

# Blackberry Ginger Fizz

5 ingredients · 5 minutes · 2 servings



## Directions

1. Using a mortar + pestle, or in a small bowl with a wooden spoon, muddle the blackberry and grated ginger together.
2. Add mixture to a pitcher or divide among glasses filled with ice. Squeeze in liquid stevia for sweetness if desired. Top with sparkling water, garnish with lime wedges and enjoy!

## Notes

### No Fresh Ginger

Use a splash of ginger beer or ginger ale

## Ingredients

- 1/4 cup Blackberries
- 1 tbsp Ginger (Grated)
- 4 Liquid Stevia (Drops, Optional)
- 4 cups Sparkling Water
- 1 Lime (Wedges for Garnish)

## Nutrition

	Amount per serving		
Calories	16	Cholesterol	0mg
Fat	0g	Sodium	11mg
Carbs	4g	Vitamin A	50IU
Fiber	1g	Vitamin C	11mg
Sugar	1g	Calcium	56mg
Protein	0g	Iron	0mg

# Cucumber Mint Mojito

5 ingredients · 5 minutes · 2 servings



## Directions

1. Using a mortar + pestle, or in a small bowl with a wooden spoon, muddle the cucumber and mint together. Squeeze the juice of 2 limes into the bowl and stir together.
2. Add mixture to a pitcher or divide among glasses filled with ice. Squeeze in liquid stevia for sweetness if desired. Top with sparkling water, garnish with lime wedges or cucumber slices, and enjoy!

## Ingredients

**1/4 Cucumber (Finely Chopped)**  
**1/4 cup Mint Leaves**  
**2 Lime (Juice)**  
**4 Liquid Stevia (Drops, Optional)**  
**4 cups Sparkling Water**

## Nutrition

Amount per serving

<b>Calories</b>	19	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	13mg
<b>Carbs</b>	6g	Vitamin A	198IU
Fiber	1g	Vitamin C	15mg
Sugar	1g	Calcium	68mg
<b>Protein</b>	1g	Iron	0mg

# Quinoa Veggie Stuffed Peppers

14 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 375 degrees F. Lightly grease a baking dish with coconut oil spray.
2. Cut the top off each bell pepper and scoop out the seeds. Set aside.
3. In a large skillet heat 1/2 Tbsp olive oil over medium-heat heat and add minced garlic, tofu, and green onions. Add salt and pepper to taste. Saute until tofu is lightly browned. Transfer to a large mixing bowl.
4. To the tofu mixture add quinoa, remaining olive oil, goat cheese (or vegan cheese), baby spinach, parsley, smoked paprika, and cayenne pepper.
5. Stuff each pepper with mixture (press down) and sprinkle with turmeric.
6. Transfer peppers to a lightly greased baking dish and bake for 25-30 minutes until lightly browned on top.

## Notes

### Extra Filling

Store extra filling in an airtight container in the fridge for 3-4 days.

### Vegan Cheese

Instead of goat cheese use Kite Hill chive cream cheese style spread.

## Ingredients

- 1 tsp Coconut Oil (Spray)
- 4 Red Bell Pepper
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (Tbsp Minced)
- 1 1/4 lbs Tofu (1 Package Crumbled)
- 4 stalks Green Onion (Chopped)
- Sea Salt & Black Pepper (To Taste)
- 2 cups Quinoa (Cooked)
- 1/4 cup Goat Cheese (Herbed Goat Cheese or Vegan Cheese)
- 2 cups Baby Spinach (Chopped)
- 1/2 cup Parsley (Chopped)
- 1 tsp Smoked Paprika
- 1 tsp Cayenne Pepper
- 1 tsp Turmeric

## Nutrition

	Amount per serving		
Calories	342	Cholesterol	3mg
Fat	16g	Sodium	96mg
Carbs	32g	Vitamin A	6719IU
Fiber	8g	Vitamin C	168mg
Sugar	7g	Calcium	223mg
Protein	20g	Iron	6mg

# Turmeric Lime Baked Cod

7 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat oven to 425 degrees F.
2. Lightly grease a baking sheet with coconut oil spray.
3. Rinse fresh or thawed cod and place on baking sheet (or cook from frozen). Top with salt, pepper, turmeric, parsley, lime slices, and drizzle with avocado oil.
4. Bake for 15-20 minutes until easily flakes with a fork.

## Notes

### Vegan

Use tofu or tempeh

## Ingredients

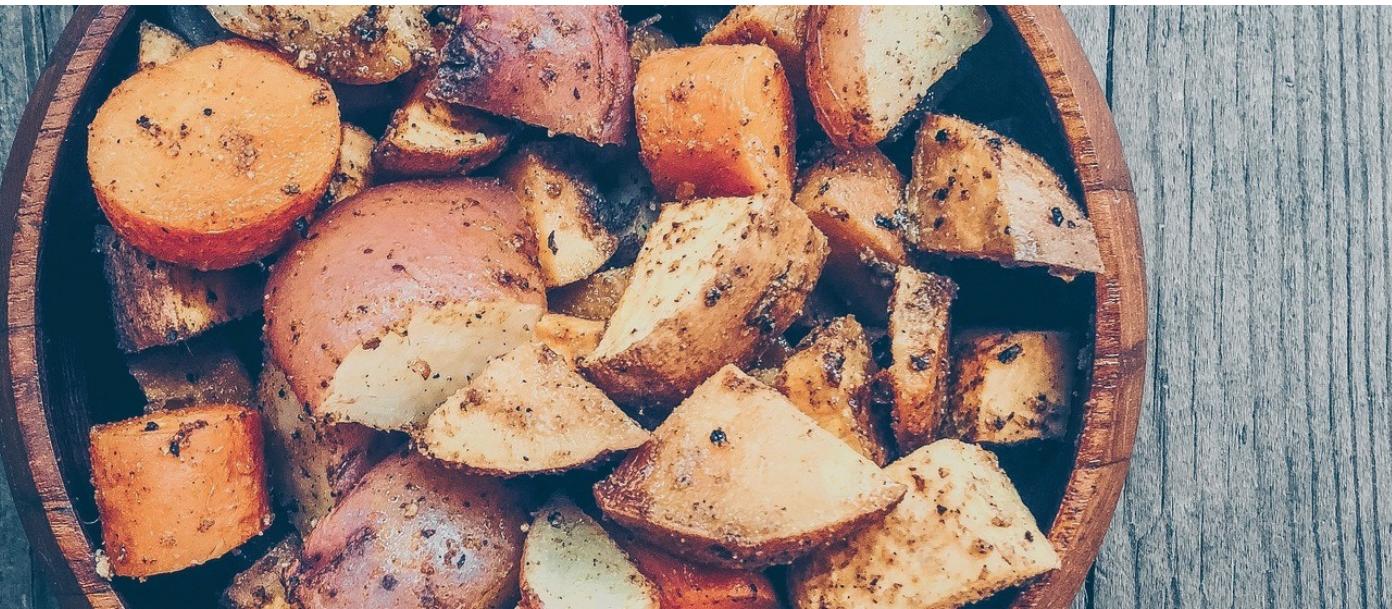
- 2 Cod Fillet
- 1 tbsp Extra Virgin Olive Oil
- 2 tsps Turmeric
- 1 Lime (Sliced)
- 1/4 cup Parsley (Finely Chopped)
- Sea Salt & Black Pepper (To Taste)
- 1 tsp Coconut Oil (Spray)

## Nutrition

	Amount per serving		
Calories	286	Cholesterol	99mg
Fat	11g	Sodium	131mg
Carbs	4g	Vitamin A	735IU
Fiber	1g	Vitamin C	19mg
Sugar	1g	Calcium	55mg
Protein	42g	Iron	3mg

# Roasted Curried Root Veggies

10 ingredients · 30 minutes · 6 servings



## Directions

1. Preheat oven to 425 degrees F.
2. In a large mixing bowl combine chopped carrots, sweet potatoes, and potatoes.
3. Add olive oil, curry powder, garam masala, garlic powder, salt, and pepper and mix to combine.
4. Lightly grease a baking sheet with coconut oil spray. Transfer root veggies to baking sheet and bake for 20-25 minutes until lightly browned and crispy.
5. Top with ground almonds (optional).

