peeled and pitted
- 1 cup canned chickpeas, drained and rinsed
- 2 tbsp tahini
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 1/2 tsp ground cumin
- 1/4 tsp sea salt
- 1/4 cup water
- 2 tbsp extra-virgin olive oil
- 1/4 cup chopped fresh parsley



Directions:

1. In a food processor, combine avocado, chickpeas, tahini, lemon juice, garlic, cumin, and sea salt.
2. Blend until smooth, gradually adding water to reach desired consistency.
3. Spoon the mixture into a mixing bowl and fold in the chopped parsley.
4. Divide the hummus evenly into a muffin tin, smoothing the tops with a spoon.
5. Drizzle each cup with olive oil and chill in the refrigerator for 30 minutes before serving.



Nutritional Information:

Calories: 180, Protein: 4g, Carbohydrates: 16g, Fat: 12g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 350 mg



ANTI-INFLAMMATORY BROCCOLI SPROUT SMOOTHIE



Glasses:
2



Prep:
10 min



Chill:
10 min



Equipment: Blender, Measuring Cups, Measuring Spoons



Ingredients:

- 1 cup broccoli sprouts
- 1 cup spinach leaves
- 1/2 cup cucumber, peeled and chopped
- 1/2 cup pineapple chunks
- 1 tablespoon chia seeds
- 1 teaspoon fresh ginger, grated
- 1 cup coconut water
- 1 tablespoon lemon juice



Directions:

1. Combine broccoli sprouts, spinach, cucumber, and pineapple in a blender.
2. Add chia seeds, ginger, coconut water, and lemon juice to the blender.
3. Blend on high speed until smooth and creamy.
4. Pour the smoothie into glasses and chill for 10 minutes before serving.
5. Enjoy your refreshing anti-inflammatory drink.



Nutritional Information:

Calories: 120, Protein: 3g, Carbohydrates: 25g, Fat: 3g, Fiber: 6g, Cholesterol: 0mg, Sodium: 50mg, Potassium: 400mg



CHILLED CUCUMBER GAZPACHO SHOTS



Glasses:
6



Prep:
15 min



Chill:
1 h



Equipment: Blender, Fine Mesh Strainer, Mixing Bowl



Ingredients:

- 2 large cucumbers, peeled and chopped
- 1 cup plain Greek yogurt
- 1/2 cup fresh dill, chopped
- 1/4 cup fresh mint leaves
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/4 cup water



Directions:

1. Combine cucumbers, yogurt, dill, mint, lemon juice, olive oil, salt, and pepper in a blender.
2. Blend until smooth, adding water gradually to reach desired consistency.
3. Strain the mixture through a fine mesh strainer into a mixing bowl to remove any pulp.
4. Cover and chill in the refrigerator for 1 hour.
5. Serve in shot glasses, garnished with a sprig of dill or mint.



Nutritional Information:

Calories: 60, Protein: 3g, Carbohydrates: 6g, Fat: 3g, Fiber: 1g, Cholesterol: 5mg, Sodium: 220mg, Potassium: 300mg



SAVORY SPINACH AND FETA STUFFED MUSHROOMS



Pieces:
12



Prep:
15 min



Cook:
20 min



Equipment: Baking Sheet, Mixing Bowl, Skillet



Ingredients:

- 12 large white mushrooms, stems removed
- 1/4 cup breadcrumbs
- 1 clove garlic, minced
- 1/4 tsp black pepper
- 1/4 tsp dried oregano
- 1 tbsp olive oil
- 1 cup fresh spinach, chopped
- 1/2 cup feta cheese, crumbled



Directions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Heat olive oil in a skillet over medium heat, add garlic and sauté until fragrant.
3. Add chopped spinach to the skillet and cook until wilted, then remove from heat.
4. In a mixing bowl, combine the cooked spinach, feta cheese, breadcrumbs, black pepper, and oregano.
5. Stuff each mushroom cap with the spinach and feta mixture, pressing gently to fill.
6. Arrange the stuffed mushrooms on the prepared baking sheet and bake for 20 minutes, or until the mushrooms are tender and the tops are golden.
7. Serve warm and enjoy the calming flavors.



Nutritional Information:

Calories: 45, Protein: 2g, Carbohydrates: 3g, Fat: 3g, Fiber: 1g, Cholesterol: 5mg, Sodium: 100mg, Potassium: 150mg



STRESS-BUSTING LAVENDER LEMONADE



Glasses:
4



Prep:
10 min



Chill:
1 h



Equipment: Medium Saucepan, Fine Mesh Strainer, Pitcher



Ingredients:

- 4 cups water
- 1/4 cup honey
- 1/2 cup ice cubes
- 1/2 cup fresh lemon juice (about 2–3 lemons)
- 1 tbsp dried culinary lavender
- Lemon slices, for garnish (optional)



Directions:

1. In a medium saucepan, bring 2 cups of water to a gentle simmer.
2. Add the dried lavender and let it steep for 5 minutes.
3. Strain the lavender-infused water into a pitcher, discarding the lavender.
4. Stir in the fresh lemon juice and honey until well combined.
5. Add the remaining 2 cups of water and ice cubes to the pitcher.
6. Chill the lemonade in the refrigerator for 1 hour before serving.
7. Serve over ice, garnished with lemon slices if desired.



Nutritional Information:

Calories: 60, Protein: 0g, Carbohydrates: 17g, Fat: 0g, Fiber: 0g, Cholesterol: 0 mg, Sodium: 5 mg, Potassium: 60 mg



CARROT AND GINGER SOUP SIPS



Cups:
4



Prep:
10 min



Cook:
20 min



Equipment: Medium Saucepan, Blender, Ladle



Ingredients:

- 1 tbsp olive oil
- 1 medium onion, chopped
- 2 tsp fresh ginger, grated
- 1 lb carrots, peeled and sliced
- 4 cups vegetable broth
- 1 tsp turmeric powder
- Salt and pepper to taste
- 1 tbsp lemon juice



Directions:

1. Heat olive oil in a medium saucepan over medium heat. Add the chopped onion and sauté until translucent.
2. Stir in the grated ginger and cook for another minute until fragrant.
3. Add the sliced carrots and pour in the vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes or until carrots are tender.
4. Stir in the turmeric powder, salt, and pepper. Remove from heat.
5. Using a blender, puree the soup until smooth. Return to the saucepan and stir in lemon juice.
6. Adjust seasoning if necessary and serve warm.



