



# FIT MUM

## WHOLE FOODS

### *Cook Book*

45 Recipes to take  
your diet and  
health to the next  
level.



*Love from  
thisfitmum  
x*

Seen & Heard on:

BBC  
ESSEX heart **itv** **STAR**



# INTRODUCING

# Thisfitmum

Thisfitmum emerged from the depths of adversity, a testament to resilience, determination, and the unwavering spirit of a mother determined to thrive despite life's most challenging trials. It is a story of rebirth following a marriage breakdown, navigating homelessness, and facing isolation with two young children, all set against the backdrop of the relentless Covid-19 pandemic.

In the midst of these tumultuous circumstances, as I found myself furloughed from work, a burning desire ignited within me – a need to channel my energy and purpose towards something meaningful. That something was a heartfelt commitment to helping others.

As a passionate fit mum, I had already confronted my own personal battles with under-active thyroid and PCOS. These battles had sculpted me into a warrior, ready to share my knowledge and experiences with those in need. My mission was clear: to empower others, especially women, on their journey to loving the skin they're in through health-focused approaches to diet and exercise, devoid of restrictive measures.

Making the transition to a healthier lifestyle can be a daunting and arduous process. It's true that some of our habits are deeply ingrained, products of years of practice. That's precisely why we focus on the implementation of positive lifestyle habits. It's about embracing change with open arms, one step at a time.

In addition to nutrition and fitness, I am a fervent advocate for the importance of self-care. As mothers, we often place our own needs at the bottom of the list, believing it's our duty to prioritize the well-being of our families. However, I firmly believe that as leaders of the pack, we must ensure that we are fit, healthy, and content so that we can effectively support the rest of our tribe.

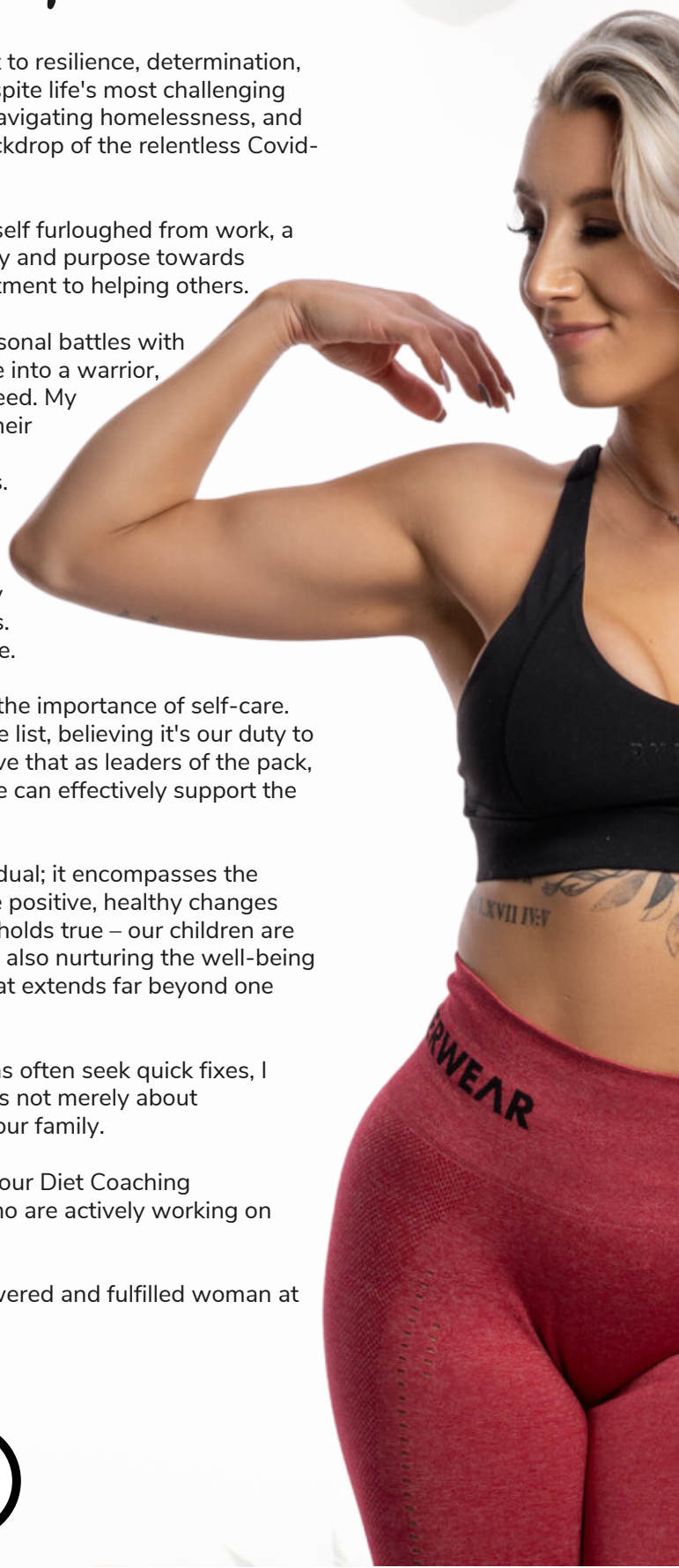
My approach to teaching mums extends beyond just the individual; it encompasses the entire family unit. I have witnessed countless mothers instigate positive, healthy changes within their households. The adage "monkey see, monkey do" holds true – our children are always watching. By making mums healthier and happier, I am also nurturing the well-being of their children and partners. It's a ripple effect of positivity that extends far beyond one individual.

In a world where diet culture generates billions, and busy mums often seek quick fixes, I firmly advocate for investing time in yourself. This investment is not merely about appearances; it's about safeguarding your health and that of your family.

If you're yearning to invest more in yourself, I invite you to join our Diet Coaching programme and become part of our community of fit mums who are actively working on themselves to become the best versions of themselves.

Together, we're rewriting the story of motherhood, one empowered and fulfilled woman at a time.

[thisfitmum.com](https://thisfitmum.com)





# INTRODUCTION

## Welcome

to a culinary journey that celebrates the essence of health and vitality! This cookbook is designed especially for fit mums who understand that the foundation of a strong, energetic life is built upon the choices we make in the kitchen. It's time to embrace the remarkable world of whole foods, a realm of nourishment often overlooked, yet profoundly essential to our well-being.

Whole foods, in all their natural glory, are the unsung heroes of our daily diet. From vibrant fruits and vegetables to wholesome grains and lean proteins, they possess the power to transform our bodies and minds. These ingredients are more than just sustenance; they are the essence of life, providing us with the nutrients, energy, and vitality needed to thrive.

Within the pages of this cookbook, you'll embark on a culinary adventure like no other. Here, you'll not only discover the secrets to crafting delicious, nutritious meals but also uncover the joys of mindful eating. We believe that food is meant to be savoured, cherished, and celebrated, and every recipe in this book reflects that philosophy.

Consider this cookbook your trusted partner in achieving your dietary goals. Whether you're seeking to maintain a healthy weight, support your family's well-being, or simply explore the world of whole foods, we're here to guide you every step of the way. With these recipes, you hold the power to nourish your body and elevate your health to new heights.

Your journey to becoming a fit, healthy, and empowered mum starts right here, within the pages of this cookbook. Each dish you create, each meal you share, is a step toward a more vibrant and fulfilled you. So, let's embark on this exciting adventure together, embracing the remarkable benefits of whole foods and the culinary joys they bring. Get ready to revitalise your life, one wholesome and delicious bite at a time.