## Notes

### Instead of 2 Yellow Potatoes

Use 4 small to medium red skinned potatoes

## Ingredients

- 6 Carrot (Chopped)
- 2 Sweet Potato (Chopped)
- 2 Yellow Potato (Chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 2 tsps Garlic Powder
- Sea Salt & Black Pepper (To Taste)
- 1 tsp Coconut Oil (Spray)
- 1/2 cup Almonds (Ground, Optional)

## Nutrition

	Amount per serving		
Calories	225	Cholesterol	0mg
Fat	12g	Sodium	69mg
Carbs	28g	Vitamin A	16339IU
Fiber	6g	Vitamin C	14mg
Sugar	6g	Calcium	78mg
Protein	5g	Iron	2mg

# Vegan Tzatziki Sauce

8 ingredients · 5 minutes · 4 servings



## Directions

1. In a small mixing bowl combine finely chopped cucumber, onion, dill, cilantro, almond milk Greek yogurt, minced garlic, lemon juice, salt, and pepper.

## Notes

### Topping

Add a drizzle of tahini sauce

## Ingredients

- 1/2 Cucumber (Finely Chopped)
- 1/4 Yellow Onion (Finely Chopped)
- 1/4 cup Fresh Dill (Chopped)
- 1/4 cup Cilantro
- 1/4 cup Unsweetened Almond Greek Yogurt (Kite Hill)
- 1 Garlic (Tbsp Minced)
- 1/2 Lemon (Juice)
- Sea Salt & Black Pepper (To Taste)

## Nutrition

Amount per serving

Calories	34	Cholesterol	0mg
Fat	2g	Sodium	8mg
Carbs	4g	Vitamin A	150IU
Fiber	0g	Vitamin C	5mg
Sugar	2g	Calcium	75mg
Protein	2g	Iron	0mg

# Mediterranean Falafel Boats

18 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat oven to 420 degrees F.
2. Add almonds and oats to a blender and pulse to form a flour. Transfer to a medium-sized mixing bowl and add ground flax, salt, pepper, and cumin.
3. In a food processor or high speed blender add chickpeas, parsley, basil, 1 Tbsp minced garlic, juice of 1/2 lemon and pulse until combined but slightly chunky. Combine this mixture with the dry ingredients.
4. Roll mixture into balls. Heat a cast iron skillet coated in olive oil over medium-high heat. Add falafel balls to the skillet and brown on both sides. Transfer skillet to the oven and bake for about 10 minutes.
5. While falafel is baking make the vegan tzatziki sauce by combining finely chopped cucumber, onion, dill, cilantro, almond milk Greek yogurt, 1 Tbsp minced garlic, juice of 1/2 lemon, salt, and pepper in a small mixing bowl.
6. Assemble boats: romaine lettuce leaf, falafel, vegan tzatziki sauce, sliced cucumbers, and tomatoes.

## Notes

### Topping

Add a drizzle of tahini sauce

## Ingredients

- 1/2 cup Almonds
- 1/2 cup Oats
- 3 tbsps Ground Flax Seed
- 1 tsp Cumin
- Sea Salt & Black Pepper (To Taste)
- 4 cups Chickpeas (2 15-oz Cans, Drained + Rinsed)
- 1/4 cup Parsley
- 1/4 cup Basil Leaves
- 2 Garlic (Tbsp Minced)
- 1 Lemon (Juice)
- 1 tbsp Extra Virgin Olive Oil
- 1 Cucumber (1/2 Finely Chopped, 1/2 Sliced)
- 1/4 Yellow Onion (Finely Chopped)
- 1/4 cup Fresh Dill (Chopped)
- 1/4 cup Cilantro
- 1/4 cup Unsweetened Almond Greek Yogurt (Kite Hill)
- 1/2 cup Cherry Tomatoes (Sliced)
- 12 leaves Romaine

## Nutrition

Amount per serving

Calories	531	Cholesterol	0mg
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<b>Fat</b>	21g	Sodium	31mg
<b>Carbs</b>	67g	Vitamin A	8108IU
Fiber	20g	Vitamin C	22mg
Sugar	13g	Calcium	265mg
<b>Protein</b>	24g	Iron	8mg

# Baked Falafel

11 ingredients · 30 minutes · 4 servings

## Directions

1. Preheat oven to 420 degrees F.
2. Add almonds and oats to a blender and pulse to form a flour. Transfer to a medium-sized mixing bowl and add ground flax, salt, pepper, and cumin.
3. In a food processor or high speed blender add chickpeas, parsley, basil, minced garlic, lemon juice and pulse until combined but slightly chunky. Combine this mixture with the dry ingredients.
4. Roll mixture into balls. Heat a cast iron skillet coated in olive oil over medium-high heat. Add falafel balls to the skillet and brown on both sides. Transfer skillet to the oven and bake for about 10 minutes.

## Notes

### Topping

Add a drizzle of tahini sauce

## Ingredients

**1/2 cup** Almonds  
**1/2 cup** Oats  
**3 tbsps** Ground Flax Seed  
**1 tsp** Cumin  
Sea Salt & Black Pepper (To Taste)  
**4 cups** Chickpeas (2 15-oz Cans, Drained + Rinsed)  
**1/4 cup** Parsley  
**1/4 cup** Basil Leaves  
**1** Garlic (Tbsp Minced)  
**1/2** Lemon (Juice)  
**1 tbsp** Extra Virgin Olive Oil

## Nutrition

Amount per serving

<b>Calories</b>	473	Cholesterol	0mg
<b>Fat</b>	19g	Sodium	15mg
<b>Carbs</b>	58g	Vitamin A	446IU
Fiber	17g	Vitamin C	10mg
Sugar	9g	Calcium	155mg
<b>Protein</b>	21g	Iron	7mg

# Tahini Sauce

7 ingredients · 5 minutes · 4 servings



## Directions

1. Add tahini, olive oil, coconut aminos, lemon juice, garlic powder, and salt to a small mixing bowl. Stir well to combine.
2. Add water until desired consistency.

## Ingredients

**1/4 cup** Tahini  
**1 tbsp** Extra Virgin Olive Oil  
**1 tsp** Coconut Aminos  
**1 tbsp** Lemon Juice (Juice)  
**1/2 tsp** Garlic Powder  
**1/2 tsp** Sea Salt  
**2 tbsps** Water