Nutritional Information:

Calories: 80, Protein: 2g, Carbohydrates: 16g, Fat: 3g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 400 mg, Potassium: 450 mg



DE-STRESS HERBAL INFUSION TEA



Cups:
4



Prep:
10 min



Steep:
5 min



Equipment: Teapot, Strainer, Kettle



Ingredients:

- 4 cups water
- 1 tbsp dried chamomile flowers
- 1 tbsp dried lavender buds
- 1 tsp dried lemon balm leaves
- 1 tsp dried passionflower
- 1 tsp honey (optional)
- 1 lemon slice (optional)



Directions:

1. Bring the water to a boil in a kettle.
2. Place the chamomile, lavender, lemon balm, and passionflower in a teapot.
3. Pour the boiling water over the herbs in the teapot.
4. Cover and let steep for 5 minutes.
5. Strain the tea into cups and add honey and lemon slice if desired.



Nutritional Information:

Calories: 2, Protein: 0g, Carbohydrates: 0g, Fat: 0g, Fiber: 0g, Cholesterol: 0 mg, Sodium: 1 mg, Potassium: 5 mg



ROASTED BEETROOT AND GARLIC DIP



Cups:
4



Prep:
15 min



Cook:
45 min



Equipment: Baking Sheet, Blender, Mixing Bowl



Ingredients:

- 1 lb beetroots, peeled and quartered
- 2 tbsp olive oil
- 4 cloves garlic, peeled
- 1/2 cup Greek yogurt
- 2 tbsp lemon juice
- 1 tsp ground cumin
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 2 tbsp fresh parsley, chopped



Directions:

1. Preheat the oven to 400°F (200°C). Toss the beetroots and garlic with olive oil on a baking sheet.
2. Roast for 40–45 minutes until tender, stirring halfway through.
3. Allow the beets and garlic to cool slightly, then transfer to a blender.
4. Add Greek yogurt, lemon juice, cumin, salt, and pepper. Blend until smooth.
5. Transfer the dip to a mixing bowl and stir in fresh parsley.
6. Serve chilled or at room temperature with your choice of dippers.



Nutritional Information:

Calories: 120, Protein: 3g, Carbohydrates: 15g, Fat: 6g, Fiber: 4g, Cholesterol: 2mg, Sodium: 220mg, Potassium: 400mg



ANTI-OXIDANT RICH POMEGRANATE SPRITZER



Glasses:
4



Prep:
10 min



Chill:
30 min



Equipment: Pitcher, Mixing Spoon, Glasses



Ingredients:

- 2 cups pomegranate juice
- 1 cup sparkling water
- 1 tablespoon fresh lime juice
- 1 tablespoon honey
- 1/4 cup fresh mint leaves
- Ice cubes, as needed
- Pomegranate seeds, for garnish



Directions:

1. In a pitcher, combine pomegranate juice, sparkling water, lime juice, and honey.
2. Stir the mixture until the honey is fully dissolved.
3. Add fresh mint leaves and gently muddle them with a spoon to release their flavor.
4. Fill glasses with ice cubes and pour the spritzer over the ice.
5. Garnish with pomegranate seeds and a sprig of mint before serving.
6. Chill in the refrigerator for 30 minutes before serving for enhanced flavor.



Nutritional Information:

Calories: 80, Protein: 0g, Carbohydrates: 20g, Fat: 0g, Fiber: 1g, Cholesterol: 0mg, Sodium: 5mg, Potassium: 180mg



CRISPY KALE CHIPS WITH LEMON DILL DIP



Servings:
4



Prep:
10 min



Cook:
15 min



Equipment: Baking Sheet, Mixing Bowl, Parchment Paper



Ingredients:

- 1 bunch kale (about 8 oz), stems removed and leaves torn into bite-sized pieces
- 2 tbsp olive oil
- 1/2 tsp sea salt
- 1 cup Greek yogurt
- 1 tbsp fresh lemon juice
- 1 tbsp fresh dill, chopped
- 1 clove garlic, minced
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a mixing bowl, toss the kale leaves with olive oil and sea salt until evenly coated.
3. Spread the kale in a single layer on the prepared baking sheet. Bake for 12–15 minutes, or until the edges are crispy but not burnt.
4. While the kale chips are baking, prepare the dip by combining Greek yogurt, lemon juice, dill, garlic, and black pepper in a bowl. Mix well.
5. Serve the kale chips warm with the lemon dill dip on the side.



Nutritional Information:

Calories: 120, Protein: 5g, Carbohydrates: 10g, Fat: 8g, Fiber: 2g, Cholesterol: 5mg, Sodium: 150mg, Potassium: 350mg



OMEGA-3 STUFFED MINI BELL PEPPERS



Pieces:
12



Prep:
20 min



Cook:
10 min



Equipment: Baking Sheet, Mixing Bowl, Spoon



Ingredients:

- 12 mini bell peppers
- 6 oz canned wild-caught salmon, drained
- 4 oz cream cheese, softened
- 2 tbsp plain Greek yogurt
- 1 tbsp lemon juice
- 1 tbsp fresh dill, chopped
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 1/4 tsp sea salt



Directions:

1. Preheat the oven to 375°F (190°C).
2. Slice the mini bell peppers in half lengthwise and remove seeds.
3. In a mixing bowl, combine salmon, cream cheese, Greek yogurt, lemon juice, dill, garlic powder, black pepper, and sea salt. Mix until smooth.
4. Spoon the salmon mixture into each mini bell pepper half.
5. Place stuffed peppers on a baking sheet and bake for 10 minutes, until the peppers are slightly tender.
6. Serve warm or at room temperature.