# Breakfast Ideas





## ALMOND CHIA PUDDING

### Ingredients

- 3 tablespoons chia seeds
- $\frac{3}{4}$  cup (180 ml) unsweetened almond milk
- 1 teaspoon raw honey
- 1 tablespoon raw almonds, finely crushed
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon almond extract
- $\frac{1}{2}$  oz sliced almonds for garnish
- pinch of salt



### Instructions

1. Mix all ingredients except almonds in a mixing bowl and stir to mix well.
2. Chill for at least two hours, preferably overnight.
3. Add to a serving glass and top with almonds before serving.

### Nutritional Values

- Calories: 400
- Carbohydrates: 36g
- Protein: 10g
- Fats: 24g



Preparation Time: 10 min



Total Time: 2 hr, 10 min



Servings: 1

### Note

Almonds can be substituted with other preferred nuts - cashews, pecans, walnuts, Brazil nuts, etc



## QUINOA AND PEACH PORRIDGE

### Ingredients

- $\frac{3}{4}$  cup (180ml) unsweetened almond milk
- $\frac{1}{4}$  cup (60ml) water
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{3}$  cup (60g) quinoa
- $\frac{1}{2}$  turmeric powder
- 1 tablespoon chia seeds

#### For the topping:

- 1 peach, sliced
- 1 tablespoon unsweetened desiccated coconut

### Instructions

1. Activate the quinoa by soaking overnight in cold water. The next day, drain and rinse the quinoa through a fine sieve (the grains are so small that they will wash through a coarse one).
2. Tip the quinoa into a pan and add the almond milk, water, cinnamon, and turmeric. Cover the pan and simmer for 20 mins. Stir in the chia and cook gently for 2 mins more.
3. Spoon the porridge into a serving bowl and top with peach and coconut.

### Nutritional Values

- Calories: 400
- Carbohydrates: 53g
- Protein: 15g
- Fats: 13g



Preparation Time: 20 min



Total Time: 25 min



Servings: 1

### Note

This quinoa peach porridge is not only delicious but also packed with health benefits. Quinoa is a good source of protein, fiber, and several vitamins and minerals, including manganese, magnesium, and phosphorus. These nutrients can help to improve digestion, promote heart health, and support bone health.

## COCONUT AND NUT BARS

### Ingredients

- 1 cup (80g) old-fashioned rolled oats (GF certified)
- ½ cup (40g) unsweetened shredded coconut
- ½ cup (120g) natural almond butter
- ⅓ cup (110g) raw honey
- ¼ cup (30g) chopped almonds
- ¼ cup (30g) chopped walnuts
- ¼ cup (45g) dark chocolate chips
- ¼ teaspoon salt

### Instructions

1. Preheat your oven to 350°F (175°C) and line a 9-inch square baking dish with parchment paper.
2. Spread the oats and shredded coconut onto a baking sheet and toast in the preheated oven for 10-12 minutes, occasionally stirring, until they are lightly browned.
3. In a large mixing bowl, stir the toasted oats, coconut, almond butter, honey, chopped almonds, chopped walnuts, chocolate chips, and salt until well combined.
4. Transfer the mixture to the prepared baking dish and press it down firmly to create an even layer.
5. Bake the bars for 15-18 minutes or until they are golden brown around the edges.
6. Allow the bars to cool in the baking dish for 10-15 minutes before slicing them into 3 equal servings.
7. Once the bars are completely cool, store them in an airtight container in the fridge for up to 5 days.



Preparation Time: 30 min



Total Time: 45 min



Servings: 3

### Nutritional Values

(per serving)

- Calories: 400
- Carbohydrates: 36g
- Protein: 10g
- Fats: 24g

### Note

Reserve 2 servings for the next day's breakfast



## GREEN SMOOTHIE BOWL

### Ingredients

- 1 ripe banana
- 1 cup (140g) frozen mixed berries
- 1 cup (240ml) unsweetened almond milk
- 1 cup (30g) fresh spinach leaves
- 1 tbsp chia seeds
- 1 tbsp raw honey
- 1 tbsp fresh lemon juice
- ¼ cup (30g) unsweetened granola
- ¼ cup (40g) sliced fresh berries (such as strawberries, blueberries, or raspberries)

### Instructions

1. Combine the banana, mixed berries, almond milk, spinach leaves, chia seeds, honey, and lemon juice in a blender. Blend until smooth.
2. Pour the smoothie into a bowl.
3. Top with granola and sliced fresh berries.

### Nutritional Values

- Calories: 399
- Carbohydrates: 60g
- Protein: 15g
- Fats: 11g



Preparation Time: 15 min



Total Time: 15 min



Servings: 1

### Note

This smoothie bowl is packed with nutrients and antioxidants from fresh fruit and spinach, and the chia seeds add healthy omega-3 fatty acids. The granola adds a crunchy texture, while the honey and banana provide natural sweetness. It's a filling and delicious way to start your day on a healthy note!

# QUINOA PORRIDGE

## Ingredients

- $\frac{3}{4}$  cup (180ml) unsweetened almond milk
- $\frac{1}{4}$  cup (60ml) water
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{3}$  cup (60g) quinoa
- $\frac{1}{2}$  turmeric powder
- 1 tablespoon chia seeds

### For the topping:

- $\frac{1}{2}$  cup (60g) fresh raspberries
- $\frac{1}{2}$  banana, sliced

## Instructions

1. Activate the quinoa by soaking overnight in cold water. The next day, drain and rinse the quinoa through a fine sieve (the grains are so small that they will wash through a coarse one).
2. Tip the quinoa into a pan and add the almond milk, water, cinnamon, and turmeric. Cover the pan and simmer for 20 mins. Stir in the chia and cook gently for 2 mins more.
3. Spoon the porridge into a serving bowl and top with raspberries and sliced banana.

## Nutritional Values

- Calories: 400
- Carbohydrates: 53g
- Protein: 15g
- Fats: 13g



Preparation Time: 20 min



Total Time: 25 min



Servings: 1

## Note

This quinoa porridge recipe is a delicious and easy breakfast option. It's a filling and nutritious alternative to traditional oatmeal and is gluten-free and dairy-free.



# AVOCADO TOAST

## Ingredients

- 2 gluten-free whole-grain bread slices
- 1 small ripe avocado
- 1 tsp flaxseeds
- ¼ tsp pink Himalayan salt
- ¼ tsp freshly ground black pepper

## Instructions

1. Toast your slice of bread until golden and firm.
2. Remove the pit from your avocado. Use a big spoon to scoop out the flesh. Put it in a bowl and mash it up with a fork until it's as smooth as you like it. Mix in a pinch of salt and pepper.
3. Spread avocado on top of your toast. Sprinkle with flaxseeds.

## Nutritional Values

- Calories: 424
- Carbohydrates: 49g
- Protein: 12g
- Fats: 20g



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

## Note

Avocado is a nutrient-dense fruit that offers a range of health benefits. It is high in heart-healthy monounsaturated fats, fiber, and a variety of vitamins and minerals, including vitamins C, E, K, and B6, as well as potassium and folate.

## VEGAN DETOX BREAKFAST BOWL

### Ingredients

- ½ cup (85g) cooked quinoa
- ½ cup (15g) spinach
- ½ cup (60g) chopped tomato
- ½ cup (85g) canned chickpeas
- ½ avocado, sliced
- 2 tablespoons chopped fresh cilantro
- 1 teaspoon extra-virgin olive oil
- ½ lime, juiced
- ½ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- ¼ teaspoon pink Himalayan salt
- ¼ teaspoon freshly ground black pepper

### Instructions

1. Mix the cooked quinoa, chopped cucumber, tomato, and bell pepper in a bowl.
2. Add the sliced avocado and fresh cilantro to the bowl.
3. Mix the olive oil, lime juice, cumin, smoked paprika, salt, and pepper in a small bowl.
4. Pour the lime and spice mixture over the quinoa and vegetable mixture and stir well.
5. Enjoy your delicious and healthy vegan detox breakfast bowl!