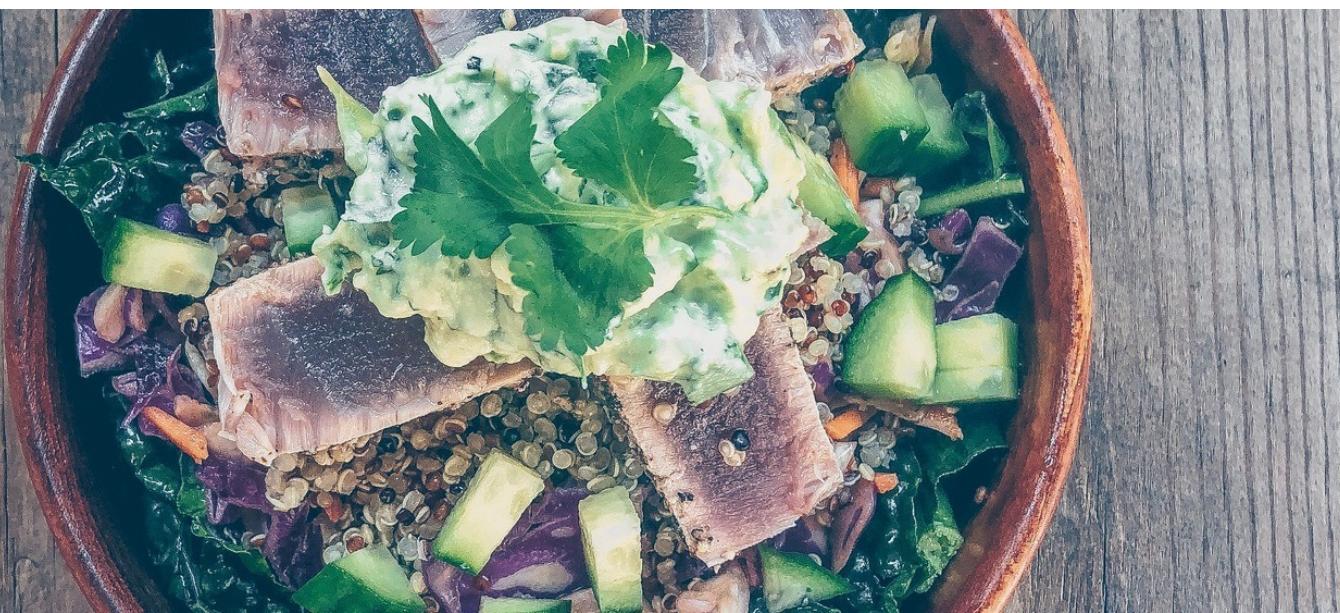
## Nutrition

Amount per serving

<b>Calories</b>	122	Cholesterol	0mg
<b>Fat</b>	11g	Sodium	335mg
<b>Carbs</b>	4g	Vitamin A	10IU
Fiber	1g	Vitamin C	1mg
Sugar	0g	Calcium	65mg
<b>Protein</b>	3g	Iron	1mg

# Ahi Tuna Bowl

13 ingredients · 20 minutes · 2 servings



## Directions

1. Cook quinoa according to package instructions. Set aside.
2. Heat olive oil in a cast iron skillet over medium-high heat. Coat both sides of the ahi tuna steaks with salt, pepper, and lime juice. Cook for about 2 minutes per side or until cooked to desired doneness. Remove from skillet and cut into slices.
3. In a medium sized bowl combine 1/2 Tbsp apple cider vinegar, salt, pepper, cayenne, and 1/2 Tbsp olive oil. Add in purple cabbage and toss to combine.
4. In a small bowl combine avocado, almond milk yogurt, 1/2 Tbsp apple cider vinegar, lemon juice cilantro, salt and pepper for the avocado cream.
5. Assemble bowl with meal prepped kale salad, 1/2 cup cabbage, 1/2 cup quinoa, cucumbers, ahi tuna, and 2 Tbsp avocado cream.

## Notes

### Serving Suggestion

Serve over meal prepped kale salad

### Shredded Cabbage

Save time and buy pre-shredded cabbage - Trader Joe's has a shredded green & red cabbage with orange carrot mix

### Vegan

Use tofu instead of tuna

## Ingredients

- 1 1/2 tbsps** Extra Virgin Olive Oil  
**6 ozs** Tuna Steak (Rinsed)  
Sea Salt & Black Pepper (To Taste)  
**1** Lime (Juice)  
**1 cup** Quinoa (Cooked)  
**1 tbsp** Apple Cider Vinegar  
**1/2 tsp** Cayenne Pepper  
**2 cups** Purple Cabbage (Shredded)  
**1/2** Avocado  
**1/4 cup** Unsweetened Almond Greek Yogurt (Kite Hill)  
**1/2** Lemon (Juice)  
**1/4 cup** Cilantro (Finely Chopped)  
**1/4** Cucumber (Chopped)

## Nutrition

Amount per serving

<b>Calories</b>	483	Cholesterol	40mg
<b>Fat</b>	23g	Sodium	83mg
<b>Carbs</b>	37g	Vitamin A	1499IU
Fiber	8g	Vitamin C	69mg
Sugar	7g	Calcium	77mg
<b>Protein</b>	34g	Iron	3mg

# Spinach Pesto Red Lentil Pasta

10 ingredients · 15 minutes · 6 servings



## Directions

1. Cook red lentil pasta according to package instructions.
2. Place basil, spinach, pine nuts, sunflower seeds, olive oil, lemon juice, minced garlic, nutritional yeast, salt, and pepper into a blend and pulse until combined.
3. Add pesto to cooked pasta and enjoy!

## Ingredients

**12 ozs** Red Lentil Pasta  
**1/2 cup** Basil Leaves  
**1 cup** Baby Spinach  
**1/4 cup** Pine Nuts  
**1/4 cup** Sunflower Seeds  
**1 tbsps** Extra Virgin Olive Oil  
**1/2 Lemon** (Juice)  
**1 Garlic** (Tbsp Minced)  
**1 tbsps** Nutritional Yeast  
Sea Salt & Black Pepper (To Taste)

Nutrition	Amount per serving		
Calories	285	Cholesterol	0mg
Fat	9g	Sodium	6mg
Carbs	35g	Vitamin A	577IU
Fiber	4g	Vitamin C	4mg
Sugar	0g	Calcium	14mg
Protein	15g	Iron	1mg

Calories	285	Cholesterol	0mg
Fat	9g	Sodium	6mg
Carbs	35g	Vitamin A	577IU
Fiber	4g	Vitamin C	4mg
Sugar	0g	Calcium	14mg
Protein	15g	Iron	1mg

# Baked Lemon Salmon

7 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat oven to 425 degrees F. Line a baking sheet with foil or lightly grease with coconut oil spray.
2. Rinse fresh or thawed salmon and place on baking sheet (or you may cook from frozen).
3. Add salt, pepper, minced garlic, basil, and olive oil to salmon. Top with lemon slices and place in the oven for 20-25 minutes.
4. Salmon should flake easily with a fork when done.

## Notes

### Vegan

Use tofu or tempeh

## Ingredients

- 1 tbsp Coconut Oil (Spray)
- 1 lb Salmon Fillet
- Sea Salt & Black Pepper (To Taste)
- 1 Garlic (Tbsp Minced)
- 2 tsps Dried Basil
- 2 tsps Extra Virgin Olive Oil
- 1 Lemon (Sliced)

## Nutrition

	Amount per serving		
Calories	326	Cholesterol	52mg
Fat	27g	Sodium	496mg
Carbs	2g	Vitamin A	402IU
Fiber	0g	Vitamin C	12mg
Sugar	0g	Calcium	26mg
Protein	19g	Iron	1mg

# Red Coconut Curry

18 ingredients · 30 minutes · 4 servings



## Directions

1. Cook quinoa according to package instructions. Set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add onion and saute until translucent.
3. Add tofu, mushrooms, green pepper, cabbage, green onions, and salt and pepper to taste. Saute for 5-7 minutes until lightly browned.
4. Add curry powder, garlic powder, cayenne pepper, coconut milk, tomato paste, red bell pepper, red hot chili pepper, ginger, and lime juice to a blender and blend until smooth.
5. Add red curry sauce to veggies. Reduce heat to medium-low and simmer for about 5 minutes.
6. Serve coconut curry over quinoa. Enjoy!

## Notes

### No Quinoa

Use brown rice or cauliflower rice

## Ingredients

- 2 cups Quinoa (Cooked)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 White Onion (Chopped)
- 1 1/4 lbs Tofu (1 Package, Cubed)
- 2 cups Shiitake Mushrooms (Sliced)
- 1 Green Bell Pepper (Sliced)
- 2 cups Green Cabbage (Roughly Chopped)
- 4 stalks Green Onion (Chopped)
- Sea Salt & Black Pepper (To Taste)
- 1 tbsp Curry Powder
- 2 tsps Garlic Powder
- 1 tsp Cayenne Pepper
- 2 cups Organic Coconut Milk (1 13.5-oz Can)
- 2 tbsps Tomato Paste
- 1/2 Red Bell Pepper
- 1 Red Hot Chili Pepper
- 1 tbsp Ginger
- 1/2 Lime (Juice)

## Nutrition

Amount per serving

Calories	575	Cholesterol	0mg
Fat	35g	Sodium	92mg
Carbs	47g	Vitamin A	1523IU

Fiber	10g	Vitamin C	82mg
Sugar	11g	Calcium	227mg
<b>Protein</b>	22g	Iron	6mg

# Balsamic Tempeh + Zoodles w/ Mushroom Cream Sauce

18 ingredients · 20 minutes · 3 servings



## Directions

1. In a large skillet heat 1 Tbsp olive oil over medium-high heat and add onion and 1/2 Tbsp minced garlic. Saute until translucent.
2. Add tempeh, balsamic vinegar, maple syrup, dried thyme, salt, and pepper and saute for 2-3 minutes. Sauce should form a glaze.
3. Add mushrooms and cherry tomatoes and cook until soft, about 3-5 minutes.
4. Push tempeh and veggies to the sides of the pan to form a hole. Add in spinach then zoodles. Sprinkle with salt and toss until spinach wilts and zoodles are soft.
5. In a blender add remaining 1 Tbsp olive oil, remaining 1/2 Tbsp minced garlic, cashews, lemon juice, water, salt, and pepper and blend until smooth. Add sauce to pan and toss until evenly coated.
6. Transfer to a bowl and top with hemp seeds + pumpkin seeds and cayenne pepper (optional).