Nutritional Information:

Calories: 45, Protein: 3g, Carbohydrates: 2g, Fat: 3g, Fiber: 0g, Cholesterol: 10 mg, Sodium: 85 mg, Potassium: 100 mg



GRILLED ASPARAGUS WITH TAHINI DRIZZLE



Servings:
4



Prep:
10 min



Cook:
8 min



Equipment: Grill pan, Mixing bowl, Whisk



Ingredients:

- 1 lb asparagus, trimmed
- 1 tbsp olive oil
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1/4 cup tahini
- 2 tbsp lemon juice
- 1 tbsp water
- 1 clove garlic, minced
- 1/2 tsp ground cumin



Directions:

1. Preheat the grill pan over medium-high heat.
2. Toss asparagus with olive oil, sea salt, and black pepper.
3. Grill asparagus for 6–8 minutes, turning occasionally, until tender and slightly charred.
4. In a mixing bowl, whisk together tahini, lemon juice, water, garlic, and cumin until smooth.
5. Drizzle the tahini sauce over the grilled asparagus before serving.



Nutritional Information:

Calories: 120, Protein: 4g, Carbohydrates: 8g, Fat: 9g,
Fiber: 3g, Cholesterol: 0mg, Sodium: 150mg, Potassium:
300mg



RELAXING CHAMOMILE AND HONEY TEA



Glasses:
4



Prep:
5 min



Cook:
10 min



Equipment: Saucepan, Strainer, Teapot or Pitcher



Ingredients:

- 4 cups water
- 4 chamomile tea bags
- 2 tablespoons honey
- 1 tablespoon fresh lemon juice
- 1 teaspoon grated ginger (optional)



Directions:

1. Bring 4 cups of water to a gentle boil in a saucepan.
2. Remove the saucepan from heat and add the chamomile tea bags.
3. Let the tea steep for 5 minutes, then remove the tea bags.
4. Stir in the honey, lemon juice, and grated ginger until well combined.
5. Pour the tea into a teapot or pitcher and serve warm.



Nutritional Information:

Calories: 30, Protein: 0g, Carbohydrates: 8g, Fat: 0g, Fiber:
0g, Cholesterol: 0 mg, Sodium: 5 mg, Potassium: 10 mg



OMEGA-3 AVOCADO DEVILED EGGS



Pieces:
12



Prep:
20 min



Chill:
30 min



Equipment: Medium Saucepan, Mixing Bowl, Piping Bag or Spoon



Ingredients:

- 6 large eggs
- 1 ripe avocado, peeled and pitted
- 2 tbsp Greek yogurt
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1 tbsp chopped fresh dill
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp chia seeds
- 1 tbsp smoked salmon, finely chopped (optional for garnish)



Directions:

1. Place eggs in a medium saucepan, cover with water, and bring to a boil. Once boiling, remove from heat, cover, and let sit for 10 minutes.
2. Drain the eggs and transfer them to a bowl of ice water to cool for 5 minutes. Peel the eggs and slice them in half lengthwise.
3. Remove the yolks and place them in a mixing bowl. Add avocado, Greek yogurt, lemon juice, Dijon mustard, dill, sea salt, and black pepper. Mash until smooth.
4. Spoon or pipe the avocado mixture back into the egg whites.
5. Sprinkle with chia seeds and garnish with smoked salmon if desired.
6. Chill in the refrigerator for 30 minutes before serving.



Nutritional Information:

Calories: 80, Protein: 4g, Carbohydrates: 3g, Fat: 6g, Fiber: 2g, Cholesterol: 93mg, Sodium: 95mg, Potassium: 150mg



BAKED SWEET POTATO FRIES WITH ROSEMARY



Servings:
4



Prep:
10 min



Bake:
30 min



Equipment: Baking Sheet, Parchment Paper, Mixing Bowl



Ingredients:

- 2 lbs sweet potatoes, peeled and cut into fries
- 2 tbsp olive oil
- 1 tbsp fresh rosemary, finely chopped
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, toss the sweet potato fries with olive oil, rosemary, garlic powder, sea salt, and black pepper until evenly coated.
3. Spread the fries in a single layer on the prepared baking sheet.
4. Bake for 25–30 minutes, flipping halfway through, until the fries are golden brown and crispy.
5. Serve immediately, garnished with additional rosemary if desired.



Nutritional Information:

Calories: 180, Protein: 2g, Carbohydrates: 30g, Fat: 7g, Fiber: 4g, Cholesterol: 0mg, Sodium: 310mg, Potassium: 440mg



BALSAMIC GLAZED BRUSSELS SPROUTS SKEWERS



Pieces:
12



Prep:
15 min



Cook:
20 min



Equipment: Skewers, Baking Sheet, Mixing Bowl



Ingredients:

- 1 lb Brussels sprouts, halved
- 2 tbsp olive oil
- 1/4 cup balsamic vinegar
- 2 tbsp honey
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat the oven to 400°F.
2. In a mixing bowl, toss Brussels sprouts with olive oil, garlic powder, sea salt, and black pepper.
3. Thread the Brussels sprouts onto skewers and place them on a baking sheet.
4. In a small saucepan, combine balsamic vinegar and honey; simmer until slightly thickened.
5. Brush the balsamic glaze over the skewered Brussels sprouts.
6. Roast in the oven for 20 minutes, turning halfway through, until tender and caramelized.
7. Serve warm, drizzled with any remaining glaze.



Nutritional Information:

Calories: 45, Protein: 1g, Carbohydrates: 7g, Fat: 2g, Fiber: 2g, Cholesterol: 0 mg, Sodium: 105 mg, Potassium: 220 mg



CORTISOL-LOWERING MINT AND LIME COOLER



Glasses:
4



Prep:
10 min



Chill:
30 min



Equipment: Blender, Strainer, Pitcher



Ingredients:

- 1 cup fresh mint leaves
- 2 limes, juiced
- 4 cups cold water
- 2 tablespoons honey
- 1/2 teaspoon sea salt
- Ice cubes, as needed



Directions:

1. Combine mint leaves, lime juice, cold water, honey, and sea salt in a blender.
2. Blend on high until the mint leaves are finely chopped and the mixture is well combined.
3. Strain the mixture into a pitcher to remove mint leaf solids.
4. Add ice cubes to the pitcher and stir well.
5. Chill in the refrigerator for 30 minutes before serving.



