



**PHOTOS  
OF EVERY  
RECIPE**

# CLEAN EATING COOKBOOK

DANIELA LOPEZ

# **Clean Eating Cookbook**

*Dozens of Clean Eating  
Recipes with Photos, Nutrition  
Facts, and Serving Info for  
Every Recipe*

By: Daniela Lopez

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# Introduction

Eating clean is eating healthy, whole, unprocessed foods. It is eating to live, instead of living to eat. You can think of clean eating as a comprehensive approach to eating well that maximizes energy and optimizes health. Make no mistake however: clean eating is not a diet. It's a lifestyle, with built in flexibility that can suit any routine. This simple food and lifestyle philosophy is not based on the idea of consuming fewer calories, restricting the

consumption of entire macro nutrient groups, counting points based on some opaque and arbitrary system, or starving yourself thin. Instead, clean eating revolves around eating whole, real foods, meaning those foods that are as close to their natural form as possible with little or no processing. Eating clean is more about being mindful of your food's journey from its source to your plate.

The production of food has become so complex and so fully captured by corporations who care more about their own bottom line than they do about your health, that a simple idea like eating real, clean food is a sadly foreign

concept to many people in the west. The idea of eating clean really is simple though. Canned and packaged food should generally be avoided as they often contain hazardous preservatives and other chemicals. Research has linked certain chemicals substance used in food production to allergies, cancer, and behavioral problems. Plastic bottles, storage containers, food wrap, cans, additives, preservatives and refining processes all contain a level of toxins that could be injurious to your health. Eating fresh food will lessen any exposure to noxious elements in your diet. The emphasis of eating clean is placed squarely on enjoying fresh food

that contains the nutritional content your body needs.



# Starting to eat clean

Eating clean is one of the best ways to energize your body and restore your health. In general, you will want to consume lots of fresh vegetables, fruits, whole grains, healthy proteins, and unsaturated fats. On the other hand, you will want to avoid refined grains, sugars, salt, and saturated fats. You don't need to worry about counting calories. When you are eating clean, healthy food you can eat until you are satisfied at every meal without feeling guilty. If you don't know exactly how to get started,

here are some guidelines to get you on the right track.

- You should eat something every 2 to 3 hours because that's as long as it takes the body to digest food. Don't go hungry or keep your stomach empty. Many clean eaters enjoy 5-6 small mini meals each day. That should keep your body energized and your sugar levels stabilized.
- Stick to natural, unrefined, and unprocessed foods that do not

contain any additives or unnatural ingredients. Fast food should be avoided entirely. Your diet should focus on eating foods with high nutritional content and not just cutting out the obvious junk food. Make sure you read ingredient labels to ensure you are eating clean. As a general rule, if you can't pronounce it, you probably shouldn't eat it.

- Eat a sensible combination of food. Include lean protein and high fiber carbohydrates in your meal whenever possible. Vegetables and

fruits are a must in every meal. Eat more fresh vegetables and less meat. Olive oil, coconut oil, and nut oils are good for you in balanced amounts. Avoid commercially processed oils like vegetable oil.

- Don't drink calories. Your body requires liquids to support your metabolism and drinks play an important role in clean eating. Drinks with added sugar however are completely unnecessary. Water is your best choice. Unsweetened tea or pure fruit juice diluted with fresh, sparkling water are also

great options. Beware the ever popular sugar-laden beverages available at your local chain coffee shops.

- Moderate your salt intake and drink alcohol rarely or never.

# Your clean eating grocery list

The clean eating grocery list is pretty simple. In general, you'll want to buy food that is fresh, organic, and pesticide free and contains no artificial color, flavor, toxins, or preservatives. Some minimally processed food may be considered even when eating clean, but check the ingredients carefully and avoid anything with chemicals. Refer to the list below next time you are at the grocery store to make things easy. If it is on the list, it is a great choice for eating clean.

- Beans and Legumes

Black beans, black-eyed peas, chickpeas, kidney beans, lentils, lima beans, pinto beans, red beans, soybeans, split peas, white beans.

- Dairy

Almond milk, cottage cheese, plain yogurt, unsweetened soymilk, raw milk, real cheese, unsweetened coconut milk, unsweetened rice milk.

- Condiments

Lemon juice, lime juice, mustard, tamari, vinegar.

- Fruits

Apple, avocado, blackberries, blueberries, banana, cantaloupe, cherries, dates, grapes, grapefruits, honeydew, kiwi, lemon, lime, mango, melon, nectarines, orange, papaya, peaches, pears, pineapple, raspberries, strawberries, watermelon.



- Healthy Oils

Almond oil, avocado oil, coconut oil, flaxseed oil, olive oil, sesame oil, sunflower oil, walnut oil.

- Natural Butter

Almond butter, peanut butter, cashew butter,

- Nut and Seeds

Almonds, cashews, brazil nuts, chia seeds, hazelnut, flaxseeds, macadamia nuts, peanuts, pine nuts, pecans, pistachios, sunflower seeds, pumpkin seeds, sesame seeds, water chestnuts, walnuts.

- Nut and Seeds

Almonds, cashews, brazil nuts, chia seeds, hazelnut, flaxseeds, macadamia nuts, peanuts, pine nuts, pecans, pistachios, sunflower seeds,

pumpkin seeds, sesame seeds, water chestnuts, walnuts.

- Spices

Basil, black pepper, chili powder, chives, cinnamon, coriander, cumin, fennel, ginger, mustard seeds, oregano, parsley, sage, red pepper flakes, turmeric.

- Sweeteners

Raw honey, coconut palm sugar, molasses, maple syrup, raw agave nectar.

- Tortillas, Pasta, Bread, Flours

Almond flour, brown rice pasta, buckwheat flour, chickpeas flour, coconut flour, corn tortillas, oat flour, gluten-free flour mixes, grain bread, quinoa pasta, sprout wheat tortillas, whole-wheat flour, whole-wheat pasta.

- Vegetables

Artichokes, asparagus, beetroot, broccoli, carrots, cauliflower, chard, corn, collard greens, cucumber, organic celery, tomatoes, eggplant, endives, fresh herbs, garlic, kale, lettuce, mushrooms, mustard greens, peas, peppers, potatoes, spinach, squash, zucchini.

- Whole Grains

Barley, basmati rice, brown rice, jasmine rice, millet, oats, quinoa, red rice, wild rice,

# Breakfast

## **Vegetable Frittata**



Serving: 3

**Nutrition Facts**

Serving Size 116 g

**Amount Per Serving**

**Calories** 115

Calories from Fat 70

**% Daily Value\***

**Total Fat** 7.8g

**12%**

Saturated Fat 1.6g



**8%**

**Cholesterol** 109mg

**36%**

**Sodium** 79mg

**3%**

**Potassium** 215mg

**6%**

**Total Carbohydrates** 4.0g

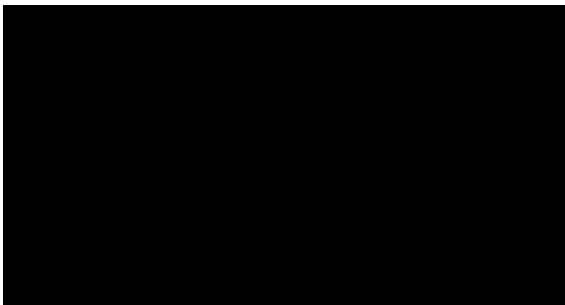
**1%**

**Dietary Fiber** 0.8g

**3%**

Sugars 2.2g

**Protein 8.0g**



\* Based on a 2000 calorie diet

**Nutrition Facts**

## *Ingredients:*

½ cup chopped bell pepper

1 teaspoon minced garlic

½ cup chopped zucchini

¼ cup chopped onion

1-tablespoon olive oil

2 tablespoons chopped parsley

2 organic eggs

3 organic egg whites

¼ teaspoon cayenne pepper

***Directions:***

- Preheat an oven to 425 °F then lines a baking pan with aluminum oil. Coat the aluminum foil with cooking spray then set aside.
- Line another baking sheet with parchment paper then place bell peppers, garlic, zucchini, and onion on it. Brush the vegetables with olive oil.

- Place the vegetables on the oven then roasts for about 5 minutes.
- Remove the vegetables from the oven then transfer to a bowl.
- Add chopped parsley into the bowl then cracks eggs and place in the bowl. Stir the eggs until combined then transfer to the prepared baking pan. Spread evenly.
- Reduce the oven temperature to 350 °F then bake the egg mixture for approximately 40 minutes or until the egg mixture is set.
- Remove the frittata from the oven and let it cool for a few minutes.

- Serve and enjoy warm.

# **Tropical Fresh Smoothie**



Serving: 3



## Nutrition Facts

Serving Size 161 g

**Amount Per Serving**

**Calories 92**

Calories from Fat 6

**% Daily Value\***

**Total Fat 0.7g**

**1%**

**Cholesterol 2mg**

**1%**

**Sodium 21mg**

**1%**

**Potassium 298mg**

**9%**

**Total Carbohydrates 20.1g**

**7%**

**Dietary Fiber 2.0g**

**8%**

Sugars 17.9g

**Protein 2.6g**

Vitamin A 10%



Vitamin C 80%

Calcium 7%



Iron 2%

**Nutrition Grade A**

**Nutrition Facts**

Serving Size 161 g

## ***Ingredients:***

$\frac{3}{4}$  cup frozen mango

5 tablespoons coconut yogurt

1 fresh orange

4 tablespoons orange juice

$\frac{3}{4}$  cup crushed ice

## ***Directions:***

- Peel the orange then place it in a blender.
- Add frozen mango into the blender together with crushed ice.
- Pour coconut yogurt and orange juice into the blender then blend on high speed until smooth.
- Transfer the smoothie to glasses then enjoy immediately.

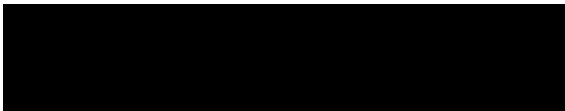
# **Almond Muesli**



Serving: 3

**Nutrition Facts**

Serving Size 161 g



**Amount Per Serving**

**Calories 92**

Calories from Fat 6



**% Daily Value\***

**Total Fat 0.7g**

**1%**

**Cholesterol 2mg**

**1%**

**Sodium 21mg**

**1%**

**Potassium 298mg**

**9%**

**Total Carbohydrates 20.1g**

**7%**

Dietary Fiber 2.0g

**8%**

Sugars 17.9g

**Protein 2.6g**

Vitamin A 10%



Vitamin C 80%

Calcium 7%



Iron 2%

**Nutrition Grade A**





## **Nutrition Facts**

Serving Size 161 g

### ***Ingredients:***

1 cup rolled oats

1-cup soymilk

1 cup chopped roasted almond

## ***Directions:***

- Place rolled oats in a bowl then add roasted almond in it.
- Pour soymilk into the bowl then stir the ingredients well.
- Cover the bowl with plastic wrap then refrigerate overnight.
- In the morning, remove the muesli from the refrigerator then serve immediately.

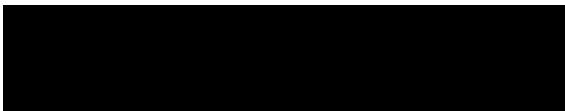
# Green Spinach Smooth Muffin



Serving: 4

## **Nutrition Facts**

Serving Size 151 g



### **Amount Per Serving**

**Calories** 248

Calories from Fat 54

**% Daily Value\***

**Total Fat** 6.0g

**9%**

Saturated Fat 1.3g

**7%**

*Trans* Fat 0.0g

**Cholesterol** 123mg

**41%**

**Sodium** 112mg

**5%**

**Potassium** 493mg

**14%**

**Total Carbohydrates 31.9g**

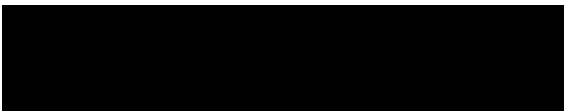
**11%**

**Dietary Fiber 3.7g**

**15%**

**Sugars 2.2g**

**Protein 16.4g**



**Vitamin A 31%**



**Vitamin C 9%**



Calcium 7%



Iron 18%

**Nutrition Grade A-**

\* Based on a 2000 calorie diet

## ***Ingredients:***

3 organic eggs

6 organic egg whites

2 tablespoons chopped onion

1/4 teaspoon black pepper

1 cup cooked quinoa

2 cups chopped spinach

¼ cup chopped onion

***Directions:***

- Preheat an oven to 350 °F then coats 12 muffin cups with cooking spray. Set aside.
- Crack the eggs then place in a bowl.

- Add the egg whites into the bowl then whisk until incorporated.
- Add the remaining ingredients into the bowl then mix until completely combined.
- Pour the mixture into the prepared muffin cups then bake for approximately 20 minutes or until the egg is set and lightly brown.
- Once it is done, remove the muffins from the oven then let them cool for about 10 minutes.
- Loosen the egg muffins from the cups using a rubber spatula then arrange on a serving dish.

- Serve and enjoy.

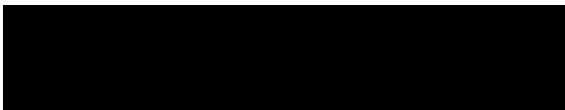
# Banana Tofu Smoothie



Serving: 4

## **Nutrition Facts**

Serving Size 209 g



### **Amount Per Serving**

**Calories** 257

Calories from Fat 160

**% Daily Value\***

**Total Fat** 17.8g

**27%**

Saturated Fat 10.1g

**51%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 8mg

**0%**

**Potassium** 528mg

**15%**

**Total Carbohydrates** 25.4g

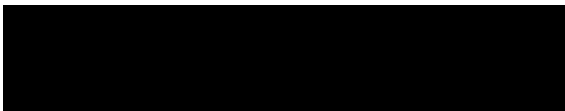
**8%**

Dietary Fiber 4.8g

**19%**

Sugars 12.9g

**Protein** 4.6g



Vitamin A 1%



Vitamin C 15%



Calcium 2%



Iron 18%

**Nutrition Grade B-**

\* Based on a 2000 calorie diet

## ***Ingredients:***

3 bananas

$\frac{3}{4}$  cup silken tofu

$\frac{3}{4}$  cup almond milk

3 tablespoons almond butter

1-teaspoon cinnamon

2 tablespoons hemp seeds

1 ½ cup crushed ice

***Directions:***

- Peel and cut the bananas into chunks then place it in a blender.
- Add silken tofu, hemp seeds and almond butter into the blender.
- Pour almond milk and crushed ice into the blender then blend on high

speed until smooth and well combined.

- Transfer the banana smoothie to glasses then sprinkle cinnamon on top.
- Serve and enjoy.