## Notes

**Thicker Sauce**  
Use less water

## Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Sweet Onion (Chopped)
- 1 Garlic (Tbsp minced)
- 2 cups Mushrooms (Baby Bella or White Button, Chopped)
- 1 cup Cherry Tomatoes (Halved)
- 8 1/16 ozs Tempeh (8 oz Package, Cubed)
- 3 tbsps Balsamic Vinegar
- 1 tsp Maple Syrup
- 1 tsp Dried Thyme
- Sea Salt & Black Pepper (To Taste)
- 1/2 cup Cashews
- 1 Lemon (Juice)
- 1/2 cup Water
- 3 Zucchini (Zoodles)
- 3 cups Baby Spinach
- 1 tsp Cayenne Pepper (Optional)
- 2 tbsps Hemp Seeds
- 2 tbsps Pumpkin Seeds

## Nutrition

Amount per serving

Calories	540	Cholesterol	0mg
Fat	34g	Sodium	71mg

<b>Carbs</b>	40g	Vitamin A	3884IU
Fiber	7g	Vitamin C	64mg
Sugar	18g	Calcium	212mg
<b>Protein</b>	28g	Iron	8mg

# Veggie Asian Fusion w/ Cauli Rice

16 ingredients · 30 minutes · 4 servings



## Directions

1. In a large skillet heat olive oil over medium-high heat. Add onions and sauté until translucent.
2. Add zucchini, tofu, salt, and pepper and sauté until browned. Add cauliflower rice and cook until softened. Add baby bok choy and cook until wilted.
3. In a blender add peanuts, coconut milk, coconut aminos, minced garlic, salt, and pepper and blend until smooth. Add sauce to skillet and mix with veggies + tofu.
4. Transfer to a bowl and top with basil, cilantro, squeeze of lemon juice, sesame oil, and 1 Tbsp pumpkin seeds. Enjoy!

## Notes

### Leftovers

Store leftovers in an airtight container for up to 3 days.

### No Peanuts

Use almonds

## Ingredients

- 2 cups Bok Choy, Ends Chopped Off (Baby)
- 1 Zucchini (Chopped)
- 1 1/4 lbs Tofu (1 Package, Cubed)
- 1 White Onion (Chopped)
- 1 tbsp Extra Virgin Olive Oil
- 12 ozs Cauliflower Rice (Frozen)
- 1/2 cup Raw Peanuts
- 1/2 cup Lite Coconut Milk (Canned)
- 1 tbsp Coconut Aminos
- 1 Garlic (Tbsp Minced)
- 1/4 cup Basil Leaves
- 1/4 cup Cilantro
- 1/4 cup Pumpkin Seeds
- 1/2 Lemon (Juice)
- 2 tsps Sesame Oil
- Sea Salt & Black Pepper (To Taste)

## Nutrition

Amount per serving

Calories	387	Cholesterol	0mg
Fat	28g	Sodium	205mg
Carbs	17g	Vitamin A	1809IU
Fiber	8g	Vitamin C	30mg
Sugar	7g	Calcium	237mg

**Protein**

23g Iron

5mg

# Mint Lime Sauce

8 ingredients · 5 minutes · 8 servings



## Directions

1. Place all ingredients in the blender and blend until smooth.

## Notes

### Uses

Use to top tacos, as a dip, or salad dressing

### No Lime

Use lemon

## Ingredients

**1/2 cup** Cashews  
**1 tbsp** Pumpkin Seeds  
**1 tbsp** Apple Cider Vinegar  
**1/4 cup** Mint Leaves  
**1 Lime (Juice)**  
**1 tsp** Sea Salt  
**1 tsp** Black Pepper  
**1/2 cup** Water

	Amount per serving		
<b>Calories</b>	57	Cholesterol	0mg
<b>Fat</b>	4g	Sodium	297mg
<b>Carbs</b>	4g	Vitamin A	38IU
Fiber	1g	Vitamin C	2mg
Sugar	1g	Calcium	10mg
<b>Protein</b>	2g	Iron	1mg

# Trout Tacos + Mango Salsa

13 ingredients · 20 minutes · 4 servings



## Directions

1. Preheat oven to 200 degrees F. Lightly grease a baking sheet with coconut oil spray. Place tortilla shells on baking sheet and bake for 2-3 minutes per side until slightly browned but still soft.
2. In a small mixing bowl combine mango, red onion, cilantro, tomatoes, apple cider vinegar, garlic powder, salt, and pepper for the mango salsa.
3. Build tacos with shredded smoked trout, mango salsa, shredded kale, and avocado slices.
4. Serving = 3 tacos.

## Notes

### No Smoked Trout

Any smoked fish will work

### Vegan

Use tofu: slice and pan fry in avocado oil with salt, pepper, and garlic powder or bake at 350 degrees F for 10-15 minutes

### No Fresh Mango

Used frozen mango and thaw beforehand

### Topping

Top with Mint Lime Sauce

## Ingredients

- 1 tsp Coconut Oil (Spray)
- 12 Corn Tortilla
- 8 ozs Smoked Trout (1 serving = 2 oz)
- 1 cup Arugula
- 1 Avocado (Sliced)
- 1 Mango (Chopped)
- 1/4 White Onion (Diced)
- 1/2 cup Cilantro (Chopped)
- 1 cup Cherry Tomatoes (Chopped)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Garlic Powder
- 1/2 Lime (Juice)
- Sea Salt & Black Pepper (To Taste)

## Nutrition

Amount per serving

Calories	433	Cholesterol	13mg
Fat	13g	Sodium	389mg
Carbs	62g	Vitamin A	1598IU
Fiber	9g	Vitamin C	44mg
Sugar	14g	Calcium	338mg
Protein	16g	Iron	2mg

# Kale Caesar Salad

8 ingredients · 5 minutes · 4 servings



## Directions

1. In a small bowl combine minced garlic, capers, hummus, mustard, avocado oil, lemon juice, salt, and pepper.
2. Massage dressing into kale.

## Notes

### Store

Store in an airtight container in the fridge for up to 5 days.

## Ingredients

**4 cups** Kale Leaves (Chopped)

**1** Garlic (Tbsp Minced)

**1 tbsp** Capers

**2 tbsps** Hummus

**2 tsps** Ground Mustard

**1 tbsp** Extra Virgin Olive Oil

**1/2** Lemon (Juice)

Sea Salt & Black Pepper (To Taste)

## Nutrition

Amount per serving

<b>Calories</b>	91	Cholesterol	0mg
<b>Fat</b>	5g	Sodium	138mg
<b>Carbs</b>	8g	Vitamin A	6505IU
Fiber	3g	Vitamin C	12mg
Sugar	0g	Calcium	88mg
<b>Protein</b>	3g	Iron	2mg

# Roasted Red Pepper Red Lentil Pasta

6 ingredients · 15 minutes · 6 servings



## Directions

1. Cook red lentil pasta according to package instructions.
2. In a blender add roasted red pepper, pumpkin seeds, cashews, olive oil, salt, and pepper. Blend to form a sauce. Add sauce to pasta.
3. Serving size ~1 cup.