Nutritional Information:

Calories: 35, Protein: 0g, Carbohydrates: 9g, Fat: 0g, Fiber: 1g, Cholesterol: 0mg, Sodium: 150mg, Potassium: 50mg



GARLIC ROASTED CHICKPEAS



Servings:
4



Prep:
10 min



Cook:
30 min



Equipment: Baking Sheet, Mixing Bowl, Parchment Paper



Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/2 tsp sea salt
- 1/4 tsp black pepper



Directions:

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine the chickpeas, olive oil, garlic powder, smoked paprika, sea salt, and black pepper. Toss until the chickpeas are evenly coated.
3. Spread the chickpeas in a single layer on the prepared baking sheet.
4. Roast in the oven for 30 minutes, stirring halfway through, until the chickpeas are golden and crispy.
5. Allow to cool slightly before serving for maximum crunchiness.



Nutritional Information:

Calories: 150, Protein: 5g, Carbohydrates: 18g, Fat: 7g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 300 mg, Potassium: 200 mg



ZESTY LEMON AND HERB QUINOA SALAD



Servings:
4



Prep:
15 min



Cook:
15 min



Equipment: Medium Saucepan, Large Mixing Bowl, Whisk



Ingredients:

- 1 cup quinoa
- 2 cups water
- 1/4 cup fresh lemon juice
- 2 tbsp olive oil
- 1 tsp lemon zest
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 2 tbsp fresh mint, chopped



Directions:

1. Rinse quinoa under cold water. In a medium saucepan, combine quinoa and water. Bring to a boil, reduce heat, cover, and simmer for 15 minutes until water is absorbed.
2. In a large mixing bowl, whisk together lemon juice, olive oil, lemon zest, sea salt, and black pepper.
3. Fluff the cooked quinoa with a fork and let it cool slightly. Add it to the mixing bowl with the dressing.
4. Gently fold in cherry tomatoes, cucumber, red onion, parsley, and mint.
5. Toss everything together until well combined. Adjust seasoning if necessary.
6. Serve chilled or at room temperature.



Nutritional Information:

Calories: 220, Protein: 6g, Carbohydrates: 32g, Fat: 8g, Fiber: 5g, Cholesterol: 0mg, Sodium: 310mg, Potassium: 450mg



TANGY TAMARIND AND GINGER ICED TEA



Glasses:
4



Prep:
10 min



Chill:
1 h



Equipment: Medium Saucepan, Fine Mesh Strainer, Pitcher



Ingredients:

- 2 oz tamarind paste
- 1 oz fresh ginger, sliced
- 4 cups water
- 2 tbsp honey
- 1 tbsp lemon juice
- Ice cubes, as needed
- Fresh mint leaves, for garnish



Directions:

1. In a medium saucepan, combine tamarind paste, ginger slices, and water. Bring to a boil over medium heat.
2. Reduce heat and let it simmer for 5 minutes, allowing the flavors to infuse.
3. Strain the mixture through a fine mesh strainer into a pitcher, discarding solids.
4. Stir in honey and lemon juice until well combined. Let it cool to room temperature.
5. Refrigerate for at least 1 hour to chill.
6. Serve over ice cubes, garnished with fresh mint leaves.



Nutritional Information:

Calories: 60, Protein: 0g, Carbohydrates: 16g, Fat: 0g, Fiber: 1g, Cholesterol: 0mg, Sodium: 5mg, Potassium: 50mg



REFRESHING CUCUMBER AND MINT SALAD BITES



Pieces:
12



Prep:
20 min



Chill:
30 min



Equipment: Cutting Board, Sharp Knife, Mixing Bowl



Ingredients:

- 1 large cucumber, sliced into 12 rounds
- 1/2 cup plain Greek yogurt
- 1 tbsp fresh mint leaves, finely chopped
- 1 tbsp lemon juice
- 1/4 tsp ground black pepper
- 1/4 tsp sea salt
- 1 tbsp olive oil



Directions:

1. Slice the cucumber into 12 even rounds and set aside.
2. In a mixing bowl, combine Greek yogurt, chopped mint leaves, lemon juice, black pepper, and sea salt.
3. Mix the ingredients until well combined and smooth.
4. Spoon a dollop of the yogurt mixture onto each cucumber slice.
5. Drizzle olive oil over the prepared cucumber bites.
6. Chill the cucumber bites in the refrigerator for 30 minutes before serving.



Nutritional Information:

Calories: 15, Protein: 1g, Carbohydrates: 2g, Fat: 1g, Fiber: 0g, Cholesterol: 1mg, Sodium: 50mg, Potassium: 60mg

Desserts





SWEET POTATO AND CINNAMON BLISS BITES



Pieces:
12



Prep:
20 min



Chill:
30 min



Equipment: Food Processor, Mixing Bowl, Baking Sheet



Ingredients:

- 1 cup mashed sweet potato
- 1 cup almond flour
- 1/4 cup maple syrup
- 1/2 cup unsweetened shredded coconut
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1/4 tsp sea salt



Directions:

1. In a food processor, combine mashed sweet potato, almond flour, maple syrup, cinnamon, vanilla extract, and sea salt. Blend until smooth.
2. Transfer the mixture to a mixing bowl and fold in the shredded coconut.
3. Roll the mixture into 1-inch balls and place them on a baking sheet lined with parchment paper.
4. Chill the bites in the refrigerator for 30 minutes to set.
5. Serve chilled and enjoy!



Nutritional Information:

Calories: 85, Protein: 2g, Carbohydrates: 11g, Fat: 4g, Fiber: 2g, Cholesterol: 0mg, Sodium: 30mg, Potassium: 95mg



DECADENT DARK CHOCOLATE AVOCADO MOUSSE



Servings:
4



Prep:
10 min



Chill:
30 min



Equipment: Blender, Mixing Bowl, Spatula



Ingredients:

- 2 ripe avocados, peeled and pitted
- 4 oz dark chocolate (70% cacao or higher), melted
- 1/4 cup unsweetened cocoa powder
- 1/4 cup pure maple syrup
- 1 tsp vanilla extract
- 1/4 tsp sea salt
- 1/4 cup almond milk



Directions:

1. In a blender, combine the avocados, melted dark chocolate, cocoa powder, maple syrup, vanilla extract, and sea salt.
2. Blend until smooth and creamy, scraping down the sides as needed.
3. Gradually add almond milk and blend until the desired consistency is reached.
4. Spoon the mousse into individual serving dishes.
5. Chill in the refrigerator for at least 30 minutes before serving.