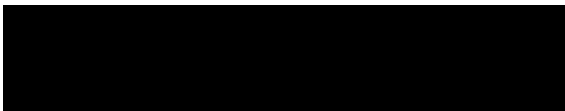
# **Baked Egg with Sweet Potato**



Serving: 6

## **Nutrition Facts**

Serving Size 67 g



### **Amount Per Serving**

**Calories** 105

Calories from Fat 63

**% Daily Value\***

**Total Fat** 7.0g

**11%**

**Saturated Fat** 4.9g

**25%**

**Cholesterol** 82mg

**27%**

**Sodium** 41mg

**2%**

**Potassium** 254mg

**7%**

**Total Carbohydrates 7.1g**

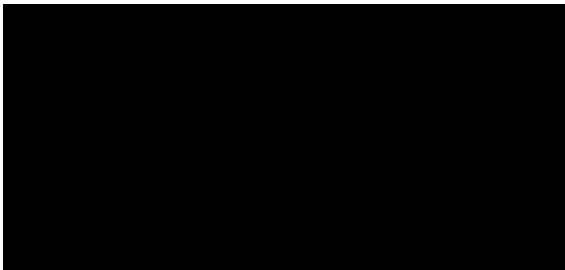
**2%**

Dietary Fiber 1.4g

**5%**

Sugars 1.1g

**Protein 4.2g**





\* Based on a 2000 calorie diet

## **Nutrition Facts**

### ***Ingredients:***

$\frac{3}{4}$  cup grated sweet potatoes

3 organic eggs

1 organic egg white

1-teaspoon black pepper

$\frac{1}{2}$  cup almond milk



½ cup cheddar cubes

1-teaspoon minced garlic

***Directions:***

- Preheat an oven to 350 °F then lines a small casserole dish with cooking spray. Set aside.
- Place the eggs and egg whites in a bowl then whisk until incorporated.
- Season the egg mixture with minced garlic and black pepper then pour almond milk into the bowl. Stir well.

- Add the grated sweet potatoes and cheddar cubes into the egg mixture then mix using a wooden spatula.
- Transfer the egg mixture to the prepared casserole dish then bake for about 50 minutes.
- Once it is done, remove from the oven and let it warm for a few minutes.
- Serve and enjoy warm.

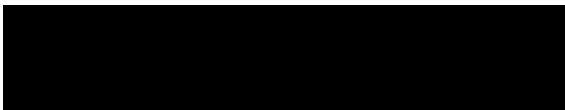
# Simple Fresh Salads



Serving: 2

## **Nutrition Facts**

Serving Size 65 g



### **Amount Per Serving**

**Calories** 63

Calories from Fat 4

**% Daily Value\***

**Total Fat 0.5g**

**1%**

**Cholesterol 0mg**

**0%**

**Sodium 2mg**

**0%**

**Potassium 230mg**

**7%**

**Total Carbohydrates 15.6g**

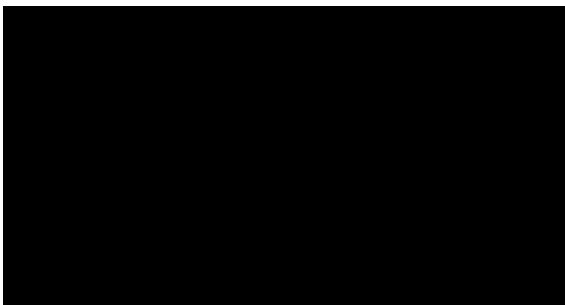
**5%**

Dietary Fiber 2.2g

**9%**

Sugars 12.6g

**Protein 1.0g**



\* Based on a 2000 calorie diet

## Nutrition Facts

### ***Ingredients:***

2 ripe kiwis

2 ripe mangoes

½ cup red strawberries

1 lime

### ***Directions:***

- Peel and chop kiwis then place in a salad bowl.
- Peel and chop mangoes then place in the same bowl.
- Cut the strawberries into halves and place in the same bowl with the kiwis and mangoes.
- Cut the lime into halves then wring the juice over the fruits.
- Serve and enjoy right away.



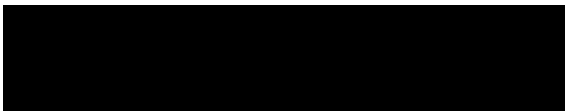
# Blueberry Pancakes



Serving: 4

## **Nutrition Facts**

Serving Size 89 g



### **Amount Per Serving**

**Calories** 116

Calories from Fat 13

**% Daily Value\***

**Total Fat 1.5g**

**2%**

*Trans* Fat 0.0g

**Cholesterol 0mg**

**0%**

**Sodium 51mg**

**2%**

**Potassium 174mg**

**5%**

**Total Carbohydrates 17.8g**

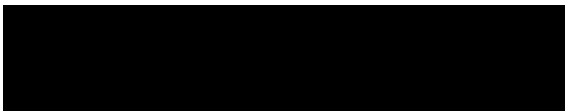
**6%**

Dietary Fiber 3.1g

**12%**

Sugars 2.4g

**Protein 8.3g**



Vitamin A 0%



Vitamin C 5%

Calcium 3%



Iron 7%

**Nutrition Grade A**

\* Based on a 2000 calorie diet

## *Ingredients:*

6 organic egg whites

½ cup fresh blueberries

1-cup oats

¼ cup almond flour

2 teaspoons cinnamon

## *Directions:*

- Place almond flour, oats, and cinnamon in a bowl, then pour egg whites in it.

Sing a whisker, mix until smooth.

- Add fresh blueberries then mix well.
- Preheat a medium skillet over medium heat then coats with cooking spray.
- Once it is hot, pour about 3 tablespoons of batter into the skillet then cook for about 3 minutes or until appearing bubbles on top.

- Flip the pancake then cook for another 3 minutes until both sides are completely cooked.
- Transfer the pancake to a serving dish then repeat with the remaining batter.
- Serve and enjoy warm.

# Baked Oatmeal with Carrots

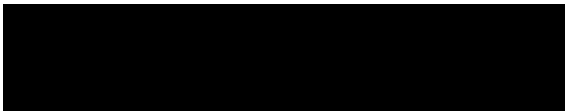




Serving: 3

**Nutrition Facts**

Serving Size 78 g



**Amount Per Serving**

**Calories** 191

Calories from Fat 25

**% Daily Value\***

**Total Fat** 2.7g

**4%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 23mg

**1%**

**Potassium** 417mg

**12%**

**Total Carbohydrates 37.2g**

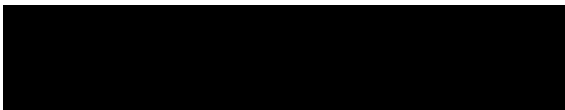
**12%**

Dietary Fiber 5.8g

**23%**

Sugars 6.5g

**Protein 5.8g**



Vitamin A 92%



Vitamin C 3%

Calcium 9%



Iron 12%

## Nutrition Grade A

\* Based on a 2000 calorie diet

### *Ingredients:*

1 ½ cup rolled oats

¾ teaspoon cinnamon

¾ cup grated carrots

1-¼ cup almond milk

½ teaspoon grated ginger

2 tablespoons chopped dates

## *Directions:*

- Preheat an oven to 350 °F then greases a medium casserole dish with cooking spray.
- Place all ingredients in a bowl then mix until well combined.
- Transfer the mixture to the prepared casserole dish then spread evenly.
- Bake for about 35 minutes until firm and lightly golden.

- Remove the oats from the oven then let it cool for a few minutes.
- Serve and enjoy.
- The leftover can be kept in the refrigerator up to 3 days.

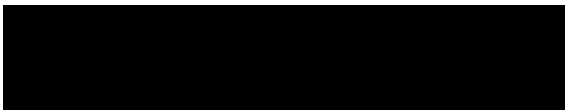
# Choco Banana Roll



Serving: 6

# **Nutrition Facts**

Serving Size 218 g



## **Amount Per Serving**

**Calories** 194

Calories from Fat 23

## **% Daily Value\***

**Total Fat** 2.6g

**4%**



Saturated Fat 0.7g

**3%**

*Trans* Fat 0.0g

**Cholesterol** 55mg

**18%**

**Sodium** 53mg

**2%**

**Potassium** 443mg

**13%**

**Total Carbohydrates** 39.6g

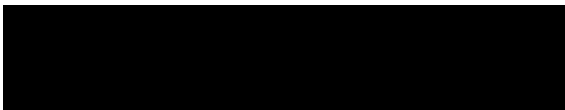
**13%**

Dietary Fiber 3.4g

**14%**

Sugars 12.5g

**Protein 5.3g**



Vitamin A 3%



Vitamin C 15%

Calcium 7%



Iron 9%

**Nutrition Grade A**

\* Based on a 2000 calorie diet

## ***Ingredients:***

1-cup plain whole-meal flour

2 organic eggs

1 cup almond milk

1- $\frac{1}{4}$  cup water

1-teaspoon cacao powder

6 small bananas

## *Directions:*

- Place the bananas in a steamer then steam them until completely cooked.
- Remove the bananas from the steamer then peel and cut into halves, horizontally. Set aside.
- Place whole meal flour in a bowl then adds eggs, almond milk, water, and cacao powder into the bowl. Whisk until incorporated.

- Preheat a non-stick frying pan then coat with cooking spray.
- Pour about  $\frac{1}{4}$  cup of the batter and while pouring the batter, swirl the frying pan so the batter will cover the bottom of the pan evenly.
- Cook until done, and then place on a flat surface.
- Place a steamed banana on it then tightly roll it then place on a serving dish.
- Repeat with the remaining batter then arrange the rolled bananas on the serving dish.

- Drizzle with liquid chocolate if you desire then serve and enjoy.

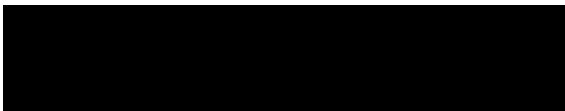
# Special Berry Pancakes



Serving: 4

## **Nutrition Facts**

Serving Size 196 g



### **Amount Per Serving**

**Calories** 345

Calories from Fat 190

**% Daily Value\***



**Total Fat** 21.1g

**33%**

**Saturated Fat** 14.6g

**73%**

**Cholesterol** 165mg

**55%**

**Sodium** 105mg

**4%**

**Potassium** 421mg

**12%**

**Total Carbohydrates 29.6g**

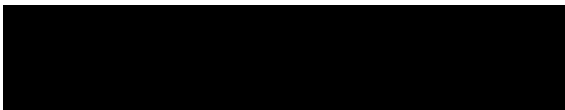
**10%**

Dietary Fiber 6.4g

**26%**

Sugars 5.5g

**Protein 12.3g**



Vitamin A 5%



Vitamin C 17%

Calcium 9%



Iron 18%

## Nutrition Grade B-

\* Based on a 2000 calorie diet

### *Ingredients:*

1 ½ cups rolled oats

½ cup buttermilk

1-½ cups almond flour

4 organic eggs

1-½ cups almond milk

1-cup fresh raspberries

## *Directions:*

- Combine rolled oats with buttermilk and let them sit for about 30 minutes.
- Meanwhile, crack the eggs then place in a bowl.
- Pour almond milk into the bowl then stir until incorporated.
- Stir in the oat mixture together with almond flour then using a whisker mix until combined.

- Fold in the raspberries then mix well.
- Preheat a nonstick frying pan over low heat then coat with cooking oil.
- Once it is hot, pour about  $\frac{1}{4}$  cup of the batter then cook for approximately 2 minutes then flip it. Cook again for another 2 minutes until both sides are lightly golden and the pancake is completely cooked.
- Repeat with the remaining batter then arrange the pancakes on a serving dish.
- Serve and enjoy warm.

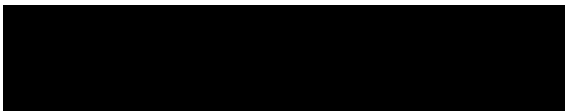
# Sweet Potato Cinnamon Waffles



Serving: 4

## **Nutrition Facts**

Serving Size 65 g



### **Amount Per Serving**

**Calories** 115

Calories from Fat 58

**% Daily Value\***

**Total Fat** 6.5g

**10%**

Saturated Fat 5.0g

**25%**

*Trans* Fat 0.0g

**Cholesterol** 41mg

**14%**

**Sodium** 42mg

**2%**

**Potassium** 126mg



4%

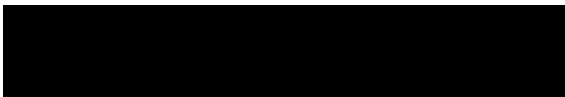
**Total Carbohydrates** 12.9g

4%

Dietary Fiber 1.1g

4%

Sugars 6.7g



Vitamin A 57% •

Vitamin C 4%

Calcium 2%



Iron 5%

**Nutrition Grade B**

***Ingredients:***

1/2 cup almond flour

3 teaspoons coconut flour

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/2 cup mashed sweet potato

1 organic egg

1-tablespoon honey

½ tablespoon coconut oil

¼ cup almond milk

***Directions:***

- Preheat a waffle iron over medium heat.

- Place all of the dry ingredients in a bowl then mix well.
- In another bowl, combine all of the wet ingredients then stir until incorporated.
- Add the liquid mixture into the dry mixture then whisk until combined.
- Pour the batter onto the waffle iron then cook according to its directions.
- Repeat with the remaining batter then arrange them on a serving platter.
- Serve and enjoy!

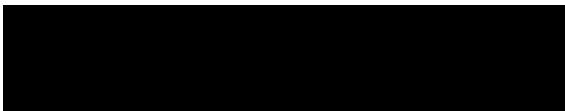
# Overnight Almond with Chia



Serving: 3

## **Nutrition Facts**

Serving Size 239 g



### **Amount Per Serving**

**Calories** 520

Calories from Fat 405

**% Daily Value\***

**Total Fat 45.0g**

**69%**

**Saturated Fat 38.7g**

**194%**

**Cholesterol 0mg**

**0%**

**Sodium 30mg**

**1%**

**Potassium 750mg**

**21%**

**Total Carbohydrates 31.0g**

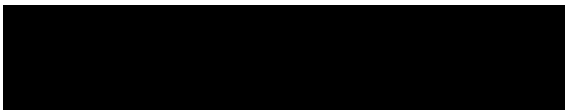
**10%**

Dietary Fiber 8.1g

**32%**

Sugars 8.6g

**Protein 8.0g**



Vitamin A 0%



Vitamin C 11%

Calcium 5%



Iron 26%



## **Nutrition Grade B-**

\* Based on a 2000 calorie diet

### ***Ingredients:***

1/2 cup mashed bananas

1/4 cup raw cacao powder

1/4 cup water

1 cup rolled oats

¼ cup chia seeds

3 cups coconut milk

***Directions:***

- In a bowl, combine mashed banana with cacao powder then pour water over the banana.
- Stir the banana mixture until smooth and creamy then add rolled oats and chia seeds into the mixture.
- Pour coconut milk over the mixture then stir continuously.

- Cover the bowl with plastic wrap then fridge overnight.
- In the morning, remove from the refrigerator then enjoy the oats with berries, nuts, or coconut cream.