## Ingredients

**12 ozs** Red Lentil Pasta  
**1/4 cup** Pumpkin Seeds  
**1/2 cup** Cashews  
**1** Red Bell Pepper (Roasted, Jar)  
**1 tbsp** Extra Virgin Olive Oil  
Sea Salt & Black Pepper (To Taste)

## Nutrition

Amount per serving

<b>Calories</b>	303	Cholesterol	0mg
<b>Fat</b>	11g	Sodium	4mg
<b>Carbs</b>	40g	Vitamin A	621IU
Fiber	12g	Vitamin C	25mg
Sugar	1g	Calcium	35mg
<b>Protein</b>	15g	Iron	5mg

# Veggie Chili

17 ingredients · 30 minutes · 6 servings



## Directions

1. Heat olive oil in a large pot over medium-high heat and add onion and minced garlic. When translucent add green bell pepper and jalapeño. Sauté for 1-2 minutes then add crumbled tempeh, 1 tsp of salt, and 1 tsp pepper and cook until lightly browned.
2. To the pot add black beans, kidney beans, diced tomatoes, tomato paste, and corn. Mix in chili powder, cumin, smoked paprika, and additional salt and pepper to taste.
3. Reduce heat to medium-low and let simmer for at least 20 minutes.
4. Serve topped with cilantro, sliced avocado, and hemp seeds.

## Notes

### Crackers

Serve with gluten-free crackers like Mary's Gone Crackers, Flackers, or Simple Mills

### Leftovers

Store leftovers in the fridge for up to 4 days or freeze extra in individual containers for ~3 months. Divide into individual containers to make it easy to grab + go.

### Reheat

Reheat on the stovetop on medium heat or microwave for about 1 minute. If reheating from frozen I recommend reheating on the stovetop or microwaving in a glass container.

### Additonal Topping Ideas

Top with chopped green onions and a dollop of unsweetened almond yogurt for a sour cream alternative

### Spicier

Add cayenne pepper or hot sauce to taste

## Ingredients

- |                                                                |  |
|----------------------------------------------------------------|--|
| <b>1 tbsp</b> Extra Virgin Olive Oil                           |  |
| <b>1</b> White Onion (Diced)                                   |  |
| <b>1</b> Garlic (Tbsp Minced)                                  |  |
| <b>1</b> Green Bell Pepper (Diced)                             |  |
| <b>1</b> Jalapeno Pepper (Diced)                               |  |
| <b>8 1/16 ozs</b> Tempeh (1 8-oz Package, Crumbled)            |  |
| <b>2 cups</b> Black Beans (1 15-oz Can, Drained + Rinsed)      |  |
| <b>2 cups</b> Red Kidney Beans (1 15-oz Can, Drained + Rinsed) |  |
| <b>2 cups</b> Diced Tomatoes (1 15-oz Can, Drained + Rinsed)   |  |
| <b>2 tbsps</b> Tomato Paste                                    |  |
| <b>2 cups</b> Corn (1 15-oz Can, Drained + Rinsed)             |  |
| <b>1 tbsp</b> Cumin                                            |  |
| <b>1 tsp</b> Smoked Paprika                                    |  |
| Sea Salt & Black Pepper (To Taste)                             |  |
| <b>3 tbsps</b> Cilantro                                        |  |
| <b>1</b> Avocado (Sliced)                                      |  |
| <b>3 tbsps</b> Hemp Seeds                                      |  |

## Nutrition

Amount per serving

<b>Calories</b>	409	Cholesterol	0mg
<b>Fat</b>	15g	Sodium	30mg

<b>Carbs</b>	51g	Vitamin A	934IU
Fiber	16g	Vitamin C	36mg
Sugar	7g	Calcium	139mg
<b>Protein</b>	24g	Iron	6mg

# Garlicky Salmon Tray Meal

14 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with coconut oil spray.
2. Place salmon, brussels sprouts, broccolini, and sweet potatoes on the baking sheet. Drizzle the veggies + potatoes with 1/2 Tbsp olive oil and add salt, pepper, and garlic powder.
3. In a blender place pumpkin seeds, almonds, remaining olive oil, mustard, capers, and minced garlic. Top salmon filets with mixture and add sliced jalapenos on top.
4. Place in the oven for about 25 minutes. Salmon should be cooked through and veggies + potatoes slightly crispy. Enjoy!

## Notes

### No Broccolini

Substitute broccoli

### Frozen or Fresh Salmon

Either will work! I have no problem cooking from frozen without thawing

### Leftovers

Store leftovers in an airtight container in the fridge for 2-3 days

### Vegan

Use sliced non-GMO organic tofu instead of salmon

## Ingredients

- |                                    |                                 |
|------------------------------------|---------------------------------|
| <b>1 tsp</b>                       | Coconut Oil                     |
| <b>1 lb</b>                        | Salmon Fillet                   |
| <b>2 cups</b>                      | Brussels Sprouts                |
| <b>1 bunch</b>                     | Broccolini                      |
| <b>2</b>                           | Sweet Potato (Chopped)          |
| <b>1/2</b>                         | Jalapeno Pepper (Thinly Sliced) |
| Sea Salt & Black Pepper (To Taste) |                                 |
| <b>2 tsps</b>                      | Garlic Powder                   |
| <b>1 tbsp</b>                      | Extra Virgin Olive Oil          |
| <b>1/4 cup</b>                     | Pumpkin Seeds                   |
| <b>1/4 cup</b>                     | Almonds                         |
| <b>1 tbsp</b>                      | Ground Mustard                  |
| <b>2 tbsps</b>                     | Capers                          |
| <b>1</b>                           | Garlic (Tbsp Minced)            |

## Nutrition

Amount per serving

<b>Calories</b>	518	Cholesterol	52mg
<b>Fat</b>	35g	Sodium	708mg
<b>Carbs</b>	27g	Vitamin A	14930IU
Fiber	9g	Vitamin C	89mg
Sugar	5g	Calcium	220mg
<b>Protein</b>	30g	Iron	5mg

# Sweet Potato Hash

11 ingredients · 15 minutes · 2 servings



## Directions

1. Heat a cast iron (or other) skillet on medium-high heat and add olive oil. Add chopped sweet potato, red bell pepper, zucchini, mushrooms, salt, and pepper. Sauté until slightly soft, add garlic powder and kale. Sauté until kale wilts.
2. Crack the eggs throughout the pan, reduce heat to medium-low, and cover with a lid until the egg whites are cooked through.
3. Top with sliced avocado + cilantro. Enjoy!

## Notes

### Vegan

Use crumbled tofu instead of eggs

## Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (Chopped)
- 1 Red Bell Pepper (Chopped)
- 1 Zucchini (Chopped)
- 1 cup Mushrooms (Chopped)
- 1 cup Kale Leaves (Chopped)
- 6 Egg
- Sea Salt & Black Pepper (To Taste)
- 1 tsp Garlic Powder
- 1/2 Avocado (Large, Sliced)
- 1/4 cup Cilantro

## Nutrition

Amount per serving

Calories	475	Cholesterol	558mg
Fat	29g	Sodium	295mg
Carbs	30g	Vitamin A	15549IU
Fiber	9g	Vitamin C	106mg
Sugar	9g	Calcium	173mg
Protein	25g	Iron	5mg

# Sweet Potato Smoothie Bowl

9 ingredients · 5 minutes · 1 serving



## Directions

1. Place sweet potato, vanilla protein powder, steamed then frozen cauliflower, cashew milk, and cinnamon into your blender + blend.
2. Transfer smoothie into a bowl. Top with coconut flakes, frozen blueberries, sunflower seeds and pecans. Enjoy!

## Notes

### No Cashew Milk

Use other unsweetened non-dairy milk

### Blending

May need to scrap down the sides a few times to blend well

## Ingredients

- 1/2 Sweet Potato (Baked)
- 1/4 cup Vanilla Protein Powder
- 1/2 cup Frozen Cauliflower (Steamed)
- 1 cup Unsweetened Cashew Milk
- 1 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes
- 1/4 cup Blueberries (Fresh or Frozen)
- 1 tbsp Sunflower Seeds
- 2 tbsps Pecans (Chopped)

## Nutrition

Amount per serving

Calories	420	Cholesterol	0mg
Fat	24g	Sodium	318mg
Carbs	32g	Vitamin A	9766IU
Fiber	11g	Vitamin C	34mg
Sugar	8g	Calcium	179mg
Protein	28g	Iron	2mg

# Peppers + Kale Vegan Veggie Scramble

9 ingredients · 15 minutes · 2 servings



## Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and saute 1-2 minutes. Then add kale leaves and saute until wilted.
2. Crumble tofu and add to the veggies. Add salt, pepper, garlic powder, nutritional yeast, and turmeric.
3. Use a spatula to scramble until tofu is cooked through.
4. Divide between plates, top with sliced avocado, and enjoy!