### Nutritional Values

- Calories: 391
- Carbohydrates: 38g
- Protein: 10g
- Fats: 16g



Preparation Time: 15 min



Total Time: 15 min



Servings: 1

### Note

A vegan detox breakfast bowl with quinoa, chickpeas, and avocado is a healthy and filling breakfast that's packed with nutrients and flavor. The dish is perfect for those looking for a plant-based, protein-packed meal that's easy to make and can help kickstart a healthy lifestyle.



## RASPBERRY SMOOTHIE BOWL

### Ingredients

- 1 cup (240ml) unsweetened almond milk
- ½ frozen banana
- 1 cup (120g) raspberries (+ extra ½ cup for topping)
- ½ teaspoon Ceylon cinnamon
- 1 teaspoon chia seeds + 1 extra teaspoon for topping
- 1 tablespoon unsweetened desiccated coconut flakes + extra 1 teaspoon for topping



### Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more almond milk to reach desired consistency.
3. Transfer to a serving bowl and top with reserved raspberries, coconut, and chia seeds.



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

### Nutritional Values

- Calories: 396
- Carbohydrates: 46g
- Protein: 10g
- Fats: 21g

### Note

Besides being a superb source of vitamin C, raspberries are also packed with other potent antioxidants - ellagic acid and anthocyanins. This superfood is also low in carbohydrates.

## COCONUT YOGURT WITH APPLE AND FLAXSEED

### Ingredients

- 1 cup (230g) unsweetened coconut yogurt
- 1 medium apple, cored and chopped
- 1 tablespoon flaxseeds

### Instructions

1. Combine all ingredients in a bowl and stir to combine.

### Nutritional Values

- Calories: 397
- Carbohydrates: 47g
- Protein: 15g
- Fats: 18g



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

### Note

Apples are an incredibly nutritious fruit that offers multiple health benefits. They're rich in fiber and antioxidants. Eating them is linked to a lower risk of many chronic conditions, including diabetes, heart disease, and cancer. Apples may also promote weight loss and improve gut and brain health.



## STRAWBERRY CHIA PUDDING

### Ingredients

- 3 tablespoons chia seeds
- $\frac{3}{4}$  cup (180 ml) unsweetened almond milk
- 1 teaspoon raw honey
- $\frac{1}{2}$  cup (70g) strawberries, pureed
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon almond extract
- $\frac{1}{2}$  oz (14g) sliced almonds for garnish
- pinch of salt



### Instructions

1. Mix all ingredients except strawberries in a mixing bowl and stir to mix well.
2. Chill for at least two hours, preferably overnight.
3. Add to a serving glass and top with strawberries before serving.

### Nutritional Values

- Calories: 380
- Carbohydrates: 46g
- Protein: 10g
- Fats: 17g

### Note

Strawberries can be replaced with other preferred berries, such as blueberries, blackberries or raspberries



Preparation Time: 10 min



Total Time: 2 hr, 10 min



Servings: 1

## MANGO BREAKFAST SMOOTHIE BOWL

### Ingredients

- 1 frozen banana
- ½ cup (80g) mango, cubed
- ½ cup (120ml) unsweetened almond milk
- ¼ cup (20g) rolled oats (GF certified)
- 1 tablespoon chia seeds
- 1 tablespoon honey
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon

### Topping

- ¼ cup (45g) frozen mixed berries



### Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more almond milk to reach desired consistency.
3. Transfer to a bowl and top with frozen mixed berries.



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

### Note

You can adjust the amount of almond milk to achieve your desired consistency. If you want a thicker smoothie, use less liquid. If you want a thinner smoothie, use more liquid.

### Nutritional Values

- Calories: 395
- Carbohydrates: 62g
- Protein: 8g
- Fats: 12g



## FRESH QUINOA BREAKFAST SALAD

### Ingredients

- ½ cup (80g) cooked quinoa
- ½ avocado, sliced
- 1 cup fresh spinach leaves
- ½ red bell pepper, chopped
- ¼ cup (15g) diced red onion
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon olive oil
- ½ lime, juiced
- Salt and pepper, to taste

### Instructions

1. Combine the cooked quinoa, sliced avocado, fresh spinach leaves, chopped red bell pepper, diced red onion, and chopped cilantro in a bowl.
2. Drizzle with olive oil and lime juice, and season with salt and pepper.
3. Toss well to combine.
4. Serve and enjoy!



Preparation Time: 10 min



Total Time: 10 min



Servings: 1

### Nutritional Values

- Calories: 400
- Carbohydrates: 38g
- Protein: 10g
- Fats: 25g

### Note

Fill a glass or plastic container nearly full with water. With the flesh side down, place the avocado in the container, cover it, and place it in the fridge. This will keep the avocado from turning brown.

# Smoothie Ideas





## CINNAMON SPICED AVOCADO SMOOTHIE

### Ingredients

- 1 frozen banana
- 1 cup (30g) spinach
- ½ avocado
- 1 cup (240ml) unsweetened almond milk
- ½ teaspoon Ceylon cinnamon
- 1 teaspoon honey
- 1 teaspoon chia seeds
- ½ teaspoon grated ginger



### Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more almond milk to reach desired consistency.
3. Taste and adjust sweetness if necessary with honey.



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

### Nutritional Values

- Calories: 400
- Carbohydrates: 44g
- Protein: 10g
- Fats: 22g

### Note

Fill a glass or plastic container nearly full with water. With the flesh side down, place the avocado in the container, cover it, and place it in the fridge. This will keep the avocado from turning brown.

## BLUEBERRY SMOOTHIE

### Ingredients

- 1 cup frozen blueberries
- 1 banana
- 1 cup spinach
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- ½ teaspoon grated ginger
- ½ teaspoon honey



### Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more almond milk to reach desired consistency.
3. Taste and adjust sweetness if necessary with honey.

### Nutritional Values

- Calories: 388
- Carbohydrates: 58g
- Protein: 13g
- Fats: 12g



Preparation Time: 15 min



Total Time: 15 min



Servings: 1

### Note

Blueberries are rich in antioxidants and can help remove toxins from the body. Spinach is high in chlorophyll, which can aid in detoxification. Chia seeds provide fiber and healthy fats, supporting digestion and eliminating toxins from the body. Ginger is anti-inflammatory and can aid in digestion.



## SUPER GREEN SMOOTHIE

### Ingredients

- 1 green apple, cored and chopped
- 1 banana, peeled and chopped
- 1 cup (30g) baby spinach
- ½ cup (30g) kale, destemmed and chopped
- ½ lemon, juiced
- ½ inch fresh ginger root, peeled and grated
- 1 cup (240ml) unsweetened almond milk
- 1 tablespoon chia seeds
- 1 tablespoon honey (optional)

### Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more almond milk to reach desired consistency.
3. Taste and adjust sweetness if necessary with honey.

### Nutritional Values

- Calories: 398
- Carbohydrates: 60g
- Protein: 10g
- Fats: 12g



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

### Note

This smoothie is packed with nutritious ingredients that are great for detox. It features a combination of green apples, banana, baby spinach, and kale, which are all high in vitamins, minerals, and antioxidants. Adding fresh ginger root and lemon juice provides a zesty and refreshing kick while adding additional detoxifying properties to the smoothie.