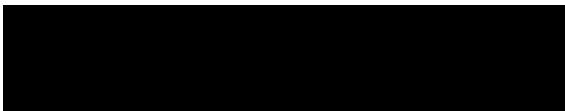
# **Banana Protein Pancakes with Cinnamon**



Serving: 4

## **Nutrition Facts**

Serving Size 217 g



### **Amount Per Serving**

**Calories** 279

Calories from Fat 28

### **% Daily Value\***

**Total Fat** 3.1g

**5%**

Saturated Fat 0.5g

**3%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 103mg

**4%**

**Potassium** 588mg

**17%**

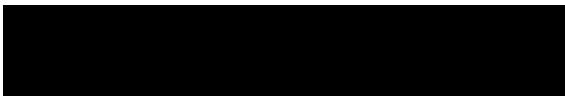
**Total Carbohydrates** 47.4g

**16%**

Dietary Fiber 7.3g

**29%**

Sugars 10.3g



Vitamin A 1%



Vitamin C 11%

Calcium 6%



Iron 12%

**Nutrition Grade A**



## ***Ingredients:***

6 organic egg whites

1 cup chopped banana

1-cup oats

2 tablespoons almond flour

2 teaspoons cinnamon

## ***Directions:***

- Place all ingredients in a blender then process until smooth.

- Preheat a medium skillet over medium heat then coats with cooking spray.
- Once it is hot, pour about 3 tablespoons of batter into the skillet then cook for about 3 minutes or until appearing bubbles on top.
- Flip the pancake then cook for another 3 minutes until both sides are completely cooked.
- Transfer the pancake to a serving dish then repeat with the remaining batter.
- Serve and enjoy warm.

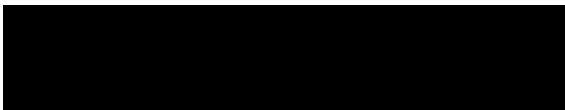
# Tofu Quiche



Serving: 6

## **Nutrition Facts**

Serving Size 84 g



### **Amount Per Serving**

**Calories** 95

Calories from Fat 43

**% Daily Value\***

**Total Fat** 4.8g

**7%**

**Saturated Fat** 0.7g

**3%**

**Cholesterol** 0mg

**0%**

**Sodium** 5mg

**0%**

**Potassium** 315mg

**9%**

**Total Carbohydrates 12.5g**

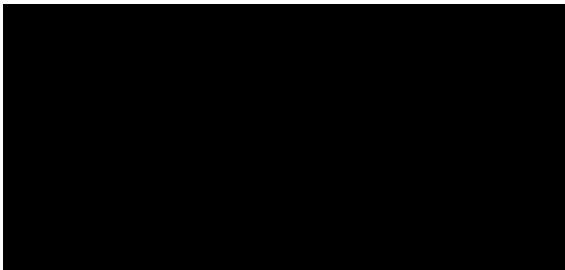
**4%**

Dietary Fiber 1.9g

**8%**

Sugars 1.0g

**Protein 1.4g**





\* Based on a 2000 calorie diet

**Nutrition Facts**

***Ingredients:***

**CRUST:**

3 cups grated potatoes

2 tablespoons olive oil

**FILLING:**

$\frac{3}{4}$  cup silk tofu

¼ teaspoon black pepper

1-½ teaspoons minced garlic

¼ cup chopped leek

1 tablespoon red chili flakes

### ***Directions:***

- Preheat an oven to 450 °F then coats a pie pan with cooking spray.
- Combine grated potatoes and olive oil in a bowl then transfer to the



prepared pie pan. Spread evenly and press.

- Bake for 25 minutes until brown.
- Meanwhile, place tofu in a food processor together with minced garlic, black pepper, and red chili flakes. Process until completely combined.
- Take the crust out from the oven and reduce the heat to 350 °F.
- Pour the tofu filling into the crust then spread evenly.
- Place in the oven then bakes for 20 minutes until the tofu is set and

lightly brown.

- Once it is done, remove from the oven and let it cool for a few minutes.
- Serve and enjoy.

# Eggplant in Pan



Serving: 4

**Nutrition Facts**

Serving Size 102 g

**Amount Per Serving**

**Calories** 71

Calories from Fat 23

**% Daily Value\***

**Total Fat** 2.6g

**4%**

Saturated Fat 0.6g

**3%**

**Cholesterol 42mg**

**14%**

**Sodium 72mg**

**3%**

**Potassium 164mg**

**5%**

**Total Carbohydrates 4.5g**

**1%**

**Dietary Fiber 1.0g**

**4%**

Sugars 2.0g

**Protein 7.5g**



Vitamin A 5%



Vitamin C 9%

Calcium 4%



Iron 8%

**Nutrition Grade A-**

\* Based on a 2000 calorie diet

## ***Ingredients:***

2 cups sliced eggplants

½ cup chopped zucchini

1 organic egg

6 organic egg whites

2 tablespoons coconut milk

2 tablespoons chopped leek

½ teaspoon black pepper

1-teaspoon olive oil

1 cup chopped onion

1 teaspoon minced garlic

### ***Directions:***

- Crack the egg then place in a bowl.
- Add the egg whites into the bowl together with coconut milk, chopped leek, and black pepper. Stir well then set aside.



- Preheat a medium non-stick skillet over low heat then pour olive oil in it.
- Once it is hot, stir in onion and garlic then sautés until wilted and aromatic.
- Add the sliced eggplants and chopped zucchini into the skillet then stir until well combined.
- Pour the egg mixture into the skillet then distributes evenly.
- Cover the skillet then cook over low heat for about 12 minutes or until the egg is firm.

- Once it is done, remove from the heat and let it warm for a few minutes.
- Cut the frittata into 4 then place on a serving dish.
- Serve and enjoy warm.

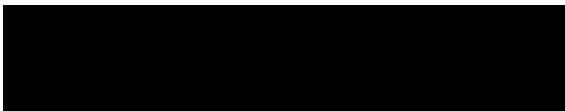
# Tomato Veggie Quiche



Serving: 6

## **Nutrition Facts**

Serving Size 102 g



### **Amount Per Serving**

**Calories** 96

Calories from Fat 64

**% Daily Value\***

**Total Fat** 7.1g

**11%**

**Saturated Fat** 4.9g

**25%**

**Cholesterol** 82mg

**27%**

**Sodium** 42mg

**2%**

**Potassium** 214mg

**6%**

**Total Carbohydrates 4.9g**

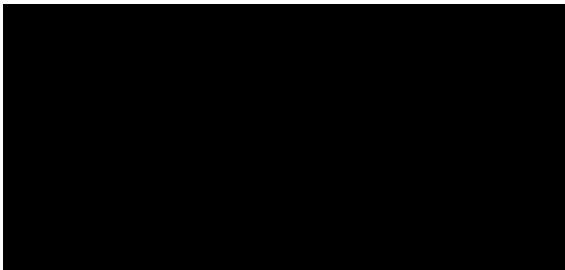
**2%**

Dietary Fiber 1.6g

**6%**

Sugars 2.4g

**Protein 4.6g**





\* Based on a 2000 calorie diet

**Nutrition Facts**

***Ingredients:***

$\frac{3}{4}$  cup chopped green beans

1 cup halved cherry tomatoes

$\frac{1}{2}$  cup chopped onion

3 organic eggs

1 organic egg white

1-teaspoon black pepper

½ cup almond milk

1-teaspoon minced garlic

***Directions:***

- Preheat an oven to 350 °F then lines a medium casserole dish with cooking spray. Set aside.
- Place the eggs and egg whites in a bowl then whisk until incorporated.



- Season the egg mixture with minced garlic and black pepper then pour almond milk into the bowl. Stir well.
- Add chopped green beans, chopped onion, and halved cherry tomatoes into the egg mixture then mix using a wooden spatula.
- Transfer the egg mixture to the prepared casserole dish then bake for about 50 minutes.
- Once it is done, remove from the oven and let it warm for a few minutes.
- Serve and enjoy warm.

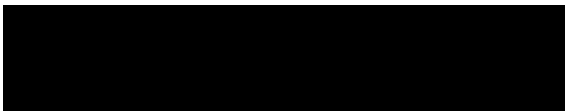
# **Cheesy Broccoli Muffins**



Serving: 4

## **Nutrition Facts**

Serving Size 151 g



### **Amount Per Serving**

**Calories** 248

Calories from Fat 54

**% Daily Value\***

**Total Fat** 6.0g

**9%**

**Saturated Fat** 1.3g

**7%**

*Trans* Fat 0.0g

**Cholesterol** 123mg

**41%**

**Sodium** 112mg

**5%**

**Potassium** 493mg

**14%**

**Total Carbohydrates 31.9g**

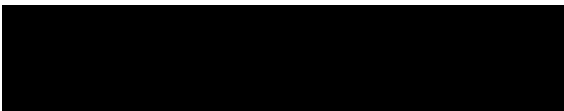
**11%**

Dietary Fiber 3.7g

**15%**

Sugars 2.2g

**Protein 16.4g**



Vitamin A 31%      •

Vitamin C 9%

Calcium 7%



Iron 18%

**Nutrition Grade A-**

\* Based on a 2000 calorie diet

## ***Ingredients:***

3 organic eggs

6 organic egg whites

2 tablespoons chopped onion

1/4 cup cheddar cubes

¼ teaspoon black pepper

1 cup cooked quinoa

2 cups chopped broccoli

¼ cup chopped parsley

¼ cup chopped onion

### ***Directions:***

- Preheat an oven to 350 °F then coats 12 muffin cups with cooking spray. Set aside.

- Crack the eggs then place in a bowl.
- Add the egg whites into the bowl then whisk until incorporated.
- Add the broccoli and cheddar into the egg mixture then stir until mixed.
- Stir in remaining ingredients into the bowl then mix until completely combined.
- Pour the mixture into the prepared muffin cups then bake for approximately 20 minutes or until the egg is set and lightly brown.



- Once it is done, remove the muffins from the oven then let them cool for about 10 minutes.
- Using a rubber spatula, take the egg muffins out from the cups then arrange on a serving dish.
- Enjoy warm!

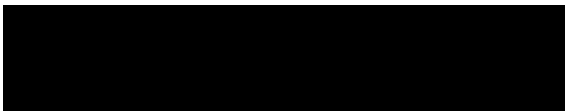
# Green Smoothie Booster



Serving: 2

## **Nutrition Facts**

Serving Size 202 g



### **Amount Per Serving**

**Calories** 125

Calories from Fat 6

**% Daily Value\***

**Total Fat** 0.6g

**1%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 22mg

**1%**

**Potassium** 507mg

**14%**

**Total Carbohydrates** 31.0g

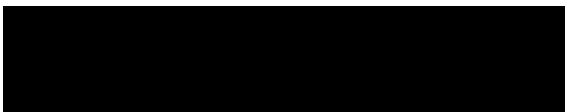
**10%**

Dietary Fiber 4.4g

**17%**

Sugars 23.6g

**Protein 2.0g**



Vitamin A 36% •

Vitamin C 123%

Calcium 4% •

Iron 12%

**Nutrition Grade A**

\* Based on a 2000 calorie diet

## ***Ingredients:***

$\frac{1}{2}$  cup orange juice

1-cup baby spinach

1 cup chopped apple

1 cup chopped cucumber

2 tablespoons chopped celery

$\frac{1}{4}$  cup chopped mango

1-tablespoon mint leaves

***Directions:***

- Place all of the ingredients in a container then freeze for about 2 hours.
- After 2 hours, take the container out from the freezer then transfer the fruits and vegetables to a blender.
- Blend on high speed until smooth and creamy.

- Pour the smoothie into glasses then enjoy right away.



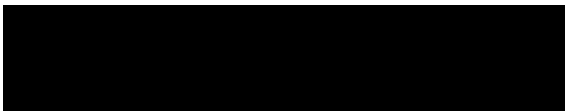
# Pumpkin Coconut Waffle



Serving: 4

## **Nutrition Facts**

Serving Size 28 g



### **Amount Per Serving**

**Calories** 66

Calories from Fat 58

**% Daily Value\***

**Total Fat** 6.4g

**10%**

Saturated Fat 5.0g

**25%**

*Trans* Fat 0.0g

**Cholesterol** 41mg

**14%**

**Sodium** 18mg

**1%**

**Potassium** 56mg

**2%**

**Total Carbohydrates 1.2g**

**0%**

Dietary Fiber 0.5g

**2%**

Sugars 0.6g



Vitamin A 1%



Vitamin C 1%

Calcium 1%



Iron 3%

**Nutrition Grade B-**

## ***Ingredients:***

1/2 cup coconut flour

3 teaspoons almond flour

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/2 cup mashed pumpkin

1 organic egg

½ tablespoon coconut oil

¼ cup coconut milk

***Directions:***

- Preheat a waffle iron over medium heat.
- Place coconut flour, almond flour, cinnamon, and nutmeg in a bowl

then mix well.

- In another bowl, combine mashed pumpkin with egg, coconut oil, and coconut milk then stir until incorporated.
- Add the liquid mixture into the flour mixture then whisk until combined.
- Take about  $\frac{1}{2}$  cup of the batter then pour onto the waffle iron then cook according to its directions.
- Repeat with the remaining batter then arranges them on a serving platter.

- Serve warm.



# Lunch

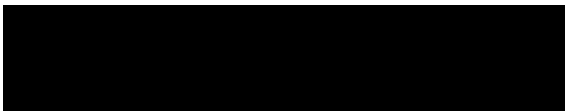
## Nutty Banana Fritter



Serving: 3

## **Nutrition Facts**

Serving Size 116 g



### **Amount Per Serving**

**Calories** 115

Calories from Fat 70

**% Daily Value\***

**Total Fat** 7.8g

**12%**

**Saturated Fat** 1.6g

**8%**

**Cholesterol** 109mg

**36%**

**Sodium** 79mg

**3%**

**Potassium** 215mg

**6%**

**Total Carbohydrates 4.0g**

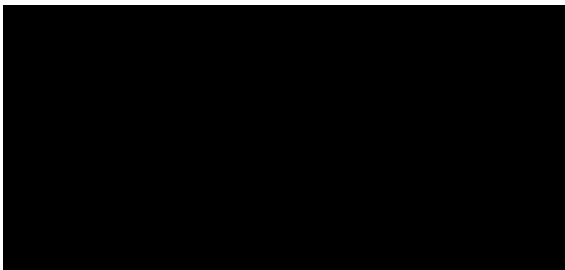
**1%**

Dietary Fiber 0.8g

**3%**

Sugars 2.2g

**Protein 8.0g**





\* Based on a 2000 calorie diet

**Nutrition Facts**

***Ingredients:***

2 cups rolled oats

1-cup whole oats

2 organic eggs, beaten

1-½ cups almond milk

2 cups mashed banana

1 cup chopped walnut

1-teaspoon cinnamon

1-teaspoon honey

### ***Directions:***

- Preheat an oven to 350 °F then lines a baking sheet with parchment paper. Set aside.
- Place the rolled oats into a food processor then process until becoming powder.

- Transfer the oats powder to a large bowl then adds whole oats into the bowl. Stir until combined.
- Add beaten eggs into the dry mixture then pour almond milk into the bowl.
- Using a whisker combined the mixture then fold in mashed banana, chopped walnut, cinnamon, and honey. Stir until well mixed.
- Scoop batter then drops the batter on the prepared baking sheet.
- Bake for about 15 minutes until set and completely cooked.

- Remove the fritter from the oven then arrange on a serving dish.
- Serve and enjoy warm.