Nutritional Information:

Calories: 250, Protein: 4g, Carbohydrates: 26g, Fat: 18g, Fiber: 8g, Cholesterol: 0mg, Sodium: 100mg, Potassium: 550mg



SPICED GINGER AND TURMERIC TEA CAKES



Pieces:
12



Prep:
20 min



Bake:
25 min



Equipment: Mixing Bowl, Whisk, Muffin Tin



Ingredients:

- 1 1/2 cups almond flour
- 1/2 cup coconut sugar
- 1 tsp ground ginger
- 1 tsp ground turmeric
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 2 large eggs
- 1/4 cup coconut oil, melted
- 1 tsp vanilla extract
- 1/4 cup unsweetened almond milk



Directions:

1. Preheat your oven to 350°F (175°C) and grease a muffin tin.
2. In a mixing bowl, whisk together almond flour, coconut sugar, ginger, turmeric, baking soda, and salt.
3. In another bowl, beat the eggs, then add melted coconut oil, vanilla extract, and almond milk.
4. Combine the wet ingredients with the dry ingredients, mixing until smooth.
5. Divide the batter evenly among the muffin tin cups and bake for 25 minutes, or until a toothpick inserted into the center comes out clean.



Nutritional Information:

Calories: 150, Protein: 4g, Carbohydrates: 12g, Fat: 11g, Fiber: 2g, Cholesterol: 31mg, Sodium: 85mg, Potassium: 70mg



HONEY BAKED PEARS WITH WARM ALMOND DRIZZLE



Servings:
4



Prep:
10 min



Bake:
25 min



Equipment: Baking Dish, Small Saucepan, Spoon



Ingredients:

- 4 ripe pears, halved and cored
- 2 tbsp honey
- 1/4 cup sliced almonds
- 1/2 tsp ground cinnamon
- 1 tbsp coconut oil
- 1/4 cup almond milk
- 1 tsp vanilla extract



Directions:

1. Preheat the oven to 350°F (175°C).
2. Arrange the pear halves in a baking dish, cut side up.
3. Drizzle the pears with honey and sprinkle with cinnamon.
4. Bake for 25 minutes until pears are tender.
5. In a small saucepan, heat coconut oil over low heat. Add almond milk, vanilla extract, and sliced almonds, stirring until warm.
6. Drizzle the warm almond mixture over the baked pears before serving.



Nutritional Information:

Calories: 180, Protein: 2g, Carbohydrates: 30g, Fat: 8g, Fiber: 5g, Cholesterol: 0mg, Sodium: 5mg, Potassium: 250mg



CHERRY CHIA SEED PUDDING WITH COCONUT CREAM



Servings:
4



Prep:
10 min



Chill:
2 h



Equipment: Mixing Bowl, Whisk, Refrigeration Container



Ingredients:

- 1 cup unsweetened almond milk
- 1/4 cup chia seeds
- 1/2 cup fresh or frozen cherries, pitted and halved
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract
- 1/4 cup coconut cream
- 1 tbsp unsweetened shredded coconut



Directions:

1. In a mixing bowl, whisk together almond milk, chia seeds, maple syrup, and vanilla extract.
2. Gently fold in the cherries.
3. Transfer the mixture to a refrigeration container and chill for 2 hours, allowing the chia seeds to absorb the liquid.
4. Before serving, top with coconut cream and sprinkle with shredded coconut.
5. Serve chilled and enjoy the refreshing flavors.



Nutritional Information:

Calories: 180, Protein: 3g, Carbohydrates: 20g, Fat: 10g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 45 mg, Potassium: 200 mg



NATURALLY SWEETENED MATCHA GREEN TEA ICE CREAM



Cups:
4



Prep:
15 min



Chill:
4 h



Equipment: Blender, Ice Cream Maker, Freezer-Safe Container



Ingredients:

- 2 cups full-fat coconut milk
- 1/2 cup unsweetened almond milk
- 1/3 cup pure maple syrup
- 2 tbsp matcha green tea powder
- 1 tsp vanilla extract
- 1/8 tsp sea salt



Directions:

1. In a blender, combine coconut milk, almond milk, maple syrup, matcha powder, vanilla extract, and sea salt. Blend until smooth.
2. Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions until it reaches a soft-serve consistency.
3. Transfer the ice cream to a freezer-safe container, smoothing the top with a spatula.
4. Cover and freeze for at least 4 hours or until firm.
5. Allow the ice cream to sit at room temperature for a few minutes before scooping and serving.



Nutritional Information:

Calories: 180, Protein: 2g, Carbohydrates: 22g, Fat: 10g, Fiber: 1g, Cholesterol: 0 mg, Sodium: 45 mg, Potassium: 220 mg



GOLDEN TURMERIC AND PINEAPPLE SORBET



Servings:
4



Prep:
10 min



Chill:
2 h



Equipment: Blender, Freezer-safe Container, Ice Cream Scoop



Ingredients:

- 2 cups fresh pineapple chunks
- 1 cup coconut milk
- 1 tbsp fresh lemon juice
- 1 tsp ground turmeric
- 1 tbsp honey (optional, for added sweetness)
- 1/2 tsp freshly grated ginger
- Pinch of black pepper



Directions:

1. Blend the pineapple chunks, coconut milk, lemon juice, turmeric, honey, ginger, and black pepper in a blender until smooth.
2. Pour the mixture into a freezer-safe container and spread evenly.
3. Freeze for at least 2 hours, or until the sorbet is firm.
4. Use an ice cream scoop to serve the sorbet into bowls or glasses.
5. Garnish with a sprinkle of extra turmeric or fresh mint leaves, if desired.