## SPIRULINA BLUBERRY SMOOTHIE

### Ingredients

- 1 frozen banana
- 1 cup (30g) spinach
- 1 cup (190g) frozen blueberries
- 1 cup (240ml) unsweetened almond milk
- 1 teaspoon spirulina powder
- 1 teaspoon honey
- 1 teaspoon ground flaxseed
- ½ teaspoon grated ginger



### Instructions

1. Combine all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more almond milk to reach desired consistency.
3. Taste and adjust sweetness if necessary with honey.



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

### Nutritional Values

- Calories: 396
- Carbohydrates: 58g
- Protein: 13g
- Fats: 13g

### Note

This smoothie is a refreshing and nutritious way to start your day! With its bright purple color, it's packed with frozen blueberries, a frozen banana, and unsweetened almond milk, providing a sweet and creamy base. Spirulina powder, nutrient-rich blue-green algae, boosts the plant-based protein and essential vitamins and minerals.



## PEAR AND KIWI SMOOTHIE

### Ingredients

- 2 kiwis, peeled and sliced
- 1 pear, peeled and chopped
- ½ cup (20g) spinach leaves
- ½ cup (30g) kale leaves
- ½ cup (120ml) unsweetened almond milk
- ½ cup (120ml) coconut water
- 1 tablespoon fresh ginger, grated
- 1 tablespoon honey
- ½ lime, juiced



### Instructions

1. Add the kiwis, pear, spinach, kale, almond milk, coconut water, grated ginger, honey, and lime juice to a blender.
2. Blend until smooth and creamy.
3. Pour the smoothie into a glass and serve.



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

### Note

You can adjust the almond milk and coconut water amount to achieve your desired consistency. If you want a thicker smoothie, use less liquid. If you want a thinner smoothie, use more liquid.

### Nutritional Values

- Calories: 392
- Carbohydrates: 65g
- Protein: 6g
- Fats: 12g

## GOLDEN SMOOTHIE

### Ingredients

- ½ cup (80g) frozen cubed mango
- 1 cup (210g) cubed pineapple
- 1 cup (240ml) unsweetened almond milk
- 1 tablespoon ground flaxseed
- ½ teaspoon turmeric powder
- 1 teaspoon chia seeds
- ¼ teaspoon cinnamon
- mint leaves for garnish

### Instructions

1. Add all the ingredients to a blender or high-power food processor and blend for about 1 minute or until smooth.
2. Pour the smoothie mixture into a glass or serving bowl and garnish with mint leaves.



Preparation Time: 5 min



Total Time: 5 min



Servings: 1

### Nutritional Values

- Calories: 400
- Carbohydrates: 53g
- Protein: 15g
- Fats: 13g

### Note

Golden turmeric smoothie is a healthy and delicious beverage made with ingredients that are known for their anti-inflammatory properties. The smoothie gets its golden color from turmeric, a spice that has been used in traditional medicine for centuries.



# Lunch & Dinner Ideas





## KALE QUINOA AND AVOCADO BOWL

### Ingredients

- ½ cup uncooked quinoa
- 1 cup (240ml) water
- 1 small bunch of kale, stemmed and chopped
- 1 avocado, diced
- 1 small carrot, shredded
- ¼ cup (15g) chopped fresh cilantro
- ¼ cup (30g) chopped raw almonds
- Juice of ½ lemon
- 2 teaspoons extra-virgin olive oil
- Salt and pepper, to taste

### Instructions

1. Rinse quinoa and place in a medium saucepan with water. Bring to a boil, then reduce heat to low and cover. Cook for 15-20 minutes until water is absorbed and the quinoa is tender—fluff with a fork and set aside to cool.
2. Combine kale, avocado, carrot, cilantro, and almonds in a large mixing bowl.
3. Whisk together lemon juice, olive oil, salt, and pepper in a small bowl to make a dressing.
4. Add the cooled quinoa to the mixing bowl and pour the dressing over the top. Toss everything together until well combined.
5. Divide the mixture into two bowls and enjoy immediately.



Preparation Time: 25 min



Total Time: 30 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 403
- Carbohydrates: 40g
- Protein: 11g
- Fats: 25g

### Note

Reserve 1 serving for the next day's lunch.



## OVEN ROASTED SWEET POTATOES WITH GUACAMOLE

### Ingredients

Ingredients for the Sweet Potatoes:

- 2 medium sweet potatoes, halved lengthwise
- 1 tablespoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ¼ teaspoon Himalayan salt
- ¼ teaspoon freshly ground black pepper

Ingredients for the Guacamole:

- 1 large avocado, pitted and mashed
- ½ small red onion, finely chopped
- 1 small jalapeno pepper, seeded and finely chopped
- 1 tablespoon freshly squeezed lime juice
- ¼ teaspoon Himalayan salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh cilantro

### Instructions

1. Preheat the oven to 400°F (200°C).
2. Toss the sweet potato cubes with the olive oil, cumin, paprika, salt, and black pepper in a large mixing bowl until well coated.
3. Spread the seasoned sweet potato cubes out in a single layer on a large baking sheet and roast for 20-25 minutes, stirring occasionally, until tender and lightly browned.
4. While the sweet potatoes are roasting, prepare the guacamole. In a medium mixing bowl, combine the mashed avocado, red onion, jalapeno pepper, lime juice, salt, black pepper, and cilantro. Mix well.
5. Serve the roasted sweet potatoes with the guacamole on the side.



Preparation Time: 25 min



Total Time: 30 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 400
- Carbohydrates: 42g
- Protein: 5g
- Fats: 27g

### Note

Reserve 1 serving for the next day's lunch.

## TURMERIC SPICED CHICKPEAS AND SPINACH BOWL

### Ingredients

- 1 tablespoon olive oil
- ½ onion, diced
- 2 cloves garlic, minced
- 1 ½ can (22 oz) chickpeas, drained and rinsed
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ¼ teaspoon turmeric powder
- ¼ teaspoon salt
- 4 cups (120g) fresh spinach leaves, washed and dried
- ¼ cup (60ml) low-sodium vegetable broth

### Instructions

1. Heat the olive oil in a large skillet over medium heat. Add the onion, garlic, and sauté until the onion is translucent about 3-4 minutes.
2. Add the chickpeas, cumin, smoked paprika, turmeric, and salt to the skillet. Stir well to coat the chickpeas with the spices, and sauté for another 2-3 minutes.
3. Add the spinach to the skillet, along with the vegetable broth. Stir well to combine, and continue to sauté until the spinach is wilted and the broth has been absorbed about 3-4 minutes.
4. Remove the skillet from the heat, and divide the chickpea and spinach mixture between two bowls.

### Note

Reserve 1 serving for the next day's lunch.



Preparation Time: 15 min



Total Time: 20 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 390
- Carbohydrates: 52g
- Protein: 16g
- Fats: 13g



## BROCCOLI BEANS AND AVOCADO SALAD

### Ingredients

- 1 cup (90g) broccoli florets, blanched
- ½ can (7.5 oz/212g) red kidney beans or black beans, drained and rinsed
- ½ avocado, diced
- ¼ cup (40g) red onion, chopped
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon Dijon mustard
- ¼ teaspoon Himalayan salt
- ¼ teaspoon freshly ground black pepper

### Instructions

1. Combine the blanched broccoli, black beans, diced avocado, and chopped red onion in a large mixing bowl.
2. Whisk together the olive oil, apple cider vinegar, Dijon mustard, salt, and pepper in a small mixing bowl.
3. Pour the dressing over the salad and toss to combine.
4. Serve immediately, or chill in the refrigerator for a few hours before serving.