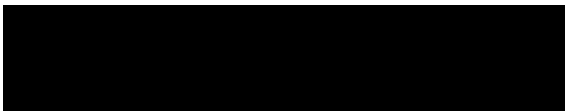
# Oat Muffins with Chocolate Chips



Serving: 12

## **Nutrition Facts**

Serving Size 106 g



### **Amount Per Serving**

**Calories** 256

Calories from Fat 141

**% Daily Value\***

**Total Fat 15.7g**

**24%**

**Saturated Fat 12.5g**

**63%**

**Cholesterol 0mg**

**0%**

**Sodium 7mg**

**0%**

**Potassium 284mg**

**8%**

**Total Carbohydrates 27.1g**

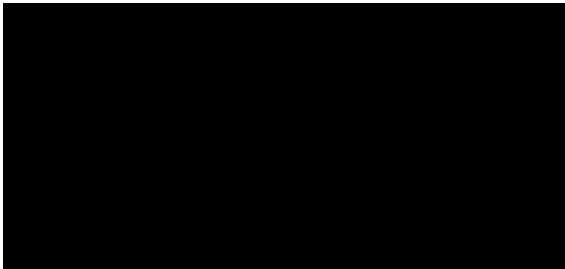
**9%**

Dietary Fiber 4.2g

**17%**

Sugars 6.2g

**Protein 4.4g**





\* Based on a 2000 calorie diet

## **Nutrition Facts**

### ***Ingredients:***

$\frac{3}{4}$  cup mashed banana

$\frac{1}{2}$  cup almond milk

4 tablespoons applesauce

2 tablespoons coconut oil

1  $\frac{1}{4}$  cups rolled oats

½ cup almond flour

### ***Directions:***

- Preheat an oven to 350 °F then prepares 12 muffin paper cups. Set aside.
- Place mashed banana, applesauce, and coconut oil in a bowl.
- Pour almond milk into the bowl then whisk until incorporated.
- Add oats and almond flour into the bowl then mix until completely

combined.

- Pour the mixture into the prepared muffin cups then bake for approximately 15 minutes or until the muffins are golden brown.
- Remove from the oven and let them sit for a few minutes.
- Serve and enjoy warm or cold.

# Nutritious Pumpkin Bars

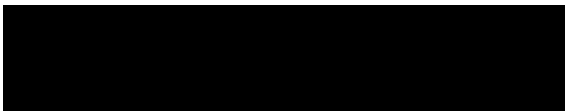


Serving: 4



## **Nutrition Facts**

Serving Size 123 g



### **Amount Per Serving**

**Calories** 241

Calories from Fat 106

**% Daily Value\***

**Total Fat** 11.8g

**18%**

Saturated Fat 1.0g

**5%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 20mg

**1%**

**Potassium** 305mg

**9%**

**Total Carbohydrates 29.0g**

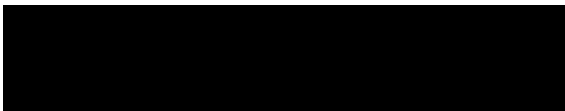
**10%**

Dietary Fiber 5.0g

**20%**

Sugars 13.6g

**coco**



Vitamin A 96% •

Vitamin C 3%

Calcium 6%



Iron 11%

**Nutrition Grade A-**

\* Based on a 2000 calorie diet

## ***Ingredients:***

1/2 cup mashed pumpkin

1/2 cup unsweetened applesauce

1/4 cup organic egg whites

2 tablespoons honey

2 teaspoons pumpkin pie spice

½ cup almond flour

¾ cup rolled oats

¼ cup chopped walnuts

### ***Directions:***

- Preheat an oven to 375 °F then lines a medium baking pan with parchment paper. Set aside.
- Combine mashed pumpkin with unsweetened applesauce, organic

egg whites, pumpkin pie spice, honey, and almond flour. Stir until completely combined.

- Add rolled oats and chopped walnuts into the mixture then mix well.
- Pour the mixture into the prepared baking pan then spread evenly.
- Bake for approximately 30 minutes until a toothpick inserted comes out clean.
- Once it is done, remove from the oven and let it cool for about 10 minutes then place on a cooling

rack for about 30 minutes until it is completely cool.

- Using a sharp knife, cut into bars then arrange on a serving dish.
- Serve and enjoy warm or cold.

# Refreshing Roasted Banana

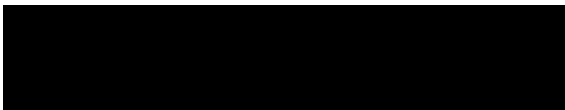


Serving: 4



## **Nutrition Facts**

Serving Size 142 g



### **Amount Per Serving**

**Calories** 252

Calories from Fat 105

### **% Daily Value\***

**Total Fat** 11.7g

**18%**

Saturated Fat 1.3g

**7%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 19mg

**1%**

**Potassium** 497mg

**14%**

**Total Carbohydrates** 31.1g

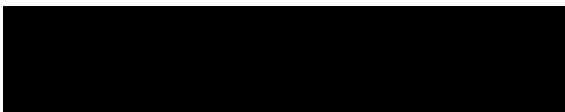
**10%**

Dietary Fiber 5.4g

**22%**

Sugars 10.9g

**Protein 9.4g**



Vitamin A 2%



Vitamin C 26%

Calcium 5%



Iron 10%

**Nutrition Grade A**

\* Based on a 2000 calorie diet

## ***Ingredients:***

2 medium bananas

$\frac{1}{2}$  cup unsweetened orange juice

$\frac{1}{4}$  cup organic egg whites

$\frac{1}{2}$  cup almond flour

$\frac{3}{4}$  cup rolled oats

$\frac{1}{4}$  cup chopped peanuts

## *Directions:*

- Preheat an oven to 375 °F then lines a medium baking pan and a small baking pan with parchment paper. Set aside.
- Peel the bananas then place on the small baking pan.
- Roast the banana for approximately 5 minutes then flip them and re-bake for another 5 minutes.
- Remove the bananas from the oven then using a potato masher, mash

the bananas until smooth.

- Combine mashed bananas with unsweetened orange juice, organic egg whites, honey, and almond flour. Stir until completely combined.
- Add rolled oats into the mixture then mix well.
- Pour the mixture into the prepared baking pan then spread evenly.
- Sprinkle chopped cashew on top then bake for approximately 30 minutes until a toothpick inserted comes out clean.

- Once it is done, remove from the oven and let it cool for about 10 minutes then place on a cooling rack for about 30 minutes until it is completely cool.
- Using a sharp knife, cut into bars then arrange on a serving dish.
- Serve and enjoy warm or cold.

# Spinach Pumpkin Muffins

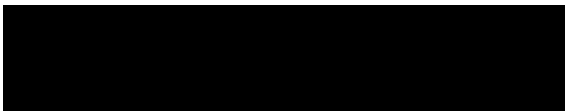


Serving: 4



## **Nutrition Facts**

Serving Size 137 g



### **Amount Per Serving**

**Calories** 283

Calories from Fat 172

**% Daily Value\***

**Total Fat** 19.1g

**29%**

Saturated Fat 15.5g

**78%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 14mg

**1%**

**Potassium** 334mg

**10%**

**Total Carbohydrates** 26.1g

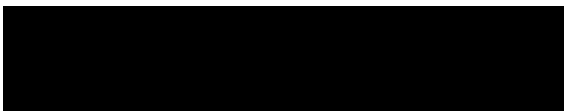
**9%**

Dietary Fiber 5.7g

**23%**

Sugars 5.0g

**Protein** 5.0g



Vitamin A 150% •

Vitamin C 8%

Calcium 3%



Iron 21%

## **Nutrition Grade B**

\* Based on a 2000 calorie diet

### ***Ingredients:***

$\frac{3}{4}$  cup mashed pumpkin

$\frac{1}{2}$  cup chopped spinach

$\frac{1}{2}$  cup coconut milk

4 tablespoons applesauce

2 tablespoons coconut oil

1  $\frac{1}{4}$  cups rolled oats

$\frac{1}{2}$  cup coconut flour

***Directions:***

- Preheat an oven to 350 °F then prepares 12 muffin paper cups. Set aside.
- Place mashed pumpkin, applesauce, and coconut oil in a bowl.

- Pour coconut milk into the bowl then whisk until incorporated.
- Add oats and coconut flour into the bowl then mix until completely combined.
- Last, add chopped spinach into the mixture then stir well.
- Pour the mixture into the prepared muffin cups then bake for approximately 15 minutes or until the muffins are golden brown.
- Remove from the oven and let them sit for a few minutes.
- Serve and enjoy warm or cold.

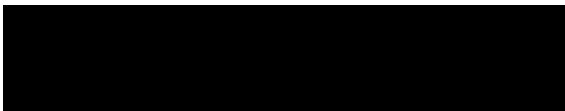
# Carrot and Tomato Soup



Serving: 2

## **Nutrition Facts**

Serving Size 70 g



### **Amount Per Serving**

**Calories** 57

Calories from Fat 42

**% Daily Value\***



**Total Fat** 4.6g

**7%**

Saturated Fat 1.0g

**5%**

*Trans* Fat 0.0g

**Cholesterol** 2mg

**1%**

**Sodium** 66mg

**3%**

**Potassium** 108mg

**3%**

**Total Carbohydrates 3.9g**

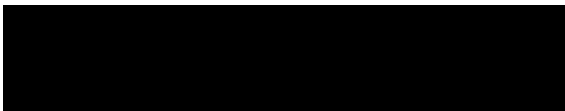
**1%**

**Dietary Fiber 0.7g**

**3%**

**Sugars 2.2g**

**Protein 0.9g**



**Vitamin A 21%**



**Vitamin C 104%**

Calcium 2%



Iron 2%

**Nutrition Grade C+**

\* Based on a 2000 calorie diet

## ***Ingredients:***

3 cups chopped tomato

2 cups vegetable broth

1 teaspoon minced garlic

2 tablespoons diced onion

¼ cup chopped carrots

1 cup almond milk

2 basil leaves

1-teaspoon arrowroot

2 tablespoons chopped leek

***Directions:***

- Place tomatoes, carrots, minced garlic, and diced onion in a crockpot.
- Pour vegetable broth into the pot then cook on high for 4 hours.
- Once it is done, open the lid then add basil and almond milk into the pot then blend using an immersion blender.
- Take about 2 tablespoons of gravy then combine with arrowroot.
- Stir in the arrowroot mixture into the soup then bring to simmer.

- Transfer the soup to a serving bowl then sprinkle chopped leek on top.
- Enjoy hot.

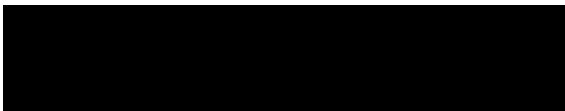
# Healthy Tofu Ceviche



Serving: 2

## **Nutrition Facts**

Serving Size 149 g



### **Amount Per Serving**

**Calories** 160

Calories from Fat 93

**% Daily Value\***



**Total Fat** 10.3g

**16%**

Saturated Fat 2.2g

**11%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 18mg

**1%**

**Potassium** 408mg

**12%**

**Total Carbohydrates** 13.2g

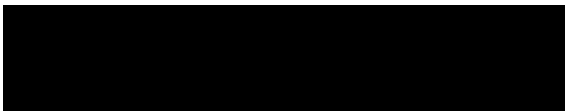
**4%**

Dietary Fiber 4.5g

**18%**

Sugars 2.6g

**Protein** 7.3g



Vitamin A 1%



Vitamin C 19%

Calcium 14%



Iron 13%

## **Nutrition Grade A**

\* Based on a 2000 calorie diet

### ***Ingredients:***

1-teaspoon lemon zest

1 tablespoon lemon juice

¼ cup chopped onion

½ cup diced tofu

½ cup cooked corn kernels

½ cup chopped avocado

½ cup halved cherry tomato

***Directions:***

- Place lemon zest, lemon juice, and chopped onion in a salad bowl. Stir until combined.

- Add diced tofu, corn kernels, chopped avocado, and halved cherry tomatoes into the bowl then mix until all the ingredients are well mixed.
- Cover the bowl with plastic wrap then chill in the refrigerator for at least an hour.
- Serve and enjoy cold.

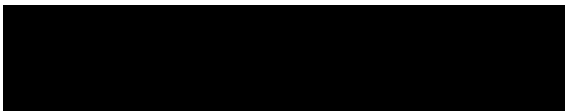
# Vegetables Greek Salads



Serving: 4

## **Nutrition Facts**

Serving Size 70 g



### **Amount Per Serving**

**Calories** 57

Calories from Fat 42

**% Daily Value\***

**Total Fat** 4.6g

**7%**

Saturated Fat 1.0g

**5%**

*Trans* Fat 0.0g

**Cholesterol** 2mg

**1%**

**Sodium** 66mg

**3%**

**Potassium** 108mg



**3%**

**Total Carbohydrates 3.9g**

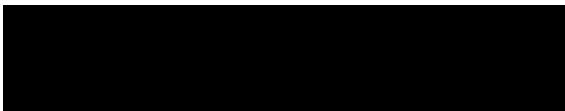
**1%**

**Dietary Fiber 0.7g**

**3%**

**Sugars 2.2g**

**Protein 0.9g**



**Vitamin A 21%**



**Vitamin C 104%**

Calcium 2%



Iron 2%

**Nutrition Grade C+**

\* Based on a 2000 calorie diet

## ***Ingredients:***

2 tablespoons lemon juice

3 teaspoons olive oil

1 teaspoon minced garlic

1 cup chopped cucumbers

1-cup halved cherry tomatoes

1 cup chopped bell peppers

1-tablespoon feta cheese

2 tablespoons chopped olives

### ***Directions:***

- Place chopped cucumbers, halved cherry tomatoes, chopped bell peppers in a salad bowl.
- Add feta cheese and garlic into the bowl then drizzle lemon juice and

olive oil over the vegetables.

- Using two forks, mix the ingredients then place in a refrigerator.
- Serve and enjoy cold.

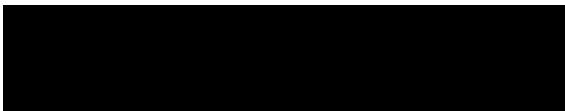
# Barley Tomato Salads



Serving: 3

## **Nutrition Facts**

Serving Size 167 g



### **Amount Per Serving**

**Calories** 283

Calories from Fat 73

**% Daily Value\***

**Total Fat** 8.1g

**12%**

**Saturated Fat** 1.4g

**7%**

**Cholesterol** 0mg

**0%**

**Sodium** 26mg

**1%**

**Potassium** 464mg

**13%**

**Total Carbohydrates 47.7g**

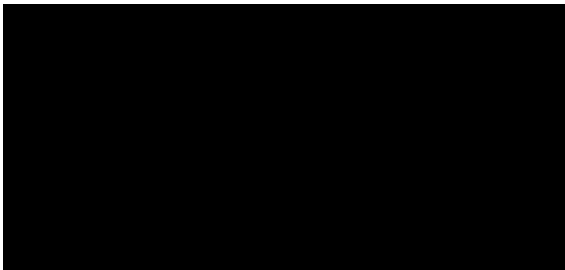
**16%**

Dietary Fiber 8.8g

**35%**

Sugars 4.6g

**Protein 10.3g**







\* Based on a 2000 calorie diet

**Nutrition Facts**

***Ingredients:***

½ cup pearl barley

½ cup diced tofu

½ cup halved cherry tomatoes

2 tablespoons cooked corn kernels

2 tablespoons chopped leek

¼ cup chopped onion

1-tablespoon olive oil

1 teaspoon lemon zest

1 tablespoon lemon juice

¼ teaspoon black pepper

***Directions:***

- Cook the pearl barley according to the package instructions. Let it sit for a few minutes until cool.
- Place olive oil, lemon zest, lemon juice, and black pepper in a bowl then stir until incorporated. Set aside.
- Place the tofu in a steamer then steam until cooked. Set aside.
- In a large salad bowl, place cooked barley, steamed tofu, cherry tomatoes, corn kernels, chopped leek, and chopped onion.
- Drizzle olive mixture over the salad ingredients then tosses until

combined.