## Notes

### More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

## Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (Chopped)
- 2 cups Kale Leaves (Chopped)
- 15 ozs Tofu (1 Package)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Garlic Powder
- 1 tbsp Nutritional Yeast
- 1/2 tsp Turmeric
- 1/2 Avocado (Large)

## Nutrition

Amount per serving

Calories	368	Cholesterol	0mg
Fat	22g	Sodium	118mg
Carbs	19g	Vitamin A	8436IU
Fiber	10g	Vitamin C	90mg
Sugar	3g	Calcium	343mg
Protein	25g	Iron	6mg

# Peppers + Kale Veggie Scramble

7 ingredients · 15 minutes · 2 servings



## Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and saute 1-2 minutes. Then add kale leaves and saute until wilted.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt, pepper, and garlic powder. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Add to plate, top with sliced avocado, and enjoy!

## Notes

### More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

### Egg-Free

Use mashed tofu instead of eggs.

## Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (Chopped)
- 2 cups Kale Leaves (Chopped)
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 1 tsp Garlic Powder
- 1/2 Avocado (Large)

## Nutrition

Amount per serving

Calories	372	Cholesterol	558mg
Fat	24g	Sodium	275mg
Carbs	16g	Vitamin A	9246IU
Fiber	7g	Vitamin C	90mg
Sugar	3g	Calcium	175mg
Protein	23g	Iron	5mg

# Zucchini Mushroom Egg Muffins

10 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 12-cup muffin tin with coconut oil spray.
2. In a medium bowl combine chopped mushrooms, zucchini, and green onions. Fill each muffin cup with veggie mixture (should be about 2/3 full).
3. In a separate bowl whisk together eggs, egg whites, cashew milk, salt, pepper, basil, and cayenne. Evenly divide among the 12 muffin cups (about 1/3 cup each).
4. Place in the oven and bake for 25-30 minutes until lightly browned on top.

## Notes

### Store Leftovers

Store in an airtight container in the fridge for up to 5 days or individually wrap and freeze for up to 3 months

### Reheat

In the toaster oven or microwave for ~30 seconds or ~1 minute from frozen

### Toppings

Add your favorite toppings: salsa, avocado, cilantro or parsley, hot sauce

### No Cashew Milk

Use another unsweetened non-dairy milk like almond or coconut milk or you can leave out

## Ingredients

- 1 tsp** Coconut Oil (Spray)  
**1 cup** Mushrooms (Baby Bella or White Button, Chopped)  
**1** Zucchini (Chopped)  
**4 stalks** Green Onion (Chopped)  
**6** Egg  
**1 cup** Egg Whites  
**1/4 cup** Unsweetened Cashew Milk (Optional)  
**1** Sea Salt & Black Pepper (Tsp Each)  
**2 tsps** Dried Basil  
**1 tsp** Cayenne Pepper (Optional)

## Nutrition

Amount per serving

<b>Calories</b>	169	Cholesterol	279mg
<b>Fat</b>	9g	Sodium	220mg
<b>Carbs</b>	4g	Vitamin A	1204IU
Fiber	1g	Vitamin C	11mg
Sugar	3g	Calcium	76mg
<b>Protein</b>	17g	Iron	2mg

# Loaded Avocado Toast

11 ingredients · 10 minutes · 1 serving



## Directions

1. Toast bread.
2. Add olive oil to skillet and heat on medium-heat. Add eggs and fry as desired - break yolk for over hard, don't break yolk for over easy.
3. Spread ghee + mash avocado on toast.
4. Layer spinach, jalapeño, and eggs on top of avocado.
5. Top with coconut aminos, hemp seeds, Everything But the Bagel seasoning, and cilantro. Enjoy!

## Notes

### Gluten-Free Bread

Brands: Food for Life, Simple Kneads; find gluten-free bread in the refrigerator section of your grocery store

### Ghee

Fourth & Heart Himalayan Pink Salt Ghee - purchase online on Amazon or Thrive Market

### Non Gluten-Free Bread

Choose sprouted grain or sourdough bread

### Vegan

Omit ghee + eggs; use crumbled tofu or mashed white beans for protein

## Ingredients

**2 slices** Gluten Free Bread (or 1 slice Sourdough Bread)

**1 tsp** Extra Virgin Olive Oil

**2** Egg

**1 tsp** Ghee (Optional)

**1/2** Avocado (Large)

**1 cup** Baby Spinach (Chopped)

**1/2** Jalapeno Pepper (Thinly Sliced)

**1 tbsp** Cilantro

**1 tsp** Coconut Aminos

**1 tbsp** Hemp Seeds

**1 tbsp** Everything But The Bagel Seasoning

## Nutrition

Amount per serving

<b>Calories</b>	614	Cholesterol	382mg
<b>Fat</b>	43g	Sodium	554mg
<b>Carbs</b>	37g	Vitamin A	3844IU
Fiber	10g	Vitamin C	27mg
Sugar	8g	Calcium	137mg
<b>Protein</b>	22g	Iron	4mg

# Super Green Smoothie

9 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients into your blender and blend until smooth. Pour into a glass + enjoy!

## Notes

### Optional Green Boosts

Add 1 tsp of spirulina or chlorella or 1 scoop of Green Vibrance powder

## Ingredients

**1/4 cup** Vanilla Protein Powder (1 Scoop)  
**1/2 cup** Pineapple (Frozen)  
**1 tbsp** Ginger (Peeled)  
**1 cup** Baby Spinach  
**1** Persian Cucumber  
**1 tbsp** Sunflower Seeds  
**1/4** Avocado  
**1 tbsp** Lemon Juice  
**2 cups** Water (Filtered)

## Nutrition

Amount per serving

<b>Calories</b>	324	Cholesterol	0mg
<b>Fat</b>	14g	Sodium	219mg
<b>Carbs</b>	29g	Vitamin A	2936IU
Fiber	8g	Vitamin C	59mg
Sugar	12g	Calcium	101mg
<b>Protein</b>	27g	Iron	2mg

# Raspberry Tahini Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients into your blender and blend until smooth. Pour into a glass + enjoy!

## Notes

### Like it Sweeter

Add 1/2 frozen banana

### Frozen Cauliflower

Frozen riced cauliflower works well

## Ingredients

**1/4 cup** Vanilla Protein Powder (1 Scoop)

**1/2 cup** Frozen Raspberries

**1 tbsp** Sunflower Seeds

**1 tbsp** Tahini

**1/2 cup** Frozen Cauliflower

**1 cup** Water (Filtered)

## Nutrition

Amount per serving

<b>Calories</b>	302	Cholesterol	0mg
<b>Fat</b>	15g	Sodium	221mg
<b>Carbs</b>	19g	Vitamin A	72IU
Fiber	9g	Vitamin C	41mg
Sugar	6g	Calcium	126mg
<b>Protein</b>	28g	Iron	3mg

# Cherry Cacao Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients into your blender and blend until smooth. Pour into a glass + enjoy!

## Notes

### Like it Sweeter

Add 1/2 frozen banana

### No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add 1 Tbsp cacao powder

## Ingredients

**1/4 cup** Chocolate Protein Powder (1 Scoop)  
**1/2 cup** Frozen Cherries  
**1 tbsp** Ground Flax Seed  
**1/2** Zucchini (Frozen)  
**2 cups** Water (Filtered)

## Nutrition

Amount per serving

<b>Calories</b>	197	Cholesterol	0mg
<b>Fat</b>	5g	Sodium	199mg
<b>Carbs</b>	16g	Vitamin A	870IU
Fiber	5g	Vitamin C	19mg
Sugar	9g	Calcium	84mg
<b>Protein</b>	25g	Iron	1mg

# Blackberry Pumpkin Seed Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients into your blender and blend until smooth. Pour into a glass + enjoy!