### Nutritional Values

- Calories: 400
- Carbohydrates: 43g
- Protein: 10g
- Fats: 22g



Preparation Time: 10 min



Total Time: 15 min



Servings: 1

### Note

- Fill a glass or plastic container nearly full with water. With the flesh side down, place the avocado in the container, cover it, and place it in the fridge. This will keep the avocado from turning brown.
- Reserve 1 serving for the next day's lunch.

## NUTRITIOUS GRAPEFRUIT & COUSCOUS SALAD

### Ingredients

- ¼ cup (45g) couscous, uncooked
- ½ avocado, pitted and cubed
- ¼ grapefruit, peeled and segmented
- ¼ cup (70g) canned cannellini beans, drained and rinsed
- 1 oz (30g) feta cheese, crumbled
- 1 teaspoon fresh mint, chopped
- 1 teaspoon fresh cilantro, chopped

#### For the dressing

- 1 tablespoon lemon juice
- 1 tablespoon grapefruit juice
- 1 teaspoon olive oil
- pinch of salt & pepper

### Instructions

1. Cook couscous according to package instructions.
2. Make the dressing by placing all the dressing ingredients in a bowl and whisking until well combined. Set aside until needed.
3. Place the beans, couscous, avocados, grapefruit, feta, mint, and cilantro into a large bowl. Pour over the salad dressing and toss gently. Serve chilled or at room temperature.

### Nutritional Values

(per serving)

- Calories: 408
- Carbohydrates: 50g
- Protein: 14g
- Fats: 19g



Preparation Time: 20 min



Total Time: 25 min



Servings: 2

### Note:

- Fill a glass or plastic container nearly full with water. With the flesh side down, place the avocado in the container, cover it, and place it in the fridge. This will keep the avocado from turning brown.
- Reserve 1 serving for the next day's dinner



## PUMPKIN TURMERIC SPICED SOUP

### Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tsp turmeric powder
- ½ tsp cumin powder
- ½ tsp cinnamon powder
- ½ tsp nutmeg powder
- ½ tsp black pepper
- 3 cups unsweetened pumpkin puree
- 3 cups low-sodium vegetable broth
- 1 cup unsweetened coconut milk
- ¼ teaspoon Himalayan salt
- ¼ teaspoon freshly ground black pepper
- Fresh parsley or basil for garnish
- 1 tablespoon raw pumpkin seeds

### Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion and garlic and cook until the onion is soft and translucent.
2. Add the turmeric, cumin, cinnamon, nutmeg, and black pepper and stir to combine. Cook for about 1 minute, until fragrant.
3. Add the pumpkin puree and vegetable broth and bring to a boil. Reduce heat and simmer for 15-20 minutes.
4. Add the coconut milk and stir to combine. Simmer for another 5 minutes.
5. Use an immersion blender to blend the soup until smooth. Alternatively, carefully transfer the soup to a blender and blend until smooth.
6. Season with salt.
7. Serve hot, garnished with fresh parsley or basil and pumpkin seeds.



Preparation Time: 25 min



Total Time: 35 min



Servings: 3

### Nutritional Values

(per serving)

- Calories: 390
- Carbohydrates: 36g
- Protein: 5g
- Fats: 25g

### Note:

Reserve 2 servings for the next day's dinners.

## OVEN-BAKED SALMON WITH ASPARAGUS

### Ingredients

- 2 x 5oz (140g) wild salmon fillet
- 1 garlic clove, minced
- 1 tablespoon freshly chopped parsley
- 2 teaspoons extra-virgin olive oil
- 2 cups (250g) asparagus, trimmed
- ¼ teaspoon Himalayan salt
- ¼ teaspoon freshly ground black pepper

### Instructions

1. Preheat the oven to 350°F (170°C).  
Line an 8x8-inch baking tray with baking paper.
2. Place the salmon on a large baking tray. Rub it evenly with the garlic and parsley to coat; pour over the lemon juice. Drizzle with olive oil and season with salt and pepper.  
Arrange the asparagus and greens around the salmon in a single layer, and place the lemon slices over the top.
3. Broil (or grill) for 8-10 minutes or until salmon is cooked through to your liking



Preparation Time: 25 min



Total Time: 35 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 389
- Carbohydrates: 8g
- Protein: 33g
- Fats: 23g

### Note

Salmon is a highly nutritious fish that is rich in omega-3 fatty acids, protein, vitamin D, and B vitamins. Consuming salmon regularly has been linked to a reduced risk of heart disease, improved brain function, and reduced inflammation in the body.



## QUINOA BUDDHA BOWL

### Ingredients

- ¼ cup (45g) quinoa, uncooked
- 4 oz (110g) firm tofu
- 1 teaspoon extra-virgin olive oil
- ½ teaspoon garlic powder
- ½ teaspoon ginger powder
- pinch of salt and pepper
- ½ cup (10g) arugula
- 1 tablespoon crushed cashews

### For the dressing

- ½ teaspoon whole-grain mustard
- 2 tablespoons lemon juice
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- sea salt and ground black pepper

### Instructions

1. Preheat the oven to 400°F (200°C). Line an 8x8-inch baking tray with baking paper.
2. Add tofu onto the prepared baking sheet and arrange the tofu in an even layer. Drizzle with olive oil and season with garlic powder, ginger, salt, and pepper. Bake for 25 to 30 minutes, tossing the tofu halfway until the tofu is deeply golden on the edges.
3. Meanwhile, cook quinoa according to package instructions. Drain and set aside.
4. Mix all the dressing ingredients in a small mixing bowl and stir well to combine.
5. Add arugula, cooked quinoa, roasted tofu, and cashew to a bowl. Pour dressing over and mix to combine.



Preparation Time: 30 min



Total Time: 45 min



Servings: 1

### Nutritional Values

- Calories: 408
- Carbohydrates: 33g
- Protein: 16g
- Fats: 23g

## ARUGULA STRAWBERRY AND PECAN SALAD

### Ingredients

- 2 cups (40g) arugula
- 1 cup (150g) strawberries, sliced
- ½ avocado
- ¼ cup (38g) pecans , roughly crushed
- 1 tablespoon balsamic vinaigrette
- 1 teaspoon extra-virgin olive oil

### Instructions

1. Toss the arugula, sliced strawberries, and pecans in a serving bowl.
2. Drizzle balsamic vinaigrette and olive oil over the salad and toss to coat.
3. Serve and enjoy!

### Note

Fill a glass or plastic container nearly full with water. With the flesh side down, place the avocado in the container, cover it, and place it in the fridge. This will keep the avocado from turning brown



Preparation Time: 10 min



Total Time: 10 min



Servings: 1

### Nutritional Values

- Calories: 406
- Carbohydrates: 30g
- Protein: 7g
- Fats: 28g



## RAINBOW SALAD

### Ingredients

- 1 cup (200g) cooked brown rice
- ½ avocado, sliced
- 1 cup (150g) cherry tomatoes, halved
- ½ cup (80g) corn kernels
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- sea salt and ground black pepper

### Instructions

1. Combine the cooked brown rice, sliced avocado, halved cherry tomatoes, and corn kernels in a bowl.
2. Add the chopped cilantro, lime juice, and salt to the bowl and toss until all the ingredients are well combined.
3. Serve immediately and enjoy!

### Note

The ingredients in this recipe are high in fiber, antioxidants, and other nutrients that support digestive health, reduce inflammation and support cellular health. Brown rice is a complex carbohydrate that supports digestion and elimination, while avocado is rich in healthy fats that can help the liver remove toxins from the body.