- Cover with plastic wrap then chills in the refrigerator for at least an hour.
- Serve and enjoy cold.

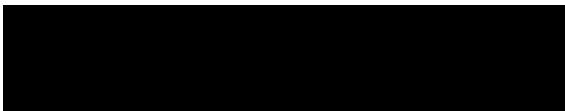
# Avocado Beans Salads



Serving: 3

## **Nutrition Facts**

Serving Size 46 g



### **Amount Per Serving**

**Calories** 95

Calories from Fat 25

**% Daily Value\***

**Total Fat** 2.8g

**4%**

Saturated Fat 0.6g

**3%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 5mg

**0%**

**Potassium** 349mg

**10%**

**Total Carbohydrates** 14.3g

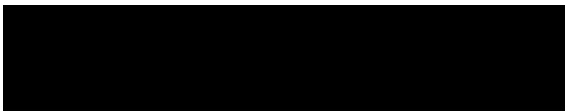
**5%**

Dietary Fiber 3.8g

**15%**

Sugars 1.1g

**Protein** 4.3g



Vitamin A 2%



Vitamin C 8%



Calcium 2%



Iron 7%

## **Nutrition Grade A**

\* Based on a 2000 calorie diet

### ***Ingredients:***

1/4 cup cooked black beans

1/4 cup cubed avocado

1/4 cup cooked corn kernels

2 tablespoons chopped leek

1 tablespoon lemon juice

¼ teaspoon black pepper

***Directions:***

- Place cooked black beans, cubed avocado, corn kernels, and chopped leek in a salad bowl.
- Splash lemon juice over the ingredients then using 2 forks toss until combined.

- Sprinkle black pepper on top then cover the bowl with plastic wrap.
- Chill in the refrigerator for at least an hour.
- Once you want to consume, remove from the refrigerator then discard the plastic wrap.
- Enjoy cool.

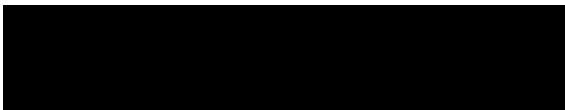
# Spiced Quinoa with Shrimps



Serving: 3

## **Nutrition Facts**

Serving Size 125 g



### **Amount Per Serving**

**Calories** 149

Calories from Fat 58

**% Daily Value\***

**Total Fat** 6.5g

**10%**

Saturated Fat 0.9g

**5%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 7mg

**0%**

**Potassium** 195mg

**6%**

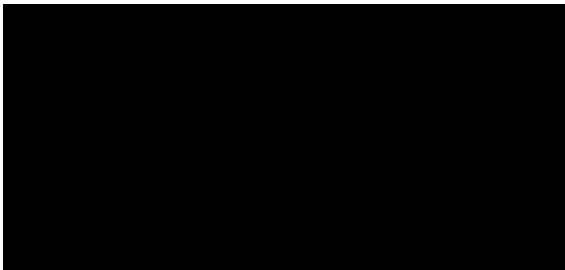
**Total Carbohydrates 18.8g**

**6%**

Dietary Fiber 2.2g

**9%**

**Protein 4.3g**





\* Based on a 2000 calorie diet

**Nutrition Facts**

***Ingredients:***

1-cup water

½ cup quinoa

1 teaspoon minced garlic

3 teaspoons olive oil

¼ cup cooked shrimps



¼ cup chopped baby spinach

2 tablespoons chopped basil

2 tablespoons chopped chives

1-tablespoon lemon juice

### ***Directions:***

- Place quinoa and water in a pot then bring to boil.
- Once it is boiled, reduce the heat and cook the quinoa for about 15

minutes until all water is completely absorbed. Set aside.

- Preheat a saucepan then pour olive oil in it.
- Stir in minced garlic then sauté until brown and aromatic.
- Add shrimps and baby spinach into the pan then season with basil and chives. Stir well.
- Stir in cooked quinoa then splash lemon juice over the saucepan. Mix well.
- Transfer the cooked quinoa and vegetables to a serving dish then

serve warm.

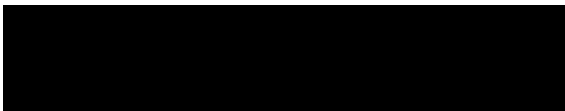
# Bean Sprouts in Blanket



Serving: 6

## **Nutrition Facts**

Serving Size 170 g



### **Amount Per Serving**

**Calories** 151

Calories from Fat 108

**% Daily Value\***

**Total Fat 12.0g**

**18%**

**Saturated Fat 9.0g**

**45%**

**Cholesterol 55mg**

**18%**

**Sodium 70mg**

**3%**

**Potassium 253mg**

**7%**

**Total Carbohydrates 4.2g**

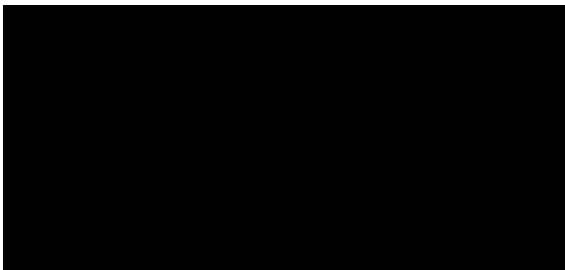
**1%**

Dietary Fiber 0.9g

**4%**

Sugars 1.9g

**Protein 8.5g**





\* Based on a 2000 calorie diet

**Nutrition Facts**

***Ingredients:***

1-cup plain whole-meal flour

2 organic eggs

1 cup almond milk

1- $\frac{1}{4}$  cup water

**FILLING:**



1 cup steamed bean sprouts

1-cup organic egg whites

2 tablespoons chopped onion

1-teaspoon olive oil

***Directions:***

- Place whole meal flour in a bowl then adds eggs, almond milk, and water into the bowl. Whisk until incorporated.

- Preheat a non-stick frying pan then coat with cooking spray.
- Pour about  $\frac{1}{4}$  cup of the batter and while pouring the batter, swirl the frying pan so the batter will cover the bottom of the pan evenly.
- Cook until done, and then place on a flat surface.
- Meanwhile, preheat a skillet then pour olive oil in it.
- Once it is hot, stir in onion then sauté until wilted and aromatic.
- Whisk the egg whites then pour into the skillet and stir until scrambled.

- Add the steamed bean sprouts into the skillet then mix until combined.
- Put a spoonful of filling on the pancakes then roll until the filling is completely wrapped.
- Arrange on a serving dish then enjoy.

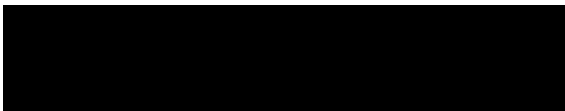
# The Healthy Green



Serving: 4

## **Nutrition Facts**

Serving Size 84 g



### **Amount Per Serving**

**Calories** 160

Calories from Fat 132

**% Daily Value\***

**Total Fat** 14.7g

**23%**

Saturated Fat 3.0g

**15%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 7mg

**0%**

**Potassium** 356mg

**10%**

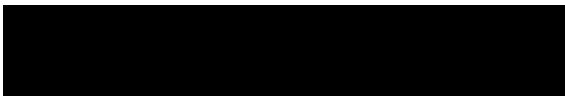
**Total Carbohydrates 8.1g**

**3%**

Dietary Fiber 4.8g

**19%**

Sugars 0.9g



Vitamin A 7%



Vitamin C 14%

Calcium 2%



Iron 5%

**Nutrition Grade B**

***Ingredients:***

1 ripe avocado

½ cup chopped leek

½ teaspoon pepper

1-teaspoon olive oil



## *Directions:*

- Cut the avocado into halves then discard the seed.
- Peel the avocado then cut into cubes. Set aside.
- Place the avocado cubes in a bowl then add chopped leek in it.
- Drizzle olive oil over the avocado then mixes until combined.
- Sprinkle pepper on top then enjoy right away.

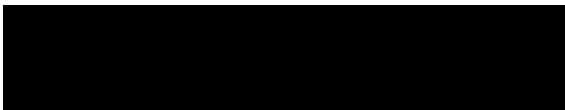
# **Black Beans Burger**



Serving: 3

## **Nutrition Facts**

Serving Size 125 g



### **Amount Per Serving**

**Calories** 275

Calories from Fat 67

**% Daily Value\***

**Total Fat 7.5g**

**12%**

**Saturated Fat 4.7g**

**23%**

**Cholesterol 55mg**

**18%**

**Sodium 91mg**

**4%**

**Potassium 673mg**

**19%**

**Total Carbohydrates 41.4g**

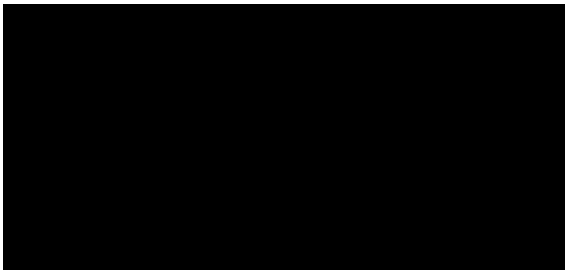
**14%**

Dietary Fiber 6.5g

**26%**

Sugars 2.7g

**Protein 11.7g**





\* Based on a 2000 calorie diet

## **Nutrition Facts**

### ***Ingredients:***

1/4 cup brown rice

1/2 cup cooked black beans

1 organic egg

2 tablespoons chopped onion

1 teaspoon minced garlic

¼ cup whole-wheat breadcrumbs

¼ teaspoon cumin

1-tablespoon coconut oil

3 whole-wheat buns

Lettuce

Tomatoes

### ***Directions:***

- Cook brown rice according to its directions.

- Meanwhile, place cooked black beans then using a potato masher mash the beans until smooth.
- Crack the egg over the black beans then add chopped onion, minced garlic, whole-wheat breadcrumbs, and cumin. Using your hand mix until combined.
- Shape the mixture into medium patties.
- Preheat a saucepan and pour olive oil in it.
- Arrange the patties on the saucepan then cook for about 4 minutes until set.



- Flip the patties then cook for another 4 minutes until both sides are set and brown.
- Remove from the saucepan then let them cool.
- To serve, cut a bun horizontally then place lettuce, sliced tomatoes, and a patty inside.
- Serve and enjoy warm.

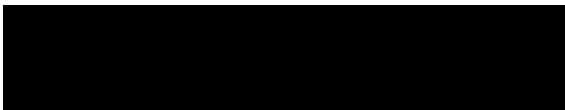
# Pomegranate and Millet Salads



Serving: 2

## **Nutrition Facts**

Serving Size 153 g



### **Amount Per Serving**

**Calories** 494

Calories from Fat 139

**% Daily Value\***

**Total Fat** 15.4g

**24%**

Saturated Fat 2.4g

**12%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 28mg

**1%**

**Potassium** 347mg

**10%**

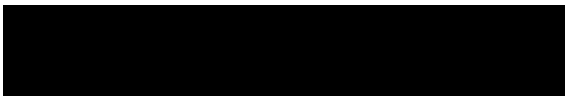
**Total Carbohydrates** 76.4g

**25%**

Dietary Fiber 9.6g

**38%**

Sugars 1.3g



Vitamin A 28% •

Vitamin C 32%

Calcium 6%



Iron 24%

**Nutrition Grade A-**

## ***Ingredients:***

1 cup cooked millet

1 cup chopped baby spinach

½ cup pomegranate seeds

## **DRESSING:**

1-tablespoon olive oil

1-tablespoon tahini

1 ½ tablespoons lemon juice

1 ½ tablespoons orange juice

***Directions:***

- Combine all of the dressing ingredients in a bowl then mix until incorporated.

- Place cooked millet, baby spinach, and pomegranate seeds in a salad bowl then pour the dressing over the salads.
- Using two forks, mix until combined.
- Chill in the refrigerator for an hour.
- Once you want to consume, remove from the refrigerator and serve cold.
- Enjoy!



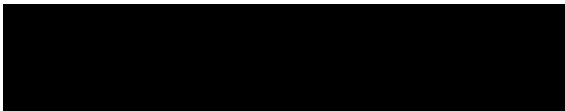
# Vegetable in Roll



Serving: 2

**Nutrition Facts**

Serving Size 145 g



**Amount Per Serving**

**Calories 35**

Calories from Fat 1

**% Daily Value\***

**Total Fat** 0.1g

**0%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 29mg

**1%**

**Potassium** 269mg

**8%**

**Total Carbohydrates 7.8g**

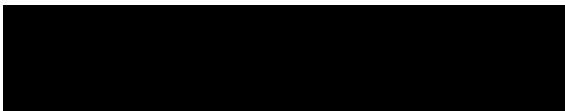
**3%**

Dietary Fiber 2.0g

**8%**

Sugars 3.9g

**Protein 1.2g**



Vitamin A 105% •

Vitamin C 28%

Calcium 4% •

Iron 3%

## **Nutrition Grade A**

\* Based on a 2000 calorie diet

### ***Ingredients:***

2 cups cabbage

1 handful lettuce

2 carrots

1 medium cucumber

1-tablespoon rice vinegar

1-teaspoon basil

1-teaspoon cilantro

4 springs roll wrappers

***Directions:***

- Cut the carrots and cucumber into sticks.
- Place the carrots and cabbage in a steamer then steam until soft. Set aside.

- Combine rice vinegar with basil and cilantro then mix well. Set aside.
- Place a spring roll wrap on a flat surface then arrange lettuce, steamed cabbage, cucumber, and carrots on it.
- Splash vinegar over the vegetables then rolls it tightly. Repeat with the remaining ingredients.
- Arrange the wrapped vegetables on a serving dish then enjoy.

# **Salmon Cakes**

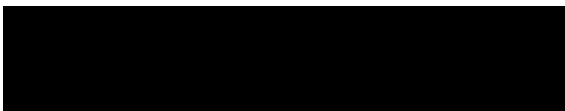




Serving: 2

# Nutrition Facts

Serving Size 383 g



## Amount Per Serving

**Calories** 547

Calories from Fat 261

## % Daily Value\*

**Total Fat** 29.0g

**45%**

**Saturated Fat 4.2g**

**21%**

**Cholesterol 0mg**

**0%**

**Sodium 275mg**

**11%**

**Potassium 841mg**

**24%**

**Total Carbohydrates 62.4g**

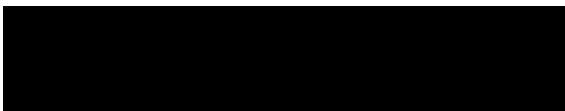
**21%**

Dietary Fiber 5.9g

**23%**

Sugars 14.7g

**Protein 13.4g**



Vitamin A 505% •

Vitamin C 90%

Calcium 13% •

Iron 32%

**Nutrition Grade B**

\* Based on a 2000 calorie diet

## ***Ingredients:***

1-cup salmon

1 cup mashed sweet potato

2 organic egg whites

½ cup almond flour

½ cup chopped parsley

½ teaspoon paprika

¼ teaspoon black pepper

2 tablespoons olive oil

***Directions:***

- Preheat an oven to 425 °F then lines a baking sheet with parchment paper. Set aside.
- Discard the salmon's bone then place in a bowl.
- Add mashed sweet potato, egg whites, almond flour, and chopped parsley into the bowl then season with paprika and black pepper.