Nutritional Information:

Calories: 120, Protein: 1g, Carbohydrates: 20g, Fat: 5g, Fiber: 2g, Cholesterol: 0mg, Sodium: 10mg, Potassium: 200mg



ANTI-INFLAMMATORY RASPBERRY CHIA JAM TARTLETS



Servings:
8



Prep:
20 min



Chill:
1 h



Equipment: Mixing Bowl, Saucepan, Muffin Tin, Food Processor



Ingredients:

- 1 cup fresh raspberries
- 2 tbsp chia seeds
- 2 tbsp maple syrup
- 1 cup almond flour
- 2 tbsp coconut oil, melted
- 1 tsp vanilla extract
- 1/4 tsp sea salt



Directions:

1. In a saucepan, combine raspberries and maple syrup over medium heat, stirring until the raspberries break down.
2. Remove from heat and stir in chia seeds. Let the mixture sit for 10 minutes to thicken.
3. In a mixing bowl, combine almond flour, melted coconut oil, vanilla extract, and sea salt. Mix until a dough forms.
4. Press the dough evenly into a muffin tin to form tartlet shells. Chill in the refrigerator for 1 hour.
5. Once chilled, fill each tartlet shell with the raspberry chia jam.
6. Serve chilled or at room temperature.



Nutritional Information:

Calories: 150, Protein: 3g, Carbohydrates: 12g, Fat: 11g, Fiber: 4g, Cholesterol: 0mg, Sodium: 75mg, Potassium: 120mg



BLUEBERRY AND LAVENDER INFUSED CHIA PUDDING



Servings:
4



Prep:
10 min



Chill:
2 h



Equipment: Mixing Bowl, Whisk, Refrigerator



Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup fresh blueberries
- 1/4 cup chia seeds
- 2 tbsp maple syrup
- 1/2 tsp dried culinary lavender
- 1/2 tsp vanilla extract
- 1/4 tsp ground cinnamon



Directions:

1. In a mixing bowl, whisk together almond milk, maple syrup, vanilla extract, and ground cinnamon.
2. Gently crush the dried lavender between your fingers and add it to the mixture.
3. Stir in the chia seeds and blueberries until well combined.
4. Pour the mixture into individual serving jars or bowls.
5. Refrigerate for at least 2 hours until the pudding thickens and sets.



Nutritional Information:

Calories: 120, Protein: 3g, Carbohydrates: 20g, Fat: 4g, Fiber: 6g, Cholesterol: 0mg, Sodium: 60mg, Potassium: 150mg



SOOTHING CHAMOMILE AND HONEY CUPCAKES



Servings:
12



Prep:
20 min



Bake:
18 min



Equipment: Muffin Tin, Mixing Bowls, Electric Mixer



Ingredients:

- 1 cup almond flour
- 1/2 cup oat flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 2 tbsp dried chamomile flowers
- 1/2 cup honey
- 1/4 cup coconut oil, melted
- 2 large eggs
- 1 tsp vanilla extract
- 1/2 cup unsweetened almond milk



Directions:

1. Preheat the oven to 350°F and line a muffin tin with cupcake liners.
2. In a bowl, mix almond flour, oat flour, baking soda, salt, and chamomile flowers.
3. In another bowl, beat honey, melted coconut oil, eggs, and vanilla extract until smooth.
4. Gradually add the dry ingredients to the wet mixture, alternating with almond milk, and mix until just combined.
5. Divide the batter evenly among the cupcake liners and bake for 18 minutes or until a toothpick comes out clean.
6. Let cool before serving.



Nutritional Information:

Calories: 150, Protein: 3g, Carbohydrates: 18g, Fat: 8g, Fiber: 2g, Cholesterol: 27mg, Sodium: 85mg, Potassium: 50mg



CRUNCHY ALMOND BUTTER AND BANANA COOKIES



Pieces:
12



Prep:
15 min



Bake:
12 min



Equipment: Mixing Bowl, Baking Sheet, Parchment Paper



Ingredients:

- 1 cup almond butter
- 1 ripe banana, mashed
- 1/4 cup honey
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1/2 cup chopped almonds



Directions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine almond butter, mashed banana, honey, and vanilla extract until smooth.
3. Stir in baking soda and sea salt, then fold in chopped almonds.
4. Drop tablespoon-sized amounts of dough onto the prepared baking sheet, spacing them about 2 inches apart.
5. Bake for 10-12 minutes or until the edges are golden brown.
6. Allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.



Nutritional Information:

Calories: 150, Protein: 4g, Carbohydrates: 12g, Fat: 11g, Fiber: 2g, Cholesterol: 0mg, Sodium: 60mg, Potassium: 210mg



SENSATIONAL STRAWBERRY BASIL SORBET



Servings:
4



Prep:
10 min



Chill:
2 h



Equipment: Blender, Fine Mesh Sieve, Freezer-Safe Container



Ingredients:

- 2 cups fresh strawberries, hulled
- 1/4 cup water
- 1/4 cup fresh basil leaves
- 1/4 cup honey
- 1 tbsp lemon juice



Directions:

1. Combine strawberries, basil leaves, honey, water, and lemon juice in a blender.
2. Blend until smooth and well combined.
3. Pour the mixture through a fine mesh sieve into a freezer-safe container to remove seeds and basil bits.
4. Cover the container and place it in the freezer for at least 2 hours, or until firm.
5. Once frozen, scoop and serve immediately for a refreshing treat.



Nutritional Information:

Calories: 85, Protein: 1g, Carbohydrates: 22g, Fat: 0g, Fiber: 2g, Cholesterol: 0mg, Sodium: 1mg, Potassium: 220mg



EXOTIC MANGO AND GINGER PARFAIT



Servings:
4



Prep:
20 min



Chill:
1 h



Equipment: Blender, Mixing Bowl, Parfait Glasses



Ingredients:

- 2 cups ripe mango, diced
- 1 cup Greek yogurt
- 1 tbsp fresh ginger, grated
- 2 tbsp honey
- 1/2 cup granola
- 1/4 cup unsweetened coconut flakes
- 1 tsp lime juice
- 1/4 cup fresh mint leaves, chopped



Directions:

1. Blend the diced mango, grated ginger, honey, and lime juice until smooth.
2. In a mixing bowl, combine the Greek yogurt with the mango mixture, stirring until well incorporated.
3. Layer the parfait glasses with a spoonful of the mango-yogurt mixture, followed by a layer of granola.
4. Repeat the layers until the glasses are filled, finishing with a layer of coconut flakes on top.
5. Chill the parfaits in the refrigerator for 1 hour before serving, garnished with fresh mint leaves.