Preparation Time: 10 min



Total Time: 10 min



Servings: 1

### Nutritional Values

- Calories: 406
- Carbohydrates: 30g
- Protein: 7g
- Fats: 28g

## QUINOA VEGGIE SALAD JAR

### Ingredients

- 1 cup (170g) quinoa, rinsed
- 2 cups (480ml) water
- ¼ teaspoon salt
- ½ cup (75g) cherry tomatoes, halved
- ½ cup (75g) cucumber, diced
- ¼ cup (30g) red onion, diced
- ¼ cup (15g) fresh parsley, chopped
- ¼ cup (10g) fresh mint, chopped
- 1 tablespoon olive oil
- 2 tablespoons lemon juice

### Instructions

1. In a medium saucepan, combine the quinoa, water, and salt. Bring to a boil over medium-high heat. Reduce heat to low and simmer for 15-20 minutes or until the quinoa is tender and the water is absorbed.
2. Combine the cooked quinoa, cherry tomatoes, cucumber, red onion, parsley, and mint in a large bowl.
3. Whisk together the olive oil, lemon juice, salt, and pepper in a small bowl. Pour the dressing over the salad and toss to combine.
4. Spoon the salad into four 16-ounce jars. Seal the jars tightly and store in the refrigerator for up to 3 days.



Preparation Time: 20 min



Total Time: 30 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 392
- Carbohydrates: 64g
- Protein: 14g
- Fats: 10g

### Note

Reserve 1 servings for the next day's lunch



## SPINACH LENTIL SALAD

### Ingredients

- 1 cups (30g) of baby spinach
- ½ avocado, diced
- ¾ cup (140g) canned lentils, drained and rinsed
- ¼ red onion, thinly sliced
- ½ cup (75g) cucumber, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar

### Instructions

1. Combine the spinach, avocado, lentils, red onion, and cucumber in a large bowl.
2. Whisk together the olive oil, balsamic vinegar, salt, and pepper in a small bowl to make the dressing.
3. Drizzle the dressing over the salad and toss well to combine.
4. Enjoy!

### Note

Fill a glass or plastic container nearly full with water. With the flesh side down, place the avocado in the container, cover it, and place it in the fridge. This will keep the avocado from turning brown



Preparation Time: 10 min



Total Time: 10 min



Servings: 1

### Nutritional Values

- Calories: 410
- Carbohydrates: 35g
- Protein: 11g
- Fats: 26g

## AVOCADO APPLE SALAD

### Ingredients

#### For the dressing

- 1 teaspoon flaxseed oil
- 1 tablespoon lemon juice
- 1 teaspoon chia seeds
- 1 teaspoon honey
- pinch of salt & pepper

#### For the salad

- 1 cup (30g) spinach
- ½ ripe avocado, pitted and sliced
- 1 medium green apple, cored and sliced
- 1 tablespoon pumpkin seeds

### Instructions

1. Mix the dressing ingredients in a bowl and season to taste with salt and pepper.
2. Place salad ingredients in a large bowl and drizzle with the dressing.

### Note

This avocado apple salad is a delicious and nutritious dish that offers several health benefits. Avocado is a rich source of heart-healthy monounsaturated fats, fiber, and various vitamins and minerals, including potassium, vitamin E, and folate. Apples are also a nutrient-dense ingredient, containing fiber, vitamin C, and antioxidants that can help to reduce inflammation.



Preparation Time: 10 min



Total Time: 10 min



Servings: 1

### Nutritional Values

- Calories: 400
- Carbohydrates: 44g
- Protein: 8g
- Fats: 24g



## BROCCOLI SOUP

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 small onion, diced
- 1 small celery stalk, diced
- 2 garlic cloves, minced
- ½ cup (120ml) unsweetened full-fat coconut milk
- 2 cups (480ml) unsweetened almond milk
- 1 teaspoon whole-grain mustard
- 4 cups (360g) chopped fresh broccoli
- 1 teaspoon lemon juice
- salt & pepper, to taste
- 1 teaspoon flaxseed oil
- sesame seeds for garnish

### Instructions

1. Heat olive oil over medium heat in a large pot.
2. Stir in the onion and celery. Sauté the veggies for about 5 minutes, occasionally stirring, until they soften.
3. Add the garlic cloves, stir, and cook the mixture for about 1 minute.
4. Slowly incorporate the coconut milk until thoroughly mixed in.
5. Stir in almond milk, mustard, and broccoli. Raise the heat and bring the liquid to a boil.
6. Lower the heat and allow the soup to simmer for about 10 minutes, occasionally stirring, until the broccoli is tender and the liquid thickens.
7. Add lemon juice, then use an immersion blender to blend the soup.
8. Season the soup with salt and pepper to taste and drizzle with flaxseed oil.



Preparation Time: 20 min



Total Time: 30 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 335
- Carbohydrates: 30g
- Protein: 10g
- Fats: 19g

### Note

Reserve 1 serving for the next day's dinner

## AVOCADO ASPARAGUS SALAD

### Ingredients

- ½ bunch asparagus
- 1 avocado, sliced
- 1 cup (30g) spinach or kale
- 1 teaspoon olive oil
- 1 tablespoon lime juice
- 1 tablespoon flaxseeds
- salt and pepper, to taste

### Instructions

1. Wash the asparagus and remove any tough stalks. Add about an inch of water in a large pan and bring it to a boil. Add the asparagus and cook just a few minutes until tender and bright green. Drain and plunge into a bowl of ice water to stop the asparagus from cooking.
2. Drain the asparagus once it's cool and pat dry. Cut into bite-size pieces.
3. Place the asparagus pieces in a salad bowl. Add the avocado and spinach or kale.
4. Drizzle the salad with olive oil and lime juice. Add flaxseeds, salt, and pepper, to taste. Gently toss the salad.

### Nutritional Values

- Calories: 400
- Carbohydrates: 23g
- Protein: 9g
- Fats: 34g



Preparation Time: 10 min



Total Time: 15 min



Servings: 1

### Note

Avocados are a source of key nutrients, including healthy fats and fiber. They also contain anti-inflammatory and antioxidant compounds and may help reduce heart disease risk. Nutritious, versatile, and delicious, avocados have become a kitchen staple in many homes around the world.



## ROASTED CHICKPEAS AND VEGETABLES

### Ingredients

- 1 cup (160g) canned chickpeas, drained and rinsed
- ½ medium zucchini
- ½ cup (50g) broccoli
- ½ small sweet potato
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon garlic powder
- ½ teaspoon turmeric powder
- 1 teaspoon flaxseed oil

### Instructions

1. Preheat the oven to 400°F (200°C) and prepare a baking sheet lined with parchment paper.
2. Add all the vegetables to a medium mixing bowl. Season with herbs and spices; toss well to combine.
3. Spread everything out to a single layer, then roast for 40-45 mins, tossing once or twice until the vegetables are roasted and brown around the edges. When done cooking, drizzle with flaxseed oil.

### Nutritional Values

- Calories: 385
- Carbohydrates: 58g
- Protein: 13g
- Fats: 10g



Preparation Time: 10 min



Total Time: 15 min



Servings: 1

### Note

Chickpeas are a good source of both soluble and insoluble fiber, which can promote healthy digestion, reduce constipation and improve overall gut health.