- Using your hand, mix the ingredients in the bowl until combined.
- Cover the bowl with plastic wrap then chill in the refrigerator for 10 minutes.
- Remove the salmon from the refrigerator then shape into small patties.
- Arrange the patties on the prepared baking sheet then brush each patty with olive oil.
- Bake for about 15 minutes then flip the patties and brush the top with

olive oil. Bake for another 15 minutes.

- Once it is done, remove the patties from the oven then transfer to a serving dish.
- Serve and enjoy warm.



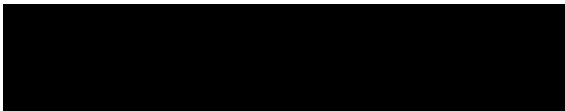
# Vegetables Salads Curry Dressing



Serving: 2

**Nutrition Facts**

Serving Size 293 g



**Amount Per Serving**

**Calories 427**

Calories from Fat 272

**% Daily Value\***

**Total Fat** 30.2g

**47%**

Saturated Fat 9.6g

**48%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 117mg

**5%**

**Potassium 1185mg**

**34%**

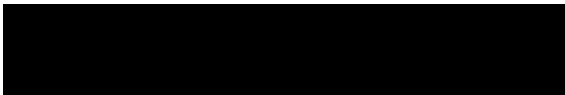
**Total Carbohydrates 30.5g**

**10%**

**Dietary Fiber 9.6g**

**38%**

**Sugars 8.4g**



**Vitamin A 468%**



**Vitamin C 301%**

Calcium 21%



Iron 30%

**Nutrition Grade A**

### ***Ingredients:***

½ cup coconut milk

2 tablespoons roasted peanut

3 teaspoons curry powder

1 teaspoon minced garlic

1 tablespoon lemon juice

1-teaspoon sriracha

2 ½ cups chopped kale

1-½ cups chopped cabbage

½ cup chopped bell pepper

1 cup grated carrots

¾ cup mango cubes

½ cup chopped peanuts

½ cup cilantro

## *Directions:*

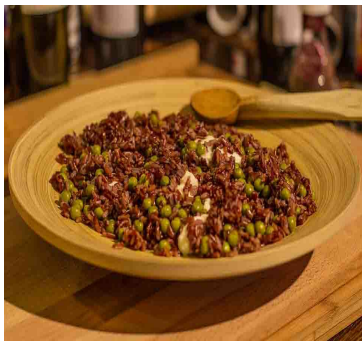
- Place roasted peanuts, curry powder, minced garlic, sriracha, and minced garlic in a blender.
- Pour coconut oil into the blender then drizzle lemon juice. Blend until smooth and creamy.
- Transfer the dressing mixture to a saucepan then bring to a simmer until thickened. Set aside.
- Place all of the remaining ingredients in a salad bowl then

drizzle curry dressing on top.

- Serve and enjoy.



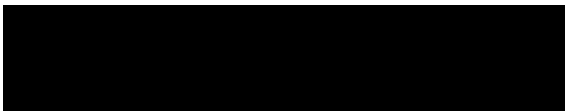
# Red Rice Salads with Green Peas



Serving: 2

## **Nutrition Facts**

Serving Size 59 g



### **Amount Per Serving**

**Calories** 58

Calories from Fat 34

**% Daily Value\***

**Total Fat 3.8g**

**6%**

**Saturated Fat 3.3g**

**16%**

**Cholesterol 0mg**

**0%**

**Sodium 6mg**

**0%**

**Potassium 122mg**

**3%**

**Total Carbohydrates 5.2g**

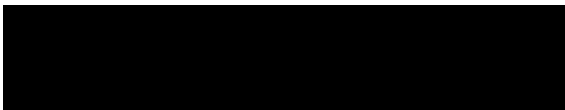
**2%**

Dietary Fiber 1.7g

**7%**

Sugars 2.4g

**Protein 1.6g**



Vitamin A 3%



Vitamin C 23%

Calcium 1%



Iron 4%

## **Nutrition Grade B+**

\* Based on a 2000 calorie diet

### ***Ingredients:***

1/2 cup red rice

1/4 cup cooked green peas

1/4 cup chopped onion

1 1/2 tablespoons lemon juice

2 tablespoons coconut milk

1/4 teaspoon pepper

## *Directions:*

- Cook the red rice according to the package instructions. Once it is cooked, place on a baking sheet then set aside.
- Place the chopped onion in a bowl then pour lemon juice over the onion. Occasionally toss them until the lemon juice is completely absorbed into the onion.
- Combine cooked red rice and green peas in a bowl then sprinkle onion over the rice. Mix well.

- Drizzle coconut milk on top then enjoy.

# Nutritious Vegetable Noodles

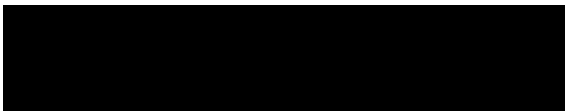


Serving: 2



## **Nutrition Facts**

Serving Size 169 g



### **Amount Per Serving**

**Calories** 335

Calories from Fat 199

**% Daily Value\***

**Total Fat** 22.1g

**34%**

Saturated Fat 3.2g

**16%**

*Trans* Fat 0.0g

**Cholesterol** 17mg

**6%**

**Sodium** 1825mg

**76%**

**Potassium** 237mg

**7%**

**Total Carbohydrates 31.5g**

**10%**

Dietary Fiber 2.1g

**8%**

Sugars 11.4g



Vitamin A 109% •

Vitamin C 6%

Calcium 3%



Iron 8%

**Nutrition Grade B-**

## ***Ingredients:***

$\frac{3}{4}$  cup noodles

1 carrot

$\frac{1}{4}$  cup leek

$\frac{1}{4}$  cup cilantro

$\frac{1}{4}$  cup soy sauce

2 tablespoons olive oil

1-tablespoon sesame oil

1-tablespoon honey

1-teaspoon ginger

***Directions:***

- Cook the noodles according to its directions then place in a bowl.

- Cut the carrots into thin strips then place on the top of the noodles
- Add cilantro and leek over the noodles then place on a table.
- Combine olive oil, sesame oil, honey, and ginger in a bowl then mix until incorporated.
- Drizzle the mixture over the noodles then serves right away.
- Enjoy!

# Dinner

## **Eggs in Red Pool**

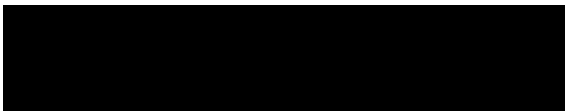


Serving: 4



## **Nutrition Facts**

Serving Size 84 g



### **Amount Per Serving**

**Calories** 160

Calories from Fat 132

**% Daily Value\***

**Total Fat** 14.7g

**23%**

Saturated Fat 3.0g

**15%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 7mg

**0%**

**Potassium** 356mg

**10%**

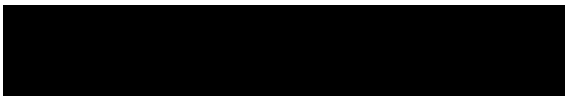
**Total Carbohydrates 8.1g**

**3%**

Dietary Fiber 4.8g

**19%**

Sugars 0.9g



Vitamin A 7%



Vitamin C 14%

Calcium 2%



Iron 5%

***Ingredients:***

1-tablespoon olive oil

¼ cup chopped onion

1 teaspoon minced garlic

¼ cup chopped bell pepper

2 cups tomato puree

1 tablespoons red chili flakes

1-teaspoon cumin

1-teaspoon paprika

6 organic eggs

***Directions:***

- Preheat a saucepan then pour olive oil in it.
- Once it is hot, stir in chopped onion and minced garlic then sautés until wilted and aromatic.
- Add bell pepper and chili flakes into the saucepan then stir well.

- Stir in tomato puree and season with cumin and paprika. Bring to boil.
- Crack the egg one by one and place in the saucepan. Bring to a simmer until the eggs are set and completely cooked.
- Once it is done, transfer the eggs to a serving dish then serve with warm brown rice.
- Enjoy!

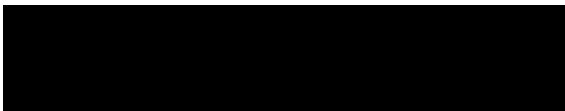
# Simple Mushroom Garlic



Serving: 2

## **Nutrition Facts**

Serving Size 362 g



### **Amount Per Serving**

**Calories** 202

Calories from Fat 135

**% Daily Value\***



**Total Fat 15.0g**

**23%**

**Saturated Fat 2.0g**

**10%**

**Cholesterol 0mg**

**0%**

**Sodium 21mg**

**1%**

**Potassium 1111mg**

**32%**

**Total Carbohydrates 13.1g**

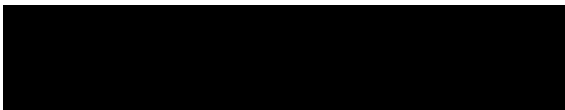
**4%**

Dietary Fiber 3.6g

**14%**

Sugars 5.9g

**Protein 11.1g**



Vitamin A 2%



Vitamin C 22%

Calcium 1%



Iron 55%

## **Nutrition Grade A**

\* Based on a 2000 calorie diet

### ***Ingredients:***

$\frac{3}{4}$  lb. chopped mushroom

2 teaspoons minced garlic

1 teaspoon chopped parsley

3 teaspoons olive oil

## *Directions:*

- Preheat a saucepan over medium heat then pour olive oil in it.
- Once it is hot, stir in minced garlic then sauté until brown and aromatic
- Add mushroom into the saucepan then pour water in it. Bring to a simmer until the mushroom completely cooked.
- Toss chopped parsley in the saucepan then sauté until the parsley is wilted.
- Transfer the sautéed mushroom to a serving dish then enjoy.

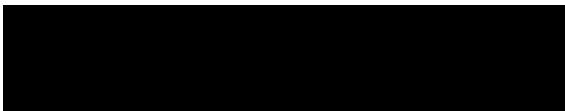
# Refreshing Pumpkin Soup



Serving: 2

## **Nutrition Facts**

Serving Size 323 g



### **Amount Per Serving**

**Calories** 388

Calories from Fat 325

**% Daily Value\***

**Total Fat** 36.1g

**56%**

**Saturated Fat** 26.5g

**133%**

**Cholesterol** 0mg

**0%**

**Sodium** 215mg

**9%**

**Potassium** 648mg

**19%**

**Total Carbohydrates 16.7g**

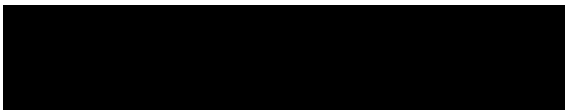
**6%**

Dietary Fiber 5.6g

**22%**

Sugars 8.6g

**Protein 5.4g**



Vitamin A 198% •

Vitamin C 24%

Calcium 5% •

Iron 18%



## **Nutrition Grade C+**

\* Based on a 2000 calorie diet

### ***Ingredients:***

1-teaspoon olive oil

½ cup chopped onion

1 teaspoon minced garlic

½ cup chopped pumpkin

½ cup chopped tomato

1-cup coconut milk

½ cup vegetable broth

2 teaspoons sesame oil

***Directions:***

- Preheat a skillet then pour olive oil in it.
- Once it is hot, stir in chopped onion and garlic then sauté until translucent and aromatic.
- Add pumpkin and tomatoes into the skillet then cook for a few minutes until wilted.

- Pour coconut milk and vegetable broth then season with sesame oil. Stir well.
- Bring to boil for about 10 minutes or until the pumpkin is soft. Turn the heat off.
- Using an immersion blender, blend the soup until smooth and creamy then transfer to a serving bowl.
- Serve and enjoy warm.

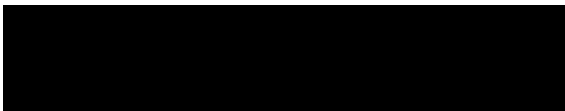
# Chickpeas Salads



Serving: 2

## **Nutrition Facts**

Serving Size 162 g



### **Amount Per Serving**

**Calories** 451

Calories from Fat 66

**% Daily Value\***

**Total Fat** 7.3g

**11%**

Saturated Fat 0.9g

**4%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 35mg

**1%**

**Potassium** 956mg

**27%**

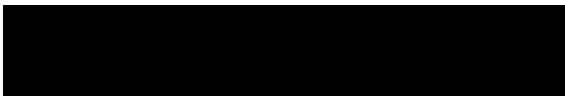
**Total Carbohydrates 80.6g**

**27%**

Dietary Fiber 18.1g

**73%**

Sugars 29.1g



Vitamin A 2%



Vitamin C 21%

Calcium 12%



Iron 36%

**Nutrition Grade A**

***Ingredients:***

1-cup chickpeas

1/4 cup chopped cabbage

1/4 cup chopped onion

1 teaspoon minced garlic

1/2 teaspoon olive oil



2 tablespoons raw honey

1-tablespoon lemon juice

2 tablespoons chopped celery

***Directions:***

- Preheat olive oil in a skillet over medium heat.
- Stir in minced garlic and chopped onion into the skillet then sauté until aromatic.

- Add chickpeas and chopped cabbage into the skillet then sauté until the chickpeas are brown.
- Transfer the cooked chickpeas to a serving dish.
- Place raw honey and lemon juice in a bowl then stir until incorporated.
- Drizzle the honey mixture over the chickpeas then sprinkle chopped celeries on top.
- Serve and enjoy.

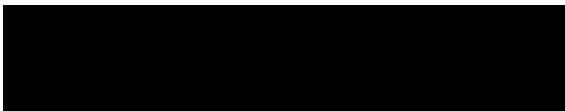
# Hot Vegetable Soup



Serving: 4

## **Nutrition Facts**

Serving Size 156 g



### **Amount Per Serving**

**Calories 23**

Calories from Fat 11

**% Daily Value\***

**Total Fat** 1.3g

**2%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 19mg

**1%**

**Potassium** 91mg

**3%**

**Total Carbohydrates** 2.9g

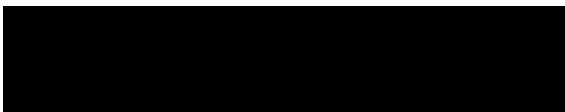
**1%**

Dietary Fiber 1.0g

**4%**

Sugars 1.3g

**Protein 0.4g**



Vitamin A 47% •

Vitamin C 13%

Calcium 2% •

Iron 1%

**Nutrition Grade A**

\* Based on a 2000 calorie diet

## ***Ingredients:***

½ cup chopped carrots

1 cup cubed potatoes

1 cup chopped cabbage

2 tablespoons chopped celery

1 teaspoon minced garlic

1-teaspoon olive oil

½ teaspoon pepper

¼ teaspoon nutmeg

2 cups water

***Directions:***

- Preheat a skillet over medium heat then pour olive oil in it.
- Stir in minced garlic into the skillet then sauté until wilted and aromatic.