Nutritional Information:

Calories: 210, Protein: 6g, Carbohydrates: 38g, Fat: 5g, Fiber: 3g, Cholesterol: 5 mg, Sodium: 40 mg, Potassium: 320 mg



DARK CHOCOLATE QUINOA CRUNCH BARS



Bars:
12



Prep:
20 min



Chill:
1 h



Equipment: Medium Saucepan, Baking Sheet, Mixing Bowl, 8x8-inch Baking Dish



Ingredients:

- 1 cup quinoa, rinsed and drained
- 8 oz dark chocolate (70% cacao or higher), chopped
- 1/4 cup almond butter
- 2 tbsp honey or maple syrup
- 1 tsp vanilla extract
- 1/4 tsp sea salt
- 1/4 cup unsweetened shredded coconut (optional)



Directions:

1. Preheat the oven to 350°F. Spread the quinoa on a baking sheet and toast for 10–12 minutes until golden and crispy. Let cool.
2. In a medium saucepan over low heat, melt the dark chocolate, almond butter, and honey, stirring until smooth.
3. Remove from heat and stir in vanilla extract and sea salt.
4. In a mixing bowl, combine the toasted quinoa and coconut (if using). Pour the chocolate mixture over the quinoa and mix until well combined.
5. Press the mixture into an 8x8-inch baking dish lined with parchment paper. Smooth the top with a spatula.
6. Refrigerate for at least 1 hour until set. Cut into 12 bars and enjoy.



Nutritional Information:

Calories: 180, Protein: 4g, Carbohydrates: 20g, Fat: 10g, Fiber: 3g, Cholesterol: 0mg, Sodium: 50mg, Potassium: 180mg



SINLESS CINNAMON APPLE CRUMBLE



Servings:
6



Prep:
20 min



Bake:
30 min



Equipment: Oven, Mixing Bowl, Baking Dish



Ingredients:

- 4 cups apples, peeled, cored, and sliced
- 1/2 cup almond flour
- 1 tbsp lemon juice
- 1/4 cup coconut oil, melted
- 1 tsp ground cinnamon
- 1/4 cup chopped walnuts
- 1/4 cup maple syrup
- 1/4 tsp sea salt
- 1/2 cup rolled oats



Directions:

1. Preheat the oven to 350°F (175°C).
2. In a mixing bowl, toss the apple slices with lemon juice, 1/2 tsp cinnamon, and 2 tbsp maple syrup. Spread evenly in a baking dish.
3. In another bowl, combine oats, almond flour, remaining cinnamon, coconut oil, walnuts, remaining maple syrup, and sea salt.
4. Sprinkle the oat mixture evenly over the apples.
5. Bake for 30 minutes or until the topping is golden brown and apples are tender.
6. Allow to cool slightly before serving.



Nutritional Information:

Calories: 210, Protein: 3g, Carbohydrates: 28g, Fat: 11g, Fiber: 4g, Cholesterol: 0mg, Sodium: 45mg, Potassium: 180mg



LUSCIOUS LEMON AND POPPY SEED MUFFINS



Servings:
12



Prep:
20 min



Bake:
25 min



Equipment: Muffin Tin, Mixing Bowls, Whisk



Ingredients:

- 1 3/4 cups all-purpose flour
- 1/2 cup almond flour
- 1/2 cup coconut sugar
- 1 tbsp poppy seeds
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup unsweetened almond milk
- 1/3 cup coconut oil, melted
- 1/4 cup fresh lemon juice
- 1 tbsp lemon zest
- 2 large eggs
- 1 tsp vanilla extract



Directions:

1. Preheat the oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a large bowl, whisk together the all-purpose flour, almond flour, coconut sugar, poppy seeds, baking powder, baking soda, and salt.
3. In another bowl, combine almond milk, melted coconut oil, lemon juice, lemon zest, eggs, and vanilla extract.
4. Gradually add the wet ingredients to the dry ingredients, stirring until just combined.
5. Divide the batter evenly among the muffin cups and bake for 25 minutes or until a toothpick inserted into the center comes out clean.
6. Allow the muffins to cool in the tin for 5 minutes before transferring to a wire rack to cool completely.



Nutritional Information:

Calories: 180, Protein: 4g, Carbohydrates: 22g, Fat: 9g, Fiber: 2g, Cholesterol: 31mg, Sodium: 140mg, Potassium: 80mg



ANTIOXIDANT RICH ACAI BERRY ICE CREAM



Servings:
6



Prep:
10 min



Chill:
2 h



Equipment: Blender, Freezer-safe container, Ice cream scoop



Ingredients:

- 2 cups frozen acai puree
- 1 cup coconut milk
- 1/2 cup fresh blueberries
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1 tablespoon chia seeds



Directions:

1. In a blender, combine the frozen acai puree, coconut milk, blueberries, honey, and vanilla extract.
2. Blend until smooth and creamy, ensuring all ingredients are well incorporated.
3. Stir in the chia seeds using a spoon or spatula.
4. Pour the mixture into a freezer-safe container and smooth the top.
5. Freeze for at least 2 hours or until firm.
6. Scoop and serve immediately for a refreshing treat.



Nutritional Information:

Calories: 150, Protein: 2g, Carbohydrates: 28g, Fat: 5g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 10 mg, Potassium: 150 mg



ZINGY LIME AND AVOCADO TART



Slices:
8



Prep:
20 min



Chill:
2 h



Equipment: Food Processor, Tart Pan, Mixing Bowl



Ingredients:

- 1 cup almonds
- 1 cup pitted dates
- 2 ripe avocados
- 1/2 cup fresh lime juice
- 1/4 cup coconut oil, melted
- 1/4 cup honey or maple syrup
- 1 tsp lime zest
- Pinch of sea salt



Directions:

1. In a food processor, blend almonds and dates until a sticky mixture forms. Press this mixture into the bottom of a tart pan to form the crust.
2. In a mixing bowl, mash the avocados until smooth.
3. Add lime juice, coconut oil, honey, lime zest, and sea salt to the mashed avocados. Mix until well combined.
4. Pour the avocado mixture over the crust, spreading evenly.
5. Chill the tart in the refrigerator for at least 2 hours before serving.