## KALE AND BRUSSELS SPROUTS SALAD

### Ingredients

- 1 cup (60g) kale, chopped
- 1 cup (90g) Brussels sprouts, shredded
- ¼ cup (30g) almonds, sliced or crushed
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 clove garlic, minced

### Instructions

1. Preheat the oven to 350°F. Spread the almonds on a baking sheet and toast them in the oven for 5-7 minutes or until golden brown.
2. Combine the chopped kale and shredded Brussels sprouts in a large mixing bowl.
3. Whisk together the olive oil, lemon juice, minced garlic, salt, and pepper to make the dressing in a separate small mixing bowl.
4. Pour the dressing over the kale and Brussels sprouts and toss to coat evenly.
5. Sprinkle the toasted almonds on top of the salad.

### Nutritional Values

- Calories: 400
- Carbohydrates: 22g
- Protein: 13g
- Fats: 33g



Preparation Time: 15 min



Total Time: 25 min



Servings: 1

### Note

This healthy and flavorful salad combines the nutritional powerhouse of kale with the unique taste and texture of shredded Brussels sprouts. The addition of toasted slivered almonds adds a satisfying crunch and nutty flavor. The simple yet zesty dressing of olive oil, lemon juice, and minced garlic ties all the flavors together, making this dish a perfect light meal.



## SALMON COUSCOUS SALAD

### Ingredients

- 2 x 4oz (110g) salmon fillets
- 1 tablespoon olive oil
- dash of salt & pepper
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 2 limes, 1 halved & 1 zested & juiced
- ½ cup (85g) couscous
- 2 tablespoons water
- 1 cucumber, diced
- 2 tablespoons parsley, chopped
- 1 tablespoon mint leaves, chopped
- 1 cup (20g) arugula
- 2 green onions, sliced

### Instructions

1. Heat the oven to 400°F (200°C). Line a baking sheet with baking paper. Place the salmon fillets skin-side-down on the baking sheet. Drizzle with olive oil, season with salt, pepper, ½ teaspoon of cumin, and ½ teaspoon of turmeric. Place the halved lime, cut side up, next to the salmon.
2. Place the baking sheet and roast the salmon for 18-20 minutes until cooked.
3. In the meantime, cook the couscous according to the instructions on the packaging.
4. Prepare the dressing by combining the water, lime zest, and juice, and whisk until smooth. Add the remaining ½ teaspoon of cumin, the cucumber, and most of the parsley and mint. Mix well.
5. Add the cooked couscous and arugula to the dressing and toss to combine. Remove the skin from the cooked salmon and flake it with a fork.
6. Add the salmon to the couscous, and mix gently. To serve, squeeze the roasted lime over the salad; garnish with green onions, parsley, and mint.



Preparation Time: 15 min



Total Time: 25 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 405
- Carbohydrates: 37g
- Protein: 29g
- Fats: 17g

### Note

Reserve 1 servings for the next day's dinner

## GREEN BEAN SALAD WITH SWEET & SOUR MUSTARD VINAIGRETTE

### Ingredients

- 1 cup (100g) green beans, trimmed & halved
- 1 tablespoon lemon juice
- 1 teaspoon balsamic vinegar
- 1 teaspoon honey
- 1 teaspoon whole-grain mustard
- 1 tablespoon avocado oil
- ½ cup (10g) fresh chives, chopped
- pinch of salt & pepper
- 1 cup (180g) canned chickpeas, drained and rinsed
- ½ cup radishes, sliced

### Instructions

1. Bring a large pot of salted water to a boil, add the green beans, and cook until tender, approximately 4 minutes. Drain the beans and rinse under cold running water.
2. Mix the vinegar, honey, whole-grain mustard, avocado oil, and fresh chives in a small bowl—season with salt and pepper.
3. In a large bowl, toss together the green beans, chickpeas, and radishes. Drizzle with the dressing and toss well to combine. Taste and adjust the seasonings, if necessary.

### Nutritional Values

- Calories: 390
- Carbohydrates: 45g
- Protein: 12g
- Fats: 18g



Preparation Time: 15 min



Total Time: 25 min



Servings: 1

### Note

Avocado oil can be replaced with extra-virgin olive oil or flaxseed oil.



## LETTUCE AVOCADO AND STRAWBERRY SALAD

### Ingredients

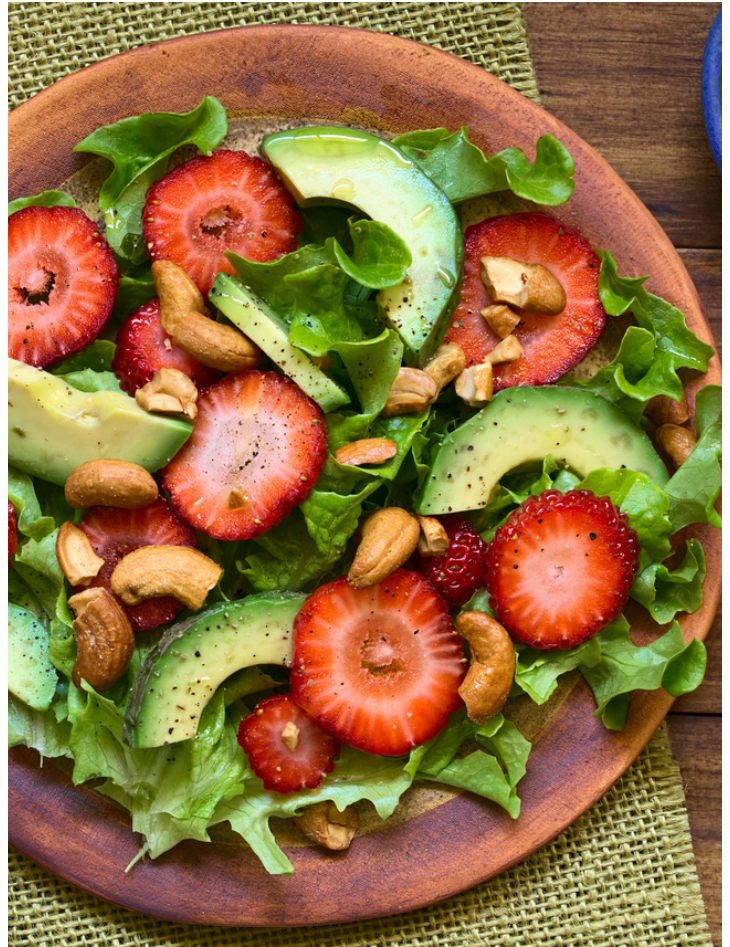
- 1 cup (30g) lettuce, chopped
- ½ cup (70g) strawberries, sliced
- 1 ripe avocado, sliced
- ¼ oz (14g) cashews, sliced or crushed
- 1 teaspoon olive oil
- 1 tablespoon lemon juice

### Instructions

1. Combine all the ingredients in a serving bowl or plate and toss to combine.

### Nutritional Values

- Calories: 397
- Carbohydrates: 25g
- Protein: 7g
- Fats: 34g



Preparation Time: 10 min



Total Time: 10 min



Servings: 1

### Note

This healthy and flavorful salad combines lettuce's nutritional powerhouse with strawberries' unique sweet taste. The addition of cashews adds a satisfying crunch and nutty flavor.

## MANGO CUCUMBER SALAD

### Ingredients

- 1 cup (30g) lettuce, chopped
- 1 cup (165g) mango, cubed
- 1 cup (120g) cucumber, sliced
- 1 red onion, sliced
- 1 tablespoon flaxseeds
- 1 tablespoon olive oil
- 1 tablespoon lemon juice

### Instructions

1. Combine all the ingredients in a serving bowl or plate and toss to combine.

### Nutritional Values

- Calories: 386
- Carbohydrates: 50g
- Protein: 7g
- Fats: 21g



Preparation Time: 10 min



Total Time: 10 min



Servings: 1

### Note

This healthy and flavorful salad combines lettuce's nutritional powerhouse with mango's unique sweet taste and the refreshing taste of cucumbers. The addition of flaxseeds adds a satisfying crunch and nutty flavor.