- Add chopped carrots and potatoes into the skillet then pour water into the skillet.
- Stir well and bring to boil.
- Once it is boiled, stir in chopped cabbages then bring to a simmer.
- Remove the skillet from heat then sprinkle chopped leek over the soup. Stir well.
- Transfer the soup to a soup bowl then serve hot.
- Enjoy!

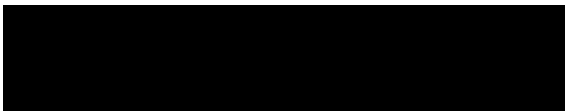
# Tropical Chicken Super Bowl



Serving: 2

## **Nutrition Facts**

Serving Size 73 g



### **Amount Per Serving**

**Calories** 133

Calories from Fat 50

**% Daily Value\***

**Total Fat 5.5g**

**9%**

**Saturated Fat 3.5g**

**18%**

*Trans* Fat 0.0g

**Cholesterol 19mg**

**6%**

**Sodium 32mg**

**1%**

**Potassium 285mg**

**8%**

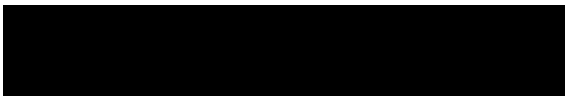
**Total Carbohydrates 15.1g**

**5%**

Dietary Fiber 2.0g

**8%**

Sugars 11.8g



Vitamin A 38% •

Vitamin C 48%

Calcium 6%



Iron 3%

## **Nutrition Grade B**

### ***Ingredients:***

½ chopped organic chicken breast

1 ½ teaspoons coconut oil

½ teaspoon chili powder

¼ cup chopped kale

½ cup chopped mango

¼ cup chopped cabbage

1 lime

½ teaspoon pepper

1 teaspoon minced garlic

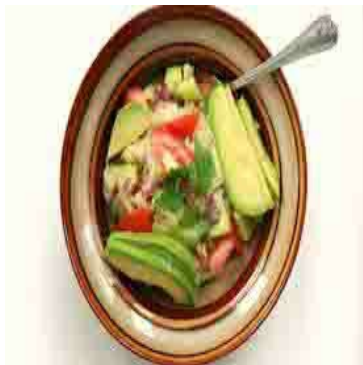
### ***Directions:***

- Preheat a skillet over medium heat then pour coconut oil in it.
- Once it is hot, stir in minced garlic into the skillet then sauté until wilted and aromatic.

- Add chicken with pepper into the skillet then cook for a few minutes.
- Stir in chopped kale and cabbage into the skillet then sauté until wilted.
- Add mango into the skillet then cut the lime then drizzle its juice over the salads.
- Transfer the salads to a serving dish then enjoy!



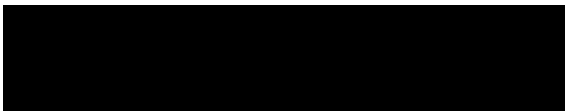
# Avocado Quinoa Bowl



Serving: 3

## **Nutrition Facts**

Serving Size 268 g



### **Amount Per Serving**

**Calories** 319

Calories from Fat 144

**% Daily Value\***

**Total Fat** 16.0g

**25%**

Saturated Fat 3.1g

**16%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 18mg

**1%**

**Potassium** 723mg

**21%**

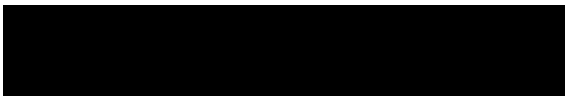
**Total Carbohydrates 38.5g**

**13%**

Dietary Fiber 9.0g

**36%**

Sugars 3.0g



Vitamin A 12% •

Vitamin C 31%

Calcium 5%



Iron 15%

**Nutrition Grade B+**

## ***Ingredients:***

$\frac{3}{4}$  cup quinoa

1 ripe avocado

$1\text{-}\frac{1}{4}$  cups water

$\frac{1}{2}$  cup cherry tomatoes

1 cup chopped onion

2 tablespoons lemon juice

½ teaspoon chili powder

1 /4 teaspoon pepper

¼ teaspoon cumin

¼ teaspoon coriander

¼ teaspoon paprika

***Directions:***

- Place quinoa and water in a pot then bring to boil.

- Once it is boiled, reduce the heat and cook the quinoa until the water is completely absorbed into the quinoa.
- Meanwhile, peel and cut the potatoes into wedges then set aside.
- Cut the cherry tomatoes into halves then set aside.
- Combine lemon juice, chili powder, pepper, cumin, coriander, and paprika in a bowl until incorporated.
- Once the quinoa is cooked, remove from the heat then transfer to a salad bowl.

- Add avocado wedges, halved cherry tomato, and chopped onion.
- Drizzle the olive oil mixture. Garnish with potato wedges.
- Serve and enjoy!



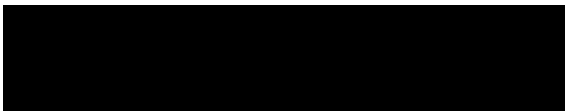
# Spicy Turkey Balls



Serving: 3

## **Nutrition Facts**

Serving Size 268 g



### **Amount Per Serving**

**Calories** 319

Calories from Fat 144

**% Daily Value\***

**Total Fat** 16.0g

**25%**

Saturated Fat 3.1g

**16%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 18mg

**1%**

**Potassium** 723mg

**21%**

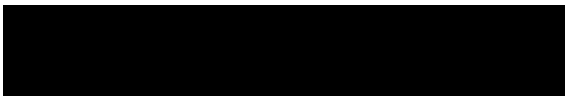
**Total Carbohydrates 38.5g**

**13%**

Dietary Fiber 9.0g

**36%**

Sugars 3.0g



Vitamin A 12% •

Vitamin C 31%

Calcium 5%



Iron 15%

**Nutrition Grade B+**

## ***Ingredients:***

1 lb. ground organic turkey

½ cup grated zucchini

2 tablespoons chopped onion

1-tablespoon basil

1 teaspoon grated ginger

1 teaspoon grated garlic

1-teaspoon curry

1-tablespoon coconut milk

$\frac{1}{4}$  teaspoon chili flakes

***Directions:***

- Place all ingredients in a bowl then using your hand mix until combined.

- Shape the mixture into medium balls then refrigerate for about 10 minutes.
- Prepare a saucepan then coat with cooking spray.
- Place the balls in the saucepan then cook for about 10 minutes over low heat.
- Flip the balls and cook for another 10 minutes until both sides are brown.
- Arrange the balls on a serving platter then enjoy!

# Green Peas Mac and Cheese

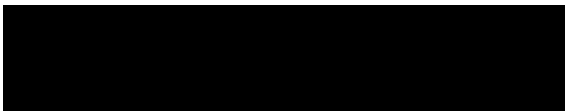


Serving: 5



## **Nutrition Facts**

Serving Size 88 g



### **Amount Per Serving**

**Calories** 217

Calories from Fat 122

**% Daily Value\***

**Total Fat** 13.6g

**21%**

Saturated Fat 9.9g

**50%**

*Trans* Fat 0.0g

**Cholesterol** 24mg

**8%**

**Sodium** 147mg

**6%**

**Potassium** 184mg

**5%**

**Total Carbohydrates 15.2g**

**5%**

Dietary Fiber 2.4g

**10%**

Sugars 2.9g



Vitamin A 9%



Vitamin C 20%

Calcium 18%



Iron 8%

**Nutrition Grade B**

***Ingredients:***

$\frac{3}{4}$  cup macaroni

$\frac{1}{2}$  cup almond milk

1 cup cooked green peas

$\frac{1}{4}$  lb. cheese

## ***Directions:***

- Cook the macaroni according to the package directions then place in a bowl. Set aside.
- Cut the macaroni into cubes then place in a saucepan together with almond milk. Bring to a simmer.
- Add green peas into the cooked macaroni then pour cheese mixture over the macaroni. Mix well.
- Serve and enjoy!

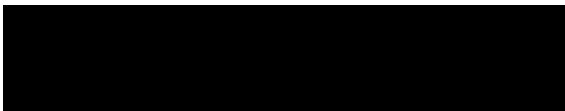
# **Roasted Salmon and Quinoa**



Serving: 4

## **Nutrition Facts**

Serving Size 288 g



### **Amount Per Serving**

**Calories** 353

Calories from Fat 130

**% Daily Value\***



**Total Fat** 14.4g

**22%**

Saturated Fat 2.0g

**10%**

*Trans* Fat 0.0g

**Cholesterol** 50mg

**17%**

**Sodium** 57mg

**2%**

**Potassium** 702mg

**20%**

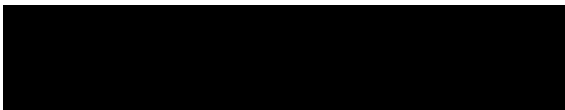
**Total Carbohydrates 28.6g**

**10%**

Dietary Fiber 3.3g

**13%**

**Protein 28.2g**



Vitamin A 2%



Vitamin C 1%

Calcium 7%



Iron 17%

## **Nutrition Grade B-**

\* Based on a 2000 calorie diet

### ***Ingredients:***

1 lb. salmon

1-tablespoon olive oil

½ teaspoon cumin

½ teaspoon black pepper

### **QUINOA:**

¼ cup chopped onion

1 teaspoon minced garlic

1-teaspoon olive oil

1-cup quinoa

2 cups hot water

½ teaspoon cumin

1 bay leaf

¼ cup chopped celeries

***Directions:***

- Season the salmon with cumin and black pepper then let it sit for about 15 minutes.
- Preheat a saucepan then pour olive oil in it.
- Put salmon in the saucepan then cook for about 10 minutes.
- Flip the salmon then cook again for another 10 minutes until the salmon is brown and completely cooked.
- Once it is done, remove the salmon from the saucepan and place on a serving dish.
- Next, cook the quinoa.

- Preheat a skillet over medium heat then pour olive oil in it.
- Once it is hot, stir in chopped onion and minced garlic then sautés until wilted and aromatic.
- Add quinoa and season with cumin and bay leaf.
- Pour hot water into the skillet then cook the quinoa until the water is completely absorbed.
- Transfer the cooked quinoa on the same dish the cooked salmon then sprinkle chopped celeries over the quinoa.

- Serve and enjoy warm.

# Mushroom Fried Brown Rice

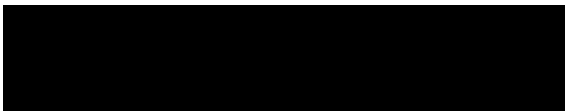


Serving: 2



## **Nutrition Facts**

Serving Size 122 g



### **Amount Per Serving**

**Calories** 326

Calories from Fat 53

**% Daily Value\***

**Total Fat 5.9g**

**9%**

**Saturated Fat 3.5g**

**17%**

**Cholesterol 13mg**

**4%**

**Sodium 314mg**

**13%**

**Potassium 290mg**

**8%**

**Total Carbohydrates 56.8g**

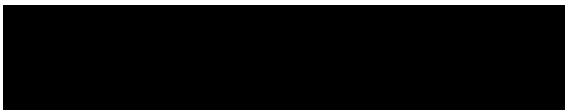
**19%**

Dietary Fiber 2.9g

**12%**

Sugars 0.9g

**Protein 11.3g**



Vitamin A 0%



Vitamin C 3%

Calcium 3%



Iron 10%

## **Nutrition Grade B**

\* Based on a 2000 calorie diet

### ***Ingredients:***

$\frac{3}{4}$  cup brown rice

$\frac{1}{4}$  cup chopped onion

1 teaspoon minced garlic

1  $\frac{1}{2}$  teaspoons coconut oil

$\frac{1}{4}$  cup sliced mushroom

$\frac{1}{4}$  cup organic chopped chicken

2 teaspoons soy sauce

***Directions:***

- Cook the brown rice according to its directions. Set aside.
- Preheat a skillet over medium heat then pour coconut oil into the skillet.
- Stir in onion and minced garlic then sauté until wilted and aromatic.
- Add mushroom and chopped chicken into the skillet then drizzle

soy sauce in it. Stir well.

- Take the cooked brown rice and place in the skillet. Mix until completely combined.
- Transfer the fried rice to a serving dish then enjoy warm.

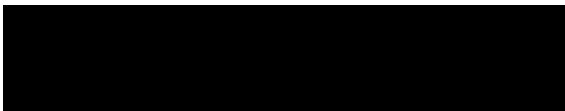
# Chicken Whole Wheat Spaghetti



Serving: 4

## **Nutrition Facts**

Serving Size 152 g



### **Amount Per Serving**

**Calories** 99

Calories from Fat 63

**% Daily Value\***



**Total Fat 7.0g**

**11%**

**Saturated Fat 5.0g**

**25%**

**Cholesterol 19mg**

**6%**

**Sodium 24mg**

**1%**

**Potassium 220mg**

**6%**

**Total Carbohydrates 2.7g**

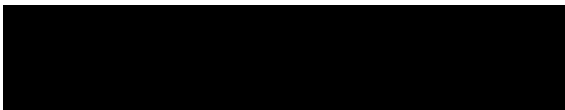
**1%**

Dietary Fiber 0.9g

**4%**

Sugars 1.7g

**Protein 6.9g**



Vitamin A 10% •

Vitamin C 13%

Calcium 4% •

Iron 2%

## **Nutrition Grade B**

\* Based on a 2000 calorie diet

### ***Ingredients:***

½ lb. cherry tomatoes

1-tablespoon coconut oil

1 lb. organic chicken breast

1-¼ cups water

¼ teaspoon black pepper

1 bay leaf

8 oz. whole-wheat spaghetti

½ handful basil

2 tablespoons coconut milk

***Directions:***

- Cook the spaghetti according to its package directions then set aside.
- Cut the tomatoes into halves then set aside.
- Preheat a skillet then pour coconut oil in it.

- Stir in chopped chicken breast then pours water over the chicken.
- Add bay leaf into the skillet then cooks the chicken until the water is completely absorbed into the chicken.
- Sprinkle black pepper and basil into the chicken then stir well.
- Transfer the cooked chicken to a serving dish then add cooked spaghetti on it.
- Pour coconut milk on top then serve warm.
- Enjoy!