## Notes

### Like it Sweeter

Add 1/2 frozen banana

### Frozen Cauliflower

Frozen riced cauliflower works well

## Ingredients

**1/4 cup** Vanilla Protein Powder (1 scoop)

**1/2 cup** Blackberries

**1 tbsp** Pumpkin Seeds

**1 tbsp** Ground Flax Seed

**1/2 cup** Frozen Cauliflower

**1 cup** Water (Filtered)

## Nutrition

Amount per serving

<b>Calories</b>	231	Cholesterol	0mg
<b>Fat</b>	9g	Sodium	203mg
<b>Carbs</b>	16g	Vitamin A	163IU
Fiber	10g	Vitamin C	43mg
Sugar	4g	Calcium	76mg
<b>Protein</b>	28g	Iron	2mg

# Oatmeal Chocolate Chip Cookie Muffins

11 ingredients · 20 minutes · 12 servings



## Directions

1. Preheat the oven to 350 d F.
2. Grease a 12-tin muffin pan with coconut oil spray.
3. Blend together coconut flakes and almonds to form a flour.
4. Combine all ingredients in a large mixing bowl.
5. Portion into 12 balls and press into the muffin tins.
6. Bake for 12 minutes. Enjoy!

## Notes

### Optional

Instead of using 1/3 cup coconut oil, use part Fourth & Heart Pink Himalayan Salt Ghee and part coconut oil to fill the 1/3 cup.

## Ingredients

- 1/3 cup Unsweetened Coconut Flakes
- 1 cup Almonds
- 1 Banana (mashed)
- 1 Collagen Peptides (scoop)
- 1 tsp Cinnamon
- 1 tsp Cacao Nibs
- 1/3 cup Oats
- 1/3 cup Pumpkin Seeds
- 1/3 cup Coconut Oil
- 1/4 cup Organic Dark Chocolate Chips
- 1/3 cup Purely Elizabeth Maple Walnut Probiotic Granola

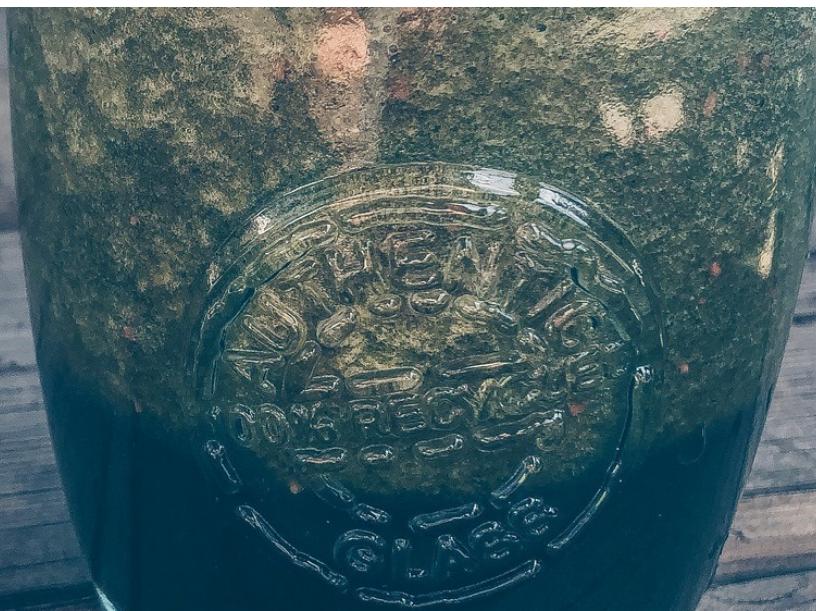
## Nutrition

Amount per serving

Calories	218	Cholesterol	0mg
Fat	17g	Sodium	17mg
Carbs	12g	Vitamin A	7IU
Fiber	3g	Vitamin C	1mg
Sugar	5g	Calcium	38mg
Protein	5g	Iron	1mg

# Raspberry Basil Blender Juice

5 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

## Notes

### Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

### Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

### Ellie's Best Nut Milk Bag

Purchase with code: composed for 10% off your order <https://elliesbest.com/collections/nut-milk-bags>

### Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

### No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

## Ingredients

**2 cups** Baby Spinach

**1** Persian Cucumber

**1/2 cup** Basil Leaves

**1/2 cup** Raspberries

**2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	39	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	29mg
<b>Carbs</b>	8g	Vitamin A	3139IU
Fiber	3g	Vitamin C	18mg
Sugar	3g	Calcium	73mg
<b>Protein</b>	2g	Iron	1mg

# Watermelon Lime Blender Juice

5 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

## Notes

### Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

### Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

### Ellie's Best Nut Milk Bag

Purchase with code: composed for 10% off your order <https://elliesbest.com/collections/nut-milk-bags>

### Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

### No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

## Ingredients

- 2 cups** Baby Spinach  
**1** Persian Cucumber  
**1/2 cup** Seedless Watermelon (Juice)  
**1/2** Lime (juice)  
**2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	36	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	30mg
<b>Carbs</b>	8g	Vitamin A	3038IU
Fiber	1g	Vitamin C	15mg
Sugar	4g	Calcium	58mg
<b>Protein</b>	2g	Iron	1mg

# Orange Mint Blender Juice

4 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

## Notes

### Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

### Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

### Ellie's Best Nut Milk Bag

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### Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

### No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

### Orange Juice

Use 1/4 cup orange juice instead

## Ingredients

**2 cups** Baby Spinach

**1/2 cup** Mint Leaves

**1/2** Navel Orange (Juice)

**2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	28	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	31mg
<b>Carbs</b>	6g	Vitamin A	3172IU
Fiber	2g	Vitamin C	31mg
Sugar	3g	Calcium	85mg
<b>Protein</b>	1g	Iron	1mg

# Pineapple Ginger Parsley Blender Juice

6 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

## Notes

### Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

### Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

### Ellie's Best Nut Milk Bag

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### Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

### No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

## Ingredients

- 2 cups** Baby Spinach  
**1** Persian Cucumber  
**1/4 cup** Parsley  
**1/2 cup** Pineapple (Fresh or Frozen)  
**1 tbsp** Ginger (Fresh, Peeled)  
**2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	48	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	34mg
<b>Carbs</b>	11g	Vitamin A	3469IU
Fiber	2g	Vitamin C	38mg
Sugar	6g	Calcium	70mg
<b>Protein</b>	2g	Iron	1mg

# Arugula Grapefruit Blender Juice

5 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

## Notes

### Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

### Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

### Ellie's Best Nut Milk Bag

Purchase with code: composed for 10% off your order <https://elliesbest.com/collections/nut-milk-bags>

### Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

## Ingredients

**2 cups** Baby Spinach

**1** Persian Cucumber

**1 cup** Arugula

**1/2** Grapefruit (juice)

**2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	45	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	32mg
<b>Carbs</b>	10g	Vitamin A	3644IU
Fiber	2g	Vitamin C	32mg
Sugar	6g	Calcium	78mg
<b>Protein</b>	2g	Iron	1mg

# Spicy Jalapeño Lime Blender Juice

6 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

## Notes

### Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

### Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

### Ellie's Best Nut Milk Bag

Purchase with code: composed for 10% off your order <https://elliesbest.com/collections/nut-milk-bags>

### Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

### No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

## Ingredients

**2 cups** Baby Spinach

**1** Persian Cucumber

**1/2 cup** Cilantro

**1/2** Lime (juice)

**1/4** Jalapeno Pepper

**2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	26	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	31mg
<b>Carbs</b>	6g	Vitamin A	3107IU
Fiber	1g	Vitamin C	15mg
Sugar	2g	Calcium	59mg
<b>Protein</b>	2g	Iron	1mg

# Cucumber Mint Mojito Blender Juice

5 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

## Notes

### Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

### Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

### Ellie's Best Nut Milk Bag

Purchase with code: composed for 10% off your order <https://elliesbest.com/collections/nut-milk-bags>

### Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

### No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

## Ingredients

**2 cups** Baby Spinach

**1** Persian Cucumber

**1/4 cup** Mint Leaves

**1/2** Lime (Juice)

**2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	27	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	30mg
<b>Carbs</b>	6g	Vitamin A	2955IU
Fiber	2g	Vitamin C	13mg
Sugar	2g	Calcium	64mg
<b>Protein</b>	2g	Iron	1mg

# Strawberry Basil Blender Juice

5 ingredients · 5 minutes · 2 servings



## Directions

1. Place all ingredients into a blender and blend until smooth. This may take a minute or two!
2. Pour into a glass and enjoy!