## KALE BOWL WITH QUINOA CHICKPEAS AND BUTTERNUT SQUASH

### Ingredients

- 1 cup (185g) quinoa, rinsed and drained
- 2 cups (400g) butternut squash, cubed and roasted
- 2 cups (400g) chickpeas, drained and rinsed
- 3 cups (70g) kale leaves, chopped
- ½ cup (60g) red onion, diced
- 2 tablespoons olive oil
- ½ teaspoon cumin
- ¼ teaspoon chili powder
- Salt and pepper, to taste

### Instructions

1. Combine the cooked quinoa, squash, chickpeas, kale, diced red onion, and chopped cilantro in a bowl.
2. Drizzle with olive oil and lime juice, and season with cumin, chili (optional), salt, and pepper.
3. Toss well to combine. Divide between 2 bowls or containers.
4. Serve and enjoy!

### Nutritional Values

(per serving)

- Calories: 394
- Carbohydrates: 56g
- Protein: 11g
- Fats: 14g



Preparation Time: 10 min



Total Time: 10 min



Servings: 2

### Note

- This kale bowl with quinoa, chickpeas, and butternut squash is a powerhouse of nutrition. Kale is a low-calorie vegetable high in fiber, vitamins, and minerals. It is especially rich in vitamin K, essential for bone health and blood clotting.
- Reserve 1 serving for the next day's lunch.

## QUINOA BOWL WITH AVOCADO BLUEBERRIES AND NUTS

### Ingredients

- ¼ cup (45g) dry quinoa
- 1 cup (240ml) water
- ¼ avocado, sliced
- ¼ cup (35g) blueberries
- ¼ cup (30g) mixed nuts (such as almonds, walnuts, and pecans)
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

### Instructions

1. Rinse the quinoa in a fine mesh strainer and add it to a medium saucepan with water. Bring to a boil, then reduce the heat to low and simmer for about 15 minutes, or until the water is absorbed and the quinoa is tender.
2. While the quinoa is cooking, prepare the toppings. Slice the avocado and wash the blueberries. Roughly chop the mixed nuts.
3. Whisk the olive oil, balsamic vinegar, salt, and pepper in a small bowl to make the dressing.
4. Once the quinoa is cooked, divide it between two bowls. Top each bowl with the sliced avocado, blueberries, and mixed nuts.
5. Drizzle the dressing over the top of each bowl, and serve.



Preparation Time: 25 min



Total Time: 35 min



Servings: 1

### Nutritional Values

- Calories: 406
- Carbohydrates: 34g
- Protein: 9g
- Fats: 26g



## ROASTED PUMPKIN WITH PECAN NUTS AND ARUGULA

### Ingredients

- 1 small pumpkin, peeled and diced into small cubes
- 1 tablespoon olive oil
- Salt and pepper to taste
- ¼ cup (38g) pecan nuts, roughly chopped
- 2 cups (40g) arugula
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey

### Instructions

1. Preheat the oven to 400°F (200°C).
2. Toss the pumpkin cubes with the olive oil, salt, and pepper in a mixing bowl until coated.
3. Spread the pumpkin cubes in a single layer on a baking sheet, and roast in the oven for 20-25 minutes or until tender and lightly browned.
4. Whisk the balsamic vinegar and honey in a small bowl to make a dressing.
5. Once the pumpkin is done, remove it from the oven and let it cool slightly.
6. Arrange the arugula on a large plate or serving platter to assemble the salad. Top with the roasted pumpkin cubes and pecan nuts.
7. Drizzle the balsamic honey dressing over the top of the salad, and serve.



Preparation Time: 25 min



Total Time: 35 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 406
- Carbohydrates: 44g
- Protein: 6g
- Fats: 24g

### Note

Reserve 1 servings for the next day's lunch

## SPINACH LENTIL SALAD

### Ingredients

- 2 cups baby spinach
- ½ avocado, diced
- ¾ cup (55g) canned lentils, drained and rinsed
- ¼ red onion, thinly sliced
- ½ cup (50g) cucumber, chopped
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar

### Instructions

1. Combine the spinach, avocado, lentils, red onion, and cucumber in a large bowl.
2. Whisk together the olive oil, balsamic vinegar, salt, and pepper in a small bowl to make the dressing.
3. Drizzle the dressing over the salad and toss well to combine.
4. Enjoy!

### Note

Fill a glass or plastic container nearly full with water. With the flesh side down, place the avocado in the container, cover it, and place it in the fridge. This will keep the avocado from turning brown.



Preparation Time: 10 min



Total Time: 10 min



Servings: 1

### Nutritional Values

- Calories: 410
- Carbohydrates: 35g
- Protein: 11g
- Fats: 26g



## OVEN ROASTED SWEET POTATOES WITH AVOCADO DIP

### Ingredients

#### Oven-Roasted Potatoes:

- 2 medium sweet potatoes
- 1 tablespoon extra-virgin olive oil
- Pinch of salt and pepper

#### Avocado Dip:

- 1 ripe avocado
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lime juice
- 1 teaspoon freshly chopped cilantro or parsley
- ½ teaspoon dried oregano
- Pinch of salt and pepper

### Instructions

1. Preheat the oven to 400°F (200°C) and prepare a baking tray lined with parchment paper.
2. Wash and peel the potatoes. Halve the potatoes lengthwise, then cut each half in half and, finally, each quarter in half again.
3. Place the wedges on the baking tray, drizzle with olive oil, and season with salt and pepper. Bake for 12-15 minutes, then flip the wedges to the other side. Bake for another 12-15 minutes until charred and soft through.
4. Meanwhile, prepare the avocado dip: lightly mash the avocado in a small mixing bowl using a fork. Drizzle with olive oil and lime juice, and season with herbs, salt, and pepper. Mix gently to combine.
5. Enjoy roasted sweet potatoes with avocado dip on the side.



Preparation Time: 30 min



Total Time: 40 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 411
- Carbohydrates: 34g
- Protein: 4g
- Fats: 25g

### Note

Reserve 1 servings for the next day's dinner

## HUMMUS WITH ROASTED BROCCOLI

### Ingredients

- 1 head of broccoli, cut into florets
- 1 tbsp olive oil
- Salt and pepper to taste

### For the hummus

- 1 can chickpeas, drained and rinsed
- ¼ cup (60g) tahini
- Juice of ½ lemon
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

### Instructions

1. Preheat the oven to 425°F.
2. Spread the broccoli florets on a baking sheet and drizzle with olive oil—season with salt and pepper to taste.
3. Roast the broccoli in the oven for 15-20 minutes or until it is tender and lightly browned.
4. While the broccoli is roasting, prepare the hummus. Combine chickpeas, tahini, lemon juice, and garlic in a food processor or blender. Blend the mixture until it is well combined and smooth.
5. Slowly drizzle in the olive oil with the motor running until the mixture becomes creamy and emulsified.
6. If the hummus is too thick, add water 1 tablespoon at a time until it reaches your desired consistency.
7. Season the hummus with salt and pepper to taste.
8. Serve the hummus chilled with roasted broccoli.



Preparation Time: 20 min



Total Time: 30 min



Servings: 2

### Nutritional Values

(per serving)

- Calories: 415
- Carbohydrates: 44g
- Protein: 18g
- Fats: 22g

### Note

Reserve 1 servings for the next day's dinner