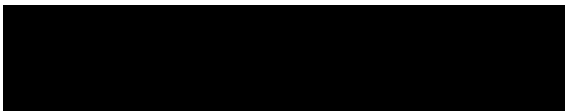
# Spinach Lentils Soup



Serving: 3

## **Nutrition Facts**

Serving Size 46 g



### **Amount Per Serving**

**Calories** 95

Calories from Fat 25

**% Daily Value\***

**Total Fat** 2.8g

**4%**

Saturated Fat 0.6g

**3%**

*Trans* Fat 0.0g

**Cholesterol** 0mg

**0%**

**Sodium** 5mg

**0%**

**Potassium** 349mg



**10%**

**Total Carbohydrates** 14.3g

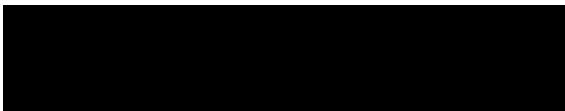
**5%**

Dietary Fiber 3.8g

**15%**

Sugars 1.1g

**Protein** 4.3g



Vitamin A 2%



Vitamin C 8%

Calcium 2%



Iron 7%

## **Nutrition Grade A**

\* Based on a 2000 calorie diet

## ***Ingredients:***

$\frac{3}{4}$  cup lentils

3 cups water

$\frac{1}{2}$  cup diced carrots

$\frac{1}{2}$  cup chopped spinach

1 ½ tablespoons olive oil

¼ teaspoon turmeric

1 teaspoon minced garlic

¼ teaspoon ginger

1 sprig fresh rosemary

1 bay leaf

1 tablespoon lemon juice

¼ teaspoon black pepper

## ***Directions:***

- Place lentils in a soup pot then pour water in it.
- Bring to boil over high heat and once it is boiled, stir in carrots, garlic, olive oil, ginger, fresh rosemary, bay leaf, and turmeric.
- Bring to a simmer until the lentils are tender.
- Once the lentils are tender, add chopped spinach and lemon juice into the pot then stir well.
- Transfer the soup to a serving bowl then sprinkle black pepper on top.

- Serve and enjoy.

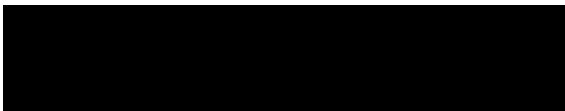
# **Nutritious Colorful Salads**



Serving: 3

## **Nutrition Facts**

Serving Size 236 g



### **Amount Per Serving**

**Calories** 152

Calories from Fat 59

**% Daily Value\***



**Total Fat** 6.5g

**10%**

Saturated Fat 1.1g

**6%**

*Trans* Fat 0.0g

**Cholesterol** 13mg

**4%**

**Sodium** 49mg

**2%**

**Potassium** 666mg

**19%**

**Total Carbohydrates** 18.5g

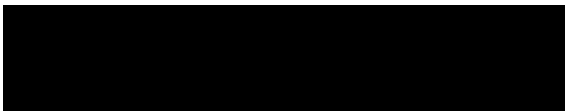
**6%**

Dietary Fiber 3.9g

**16%**

Sugars 5.6g

**Protein** 8.1g



Vitamin A 67% •

Vitamin C 51%

Calcium 6%



Iron 12%

**Nutrition Grade A**

\* Based on a 2000 calorie diet

***Ingredients:***

1/2 lb. organic chicken breast

1 lb. chopped zucchini

1 cup cooked corn kernels

1/2 cup chopped carrots

1-tablespoon sesame oil

2 teaspoons minced garlic

¼ cup chopped onion

1-teaspoon black pepper

***Directions:***

- Preheat a skillet over medium heat then pour sesame oil in it. Stir in onion and minced garlic then sautés until wilted and aromatic.

- Add chicken to the skillet then stir well and cook for a few minutes.
- Add zucchini, corn kernels, and carrots into the skillet. Then stir well.
- Transfer the mixed salads to a serving dish then sprinkle black pepper over the salads.
- Serve and enjoy!

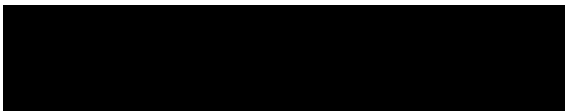
# Beef Green Beans Stir Fry



Serving: 2

## **Nutrition Facts**

Serving Size 27 g



### **Amount Per Serving**

**Calories 37**

Calories from Fat 21

**% Daily Value\***

**Total Fat 2.4g**

**4%**

**Cholesterol 0mg**

**0%**

**Sodium 678mg**

**28%**

**Potassium 64mg**

**2%**

**Total Carbohydrates 3.3g**

**1%**



Dietary Fiber 0.5g

**2%**

Sugars 0.7g

**Protein 1.1g**

Vitamin A 0%



Vitamin C 2%

Calcium 1%



Iron 2%

**Nutrition Grade B-**



## Nutrition Facts

Serving Size 27 g

### *Ingredients:*

$\frac{3}{4}$  lb. grass fed beef chunks

1  $\frac{1}{2}$  tablespoons soy sauce

2 handfuls green beans

1- $\frac{1}{2}$  teaspoons minced garlic

1  $\frac{1}{2}$  teaspoons ginger

1-teaspoon sesame oil

2 tablespoons chopped onion

***Directions:***

- Season the beef chunks with soy sauce and marinate for about 30 minutes.
- Preheat a skillet over medium heat then pour sesame oil in it.
- Once it is hot, stir in chopped onion and minced garlic into the skillet

then sauté until aromatic.

- Add marinated beef and green beans to the skillet then season with ginger. Stir well.
- Cook the beans and beef for a few minutes then transfer to a serving dish.
- Serve right away with warm brown rice.
- Enjoy!

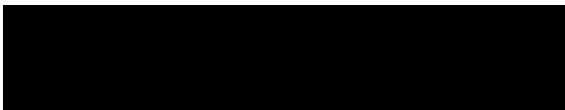
# Asian Cauliflower Rice



Serving: 2

## **Nutrition Facts**

Serving Size 162 g



### **Amount Per Serving**

**Calories** 104

Calories from Fat 53

### **% Daily Value\***

**Total Fat** 5.9g

**9%**

Saturated Fat 1.2g

**6%**

**Cholesterol** 82mg

**27%**

**Sodium** 66mg

**3%**

**Potassium** 405mg

**12%**

**Total Carbohydrates** 9.5g

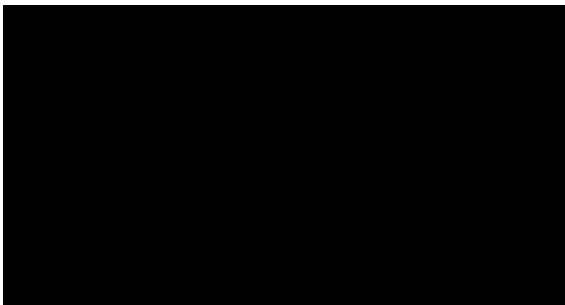
**3%**

Dietary Fiber 3.5g

**14%**

Sugars 3.8g

**Protein 5.4g**



\* Based on a 2000 calorie diet



## Nutrition Facts

### *Ingredients:*

2 cups cauliflowers

1 ½ teaspoons olive oil

2 tablespoons chopped onion

2 teaspoon minced garlic

1 organic egg

½ cup chopped cabbage

2 tablespoons chopped leek

½ teaspoon pepper

***Directions:***

- Preheat a skillet with olive oil in it.
- Stir in cauliflower florets then sauté until crispy.

- Transfer the cooked cauliflowers to a food processor then process until becoming rice form.
- Preheat the skillet again then crack the egg on it. Stir well and make a scrambled egg.
- Add minced garlic and chopped onion into the skillet then sauté together with scrambled egg.
- After that, stir in chopped cabbage and leek.
- Add cauliflower rice to the skillet. Stir well.

- Transfer the cooked cauliflower rice to a serving dish then enjoy warm.

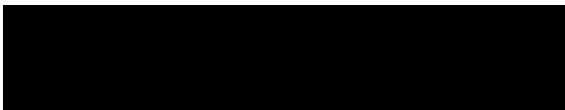
# Zucchini Pesto



Serving: 2

## **Nutrition Facts**

Serving Size 263 g



### **Amount Per Serving**

**Calories** 396

Calories from Fat 360

### **% Daily Value\***

**Total Fat** 40.0g

**62%**

Saturated Fat 5.0g

**25%**

**Cholesterol** 0mg

**0%**

**Sodium** 22mg

**1%**

**Potassium** 650mg

**19%**

**Total Carbohydrates** 9.6g

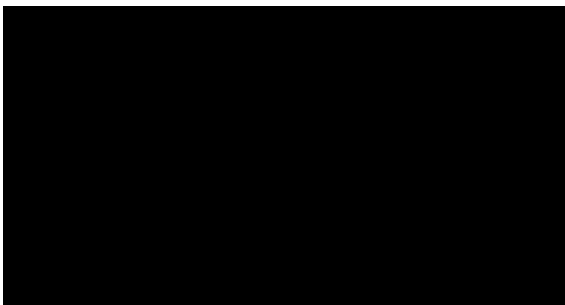
**3%**

Dietary Fiber 3.6g

**14%**

Sugars 3.7g

**Protein 6.7g**



\* Based on a 2000 calorie diet



## Nutrition Facts

### *Ingredients:*

2 medium zucchini

1-teaspoon olive oil

1 teaspoon minced garlic

¼ teaspoon black pepper

### PESTO:

1-cup basil

¼ cup walnuts

1 teaspoon minced garlic

4 tablespoons olive oil

1 ½ teaspoons lemon juice

***Directions:***

- Make the pesto.
- Place all of the pesto ingredients in a food processor then process until smooth. Set aside.
- Start making the zucchini noodles.

- Shred the zucchini then set aside.
- Preheat a skillet then pour olive oil in it.
- Stir in minced garlic into the skillet then sauté until wilted.
- Add shredded zucchini to the skillet and season with black pepper. Stir well.
- Transfer the sautéed zucchini to a serving dish then pour pesto sauce on top.
- Serve and enjoy!

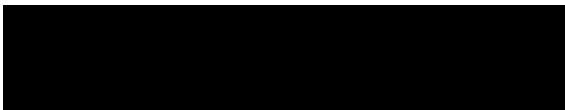
# Simple Baked Salmon



Serving: 4

## **Nutrition Facts**

Serving Size 118 g



### **Amount Per Serving**

**Calories** 152

Calories from Fat 63

### **% Daily Value\***

**Total Fat** 7.0g

**11%**

Saturated Fat 1.0g

**5%**

*Trans* Fat 0.0g

**Cholesterol** 50mg

**17%**

**Sodium** 51mg

**2%**

**Potassium** 445mg

**13%**

**Total Carbohydrates** 0.4g

**0%**

**Protein 22.1g**

**Vitamin A 2%**



**Vitamin C 3%**

**Calcium 4%**



**Iron 4%**

**Nutrition Grade B-**



**Nutrition Facts**

**Serving Size 118 g**

## ***Ingredients:***

1 lb. boneless salmon fillet

1 teaspoon grated garlic

1 tablespoon lemon juice

¼ teaspoon black pepper



## *Directions:*

- Preheat an oven to 450 °F then lines a baking sheet with parchment paper.
- Place the salmon on the baking sheet then splash lemon juice over the salmon.
- Rub the salmon with garlic then sprinkle black pepper on top.
- Bake the salmon for 15 minutes and once it is done, remove the salmon from the oven.
- Place the baked salmon on a serving platter then enjoy warm.

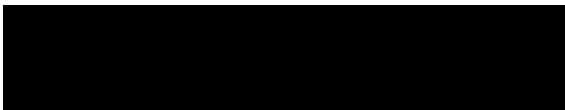
# Vegetable Fritter



Serving: 4

## **Nutrition Facts**

Serving Size 94 g



### **Amount Per Serving**

**Calories** 115

Calories from Fat 82

### **% Daily Value\***

**Total Fat** 9.1g

**14%**

Saturated Fat 6.6g

**33%**

*Trans* Fat 0.0g

**Cholesterol** 82mg

**27%**

**Sodium** 61mg

**3%**

**Potassium** 234mg

**7%**

**Total Carbohydrates** 5.7g

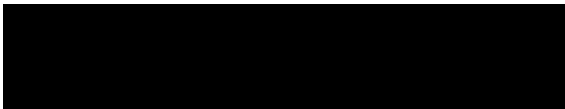
**2%**

Dietary Fiber 1.7g

**7%**

Sugars 2.2g

**Protein 4.0g**



Vitamin A 98% •

Vitamin C 54%

Calcium 4% •

Iron 4%

**Nutrition Grade B**

\* Based on a 2000 calorie diet

## ***Ingredients:***

1 ½ cups broccoli florets

1 cup diced carrots

1 tablespoon chopped onion

1 teaspoon grated garlic

2 organic eggs

¼ teaspoon black pepper

1-cup rolled oats

2 tablespoons coconut oil

***Directions:***

- Place broccoli florets and diced carrots in a food processor then process until becoming crumbles.
- Transfer to a bowl then add chopped onion, grated garlic, eggs,

oats, and black pepper. Using your hand, mix them all until combined.

- Shape into fritter forms then refrigerate for about 10 minutes.
- Pour coconut oil into a saucepan then arrange the fritter on it.
- Cook the fritter for about 6 minutes then flip and cook for another 6 minutes until both sides are well cooked.
- Transfer the fritters to a serving dish then enjoy.



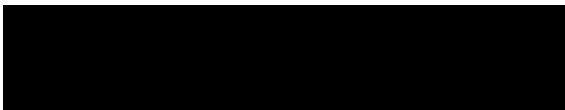
# Asian Shrimps Curry



Serving: 4

## **Nutrition Facts**

Serving Size 164 g



### **Amount Per Serving**

**Calories** 237

Calories from Fat 98

**% Daily Value\***

**Total Fat** 10.9g

**17%**

**Saturated Fat** 8.4g

**42%**

**Cholesterol** 239mg

**80%**

**Sodium** 284mg

**12%**

**Potassium** 335mg

**10%**

**Total Carbohydrates 7.7g**

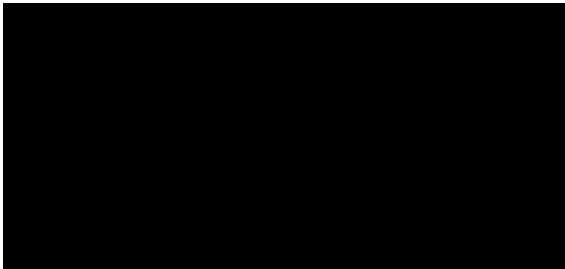
**3%**

Dietary Fiber 1.2g

**5%**

Sugars 3.2g

**Protein 26.9g**





\* Based on a 2000 calorie diet

**Nutrition Facts**

***Ingredients:***

1/4 cup chopped onion

1 teaspoon minced garlic

1-teaspoon ginger

1/2 tablespoon coconut oil

1/2 cup light coconut milk

2 tablespoons tomato puree

1-teaspoon curry

1-teaspoon raw honey

1-teaspoon cornstarch

¼ teaspoon black pepper

1 lb. fresh shrimps

1 lemon juice

***Directions:***

- Preheat a skillet over medium heat then pour coconut oil in it.
- Stir in chopped onion and garlic then sauté until wilted and aromatic.
- Add ginger, curry, tomato puree, raw honey, raw honey, and coconut milk into the skillet. Stir and bring to boil.
- Combine the cornstarch with water. Mix until incorporated.
- Once it is boiled, pour cornstarch mixture into the gravy then stir until thickened.

- Add fresh shrimps into the skillet then bring to a simmer.
- Transfer the cooked shrimps to a serving dish then splash lemon juice over the shrimps.
- Serve and enjoy warm.