## Notes

### Juice

To make a smoother juice, use a nut-milk bag or cheesecloth to strain. Pour the smoothie into the bag then use clean hands to squeeze all the liquid into a bowl.

### Green Vibrance Powder

Add a scoop of Vibrant Health Green Vibrance Powder for an extra nutritional boost.

### Ellie's Best Nut Milk Bag

Purchase with code: composed for 10% off your order <https://elliesbest.com/collections/nut-milk-bags>

### Smoothie vs. Juice

Blending all of the ingredients technically makes a smoothie. Making a juice removes the fiber (what remains when you strain). A smoothie will keep you fuller longer because of the fiber. A juice will give you a nutritional boost of vitamins + minerals.

### No Persian Cucumbers

Use 1/4 - 1/2 regular cucumber

## Ingredients

**2 cups** Baby Spinach

**1** Persian Cucumber

**1/2 cup** Basil Leaves

**1/2 cup** Strawberries

**2 cups** Water

## Nutrition

Amount per serving

<b>Calories</b>	35	Cholesterol	0mg
<b>Fat</b>	0g	Sodium	30mg
<b>Carbs</b>	8g	Vitamin A	3134IU
Fiber	2g	Vitamin C	32mg
Sugar	4g	Calcium	71mg
<b>Protein</b>	2g	Iron	1mg

# Strawberry + Cream Oats

8 ingredients · 10 minutes · 1 serving



## Directions

1. In a small saucepan combine oats, protein powder, cinnamon, and water. Cook until oats soften.
2. Place oats into a bowl and top with strawberries, cacao nibs, coconut, almonds, and a splash of cashew milk. Enjoy!

## Notes

### Overnight Oats

Combine oats, protein powder, cinnamon, and water in a glass jar. Top with strawberries, cacao nibs, coconut, and almonds. Place in the fridge overnight. In the morning add a splash of cashew milk.

## Ingredients

**1/2 cup** Oats  
**1/2** Vanilla Protein Powder (Scoop)  
**1 tsp** Cinnamon  
**1 cup** Water (Filtered)  
**1/2 cup** Strawberries  
**1 tbsp** Cacao Nibs  
**1 tbsp** Unsweetened Coconut Flakes  
**1 tbsp** Almonds

## Nutrition

	Amount per serving		
<b>Calories</b>	369	Cholesterol	0mg
<b>Fat</b>	15g	Sodium	100mg
<b>Carbs</b>	42g	Vitamin A	17IU
Fiber	12g	Vitamin C	45mg
Sugar	5g	Calcium	112mg
<b>Protein</b>	20g	Iron	3mg

<b>Calories</b>	369	Cholesterol	0mg
<b>Fat</b>	15g	Sodium	100mg
<b>Carbs</b>	42g	Vitamin A	17IU
Fiber	12g	Vitamin C	45mg
Sugar	5g	Calcium	112mg
<b>Protein</b>	20g	Iron	3mg

# Carrot Coconut Cacao Muffins

15 ingredients · 30 minutes · 12 servings



## Directions

1. Preheat oven to 375 degrees F. Lightly grease a muffin tin with coconut oil.
2. In a medium-sized bowl prepare the flax egg by mixing the ground flax seed with 5 tablespoons of water and let sit for 5 minutes.
3. Blend together almonds and coconut flakes to make an almond-coconut meal.
4. Blend dates and banana together for about 1 minute until thick and smooth.
5. Add coconut oil and the date/banana mixture to the flax egg. Stir until smooth.
6. In a large mixing bowl combine almond-coconut meal, oats, gluten-free flour, cacao nibs, baking powder, cinnamon, and salt.
7. Add shredded carrot to the large mixing bowl. Add wet ingredients to the large mixing bowl and combine. Add 1/2 cup water (or as much as needed) to get a thick, batter-like consistency.
8. Add a few drops of liquid stevia for added sweetness (optional).
9. Divide batter evenly among muffin tins. They should be almost filled to the top, but not overflowing.
10. Bake for 20 minutes. Muffins are ready when you stick with a toothpick (or fork) and it comes out clean. Allow to cool before removing from the tin.
11. Store in a covered container at room temperature. You may also freeze.

## Ingredients

- 1/2 cup Almonds
- 1/4 cup Unsweetened Coconut Flakes
- 2/3 cup Oats
- 1 cup All Purpose Gluten Free Flour
- 1 1/2 tbsps Baking Powder
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt
- 1/2 cup Cacao Nibs
- 1 cup Carrot (shredded)
- 6 Dates
- 1/2 Banana (ripe)
- 1/4 cup Coconut Oil
- 2 tbsps Ground Flax Seed (plus 5 tbsp water for flax egg)
- 1/2 cup Water (filtered)
- 1 Liquid Stevia (5 drops - optional)

## Nutrition

Amount per serving

Calories	226	Cholesterol	0mg
Fat	11g	Sodium	292mg
Carbs	28g	Vitamin A	1786IU
Fiber	6g	Vitamin C	1mg
Sugar	8g	Calcium	137mg

**Protein**

4g Iron

1mg

# Composed Matcha Latte

5 ingredients · 5 minutes · 1 serving



## Directions

1. Place collagen peptides, matcha green tea powder, cinnamon, coconut butter, and optional mix-ins with about two inches of warm (not hot) water into your Nutribullet (or blender).
2. Transfer to mug. Add remaining water and stir.

## Notes

### Matcha Brands

Purchase matcha online from Mountain Rose Herbs or Harney & Sons or Wild Foods on Amazon.

### Collagen Peptides

The serving size will be 1 or 2 scoops depending on the brand or type. Check the serving size on the nutrition label.

### Coconut Butter

Artisana Organics from Amazon or Whole Foods.

### Caution

Do not place hot or boiling liquid in the Nutribullet (or similar blender). The build up of steam will cause possible lid explosion.

### Sweetener

This matcha recipe is unsweetened. If you desire some sweetness I recommend adding 1/8 tsp of stevia.

## Ingredients

- 1** Collagen Peptides (1 or 2 scoops depending on serving size)  
**1 tsp** Green Tea Powder (Matcha)  
**1/2 tsp** Cinnamon  
**1 tbsp** Coconut Butter  
**2 cups** Water (hot, not boiling)

## Nutrition

	Amount per serving		
<b>Calories</b>	153	Cholesterol	0mg
<b>Fat</b>	11g	Sodium	50mg
<b>Carbs</b>	5g	Vitamin A	4IU
Fiber	3g	Vitamin C	0mg
Sugar	1g	Calcium	61mg
<b>Protein</b>	12g	Iron	1mg

# Chocolate Cherry Oatmeal

9 ingredients · 10 minutes · 1 serving



## Directions

1. Place oats, protein powder, cacao powder, cinnamon, and coconut flakes in a small saucepan. Add water and stir. Add less water for thicker oatmeal and more for thinner oatmeal.
2. Heat on medium-high until it starts to bubble.
3. Remove from heat and transfer to a bowl.
4. Add cherries, pumpkin seeds, and hemp seeds on top. Enjoy!

## Ingredients

- 1/2 cup** Oats  
**2 tbsps** Chocolate Protein Powder (1/2 scoop)  
**1 tbsp** Cacao Powder  
**1 tsp** Cinnamon  
**1 tbsp** Unsweetened Coconut Flakes  
**2 cups** Water (filtered)  
**1/2 cup** Frozen Cherries  
**1 tbsp** Pumpkin Seeds  
**1 tbsp** Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	399	Cholesterol	2mg
<b>Fat</b>	17g	Sodium	37mg
<b>Carbs</b>	45g	Vitamin A	683IU
Fiber	11g	Vitamin C	1mg
Sugar	8g	Calcium	184mg
<b>Protein</b>	22g	Iron	5mg