Nutritional Information:

Calories: 280, Protein: 4g, Carbohydrates: 30g, Fat: 18g, Fiber: 5g, Cholesterol: 0mg, Sodium: 20mg, Potassium: 450mg



SPICED PUMPKIN AND WALNUT BROWNIES



Bars:
16



Prep:
20 min



Bake:
30 min



Equipment: Mixing Bowl, Whisk, 9x9-inch Baking Pan



Ingredients:

- 1 cup pumpkin puree
- 1/2 cup almond butter
- 1/2 cup maple syrup
- 1/4 cup unsweetened cocoa powder
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1/2 cup chopped walnuts



Directions:

1. Preheat the oven to 350°F (175°C) and grease a 9x9-inch baking pan.
2. In a mixing bowl, whisk together the pumpkin puree, almond butter, maple syrup, and vanilla extract until smooth.
3. Add the cocoa powder, cinnamon, nutmeg, baking soda, and sea salt to the mixture, stirring until well combined.
4. Fold in the chopped walnuts, ensuring they are evenly distributed throughout the batter.
5. Pour the batter into the prepared baking pan and spread evenly. Bake for 30 minutes, or until a toothpick inserted in the center comes out clean.
6. Allow the brownies to cool in the pan before slicing into bars.



Nutritional Information:

Calories: 120, Protein: 3g, Carbohydrates: 15g, Fat: 7g, Fiber: 2g, Cholesterol: 0mg, Sodium: 75mg, Potassium: 150mg



GUILT-FREE COCONUT AND DATE TRUFFLES



Balls:
12



Prep:
15 min



Chill:
30 min



Equipment: Food Processor, Mixing Bowl, Baking Sheet



Ingredients:

- 1 cup pitted Medjool dates
- 1 cup unsweetened shredded coconut
- 2 tbsp almond butter
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- 1/4 tsp sea salt



Directions:

1. In a food processor, combine the dates, 3/4 cup of shredded coconut, almond butter, coconut oil, vanilla extract, and sea salt. Blend until the mixture forms a sticky dough.
2. Roll the mixture into 1-inch balls using your hands.
3. Spread the remaining 1/4 cup of shredded coconut on a plate. Roll each ball in the coconut to coat evenly.
4. Place the truffles on a baking sheet and chill in the refrigerator for 30 minutes to firm up.
5. Serve chilled and enjoy your guilt-free treat!



Nutritional Information:

Calories: 110, Protein: 1g, Carbohydrates: 14g, Fat: 6g, Fiber: 2g, Cholesterol: 0mg, Sodium: 20mg, Potassium: 150mg



PEACH AND BASIL INFUSED FROZEN YOGURT



Servings:
4



Prep:
10 min



Chill:
2 h



Equipment: Blender, Mixing Bowl, Freezer-Safe Container



Ingredients:

- 2 cups plain Greek yogurt
- 1 ½ cups fresh peaches, peeled and sliced
- ¼ cup honey
- 1 tbsp fresh basil leaves, finely chopped
- 1 tsp vanilla extract
- 1 tbsp lemon juice



Directions:

1. In a blender, combine the peaches, honey, basil, vanilla extract, and lemon juice. Blend until smooth.
2. In a mixing bowl, combine the peach mixture with the Greek yogurt, stirring until fully incorporated.
3. Transfer the mixture into a freezer-safe container, smoothing the top with a spatula.
4. Freeze for at least 2 hours or until firm.
5. Before serving, let the frozen yogurt sit at room temperature for 5 minutes to soften slightly.



Nutritional Information:

Calories: 150, Protein: 8g, Carbohydrates: 28g, Fat: 2g, Fiber: 1g, Cholesterol: 5mg, Sodium: 40mg, Potassium: 320mg



HEAVENLY RAW CACAO AND BEETROOT CAKE



Slices:
8



Prep:
20 min



Chill:
2 h



Equipment: Food Processor, Springform Pan, Spatula



Ingredients:

- 1 cup raw cacao powder
- 1 ½ cups raw almonds
- 1 cup pitted dates
- 1 cup grated beetroot
- ¼ cup coconut oil, melted
- ¼ cup maple syrup
- 1 tsp vanilla extract
- ¼ tsp sea salt



Directions:

1. In a food processor, blend the almonds until they form a coarse meal.
2. Add the pitted dates, grated beetroot, and raw cacao powder to the processor. Blend until well combined.
3. Pour in the melted coconut oil, maple syrup, vanilla extract, and sea salt. Blend until the mixture is smooth and sticky.
4. Press the mixture evenly into a springform pan using a spatula to ensure a firm base.
5. Chill the cake in the refrigerator for at least 2 hours to set before slicing and serving.



Nutritional Information:

Calories: 250, Protein: 5g, Carbohydrates: 30g, Fat: 14g, Fiber: 6g, Cholesterol: 0mg, Sodium: 60mg, Potassium: 350mg

Conclusion

As you close the final pages of your culinary journey through the Anti-Inflammatory Cortisol Detox Diet, take a moment to savor the empowering steps you've taken towards a healthier, more vibrant life. Your curiosity and dedication have unlocked the potential of nourishing ingredients, transforming them into meals that not only delight the palate but also nurture the body and soul. With each dish, you've embraced the art of healing through food, crafting a path towards balance and vitality.

We are deeply grateful for your trust and enthusiasm, and it is our hope that this journey has ignited a lifelong passion for mindful cooking and eating. May the knowledge and skills you've gained inspire you to continue exploring and experimenting in your kitchen, creating dishes that reflect your unique tastes and wellness goals. As you share these creations with loved ones, you contribute to a community of health and joy.

Your feedback and reflections are invaluable; they light the way for others seeking the same transformative experience. If you feel inspired, we warmly invite you to share your thoughts and leave a review. Together, we can spread the joy of nourishing, healing cuisine, and inspire others to embark on their own culinary adventures. Here's to your continued journey of health, happiness, and delicious discovery.