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1. Avocado & Spinach Smoothie

Ingredients:

- 1 ripe avocado
- 1 cup fresh spinach leaves
- 1 small frozen banana
- 1/2 cup unsweetened almond milk (or any plant-based milk of your choice)
- 1 tablespoon chia seeds (optional but packed with omega-3s!)
- 1 tablespoon ground flaxseeds (for added fiber)
- 1 teaspoon lemon juice (to enhance the freshness)
- A pinch of sea salt (to bring out the flavors)
- Ice cubes (optional, if you want a chilled smoothie)

Preparation:

1. **Prepare the avocado:** Slice the avocado in half, remove the pit, and scoop out the flesh with a spoon. The creamy texture of the avocado will add richness to your smoothie, making it smooth and satisfying.
2. **Wash your spinach:** Even though spinach is usually pre-washed, it's always good to give it an extra rinse to remove any dirt or chemicals. Add the spinach to your blender for a green nutrient boost that will give your smoothie an extra layer of health benefits.
3. **Add the frozen banana:** Toss in the frozen banana, which will naturally sweeten your smoothie without adding sugar. Frozen banana also gives the smoothie a thicker, creamier texture—just perfect!
4. **Pour in the almond milk:** The unsweetened almond milk will help blend everything together without any added sugars. It provides a mild, nutty flavor that complements the avocado and spinach perfectly. You can also substitute this with coconut milk or any other plant-based milk that works for your taste.
5. **Include the chia and flaxseeds:** Add one tablespoon of chia seeds and one tablespoon of ground flaxseeds. These superfoods are rich in omega-3 fatty acids, which are known to help reduce triglyceride levels. They also contribute to a more satisfying smoothie, keeping you full for longer.
6. **Lemon juice and sea salt:** Squeeze in a teaspoon of fresh lemon juice to add some brightness and acidity that helps balance out the richness of the avocado. A pinch of sea salt brings all the flavors together, elevating your smoothie experience.
7. **Blend away:** Place all the ingredients in your blender and blend on high speed until smooth and creamy. The texture should be thick yet pourable. If you'd like it colder, throw in a few ice cubes and blend again until chilled.
8. **Taste and adjust:** Give your smoothie a quick taste test. If you like it a bit sweeter, you can add a small drizzle of honey or a splash of vanilla extract. If it's too thick, simply add more almond milk until you reach your desired consistency.
9. **Serve & enjoy:** Pour your beautiful, vibrant green smoothie into a glass, garnish with a few extra chia seeds or flaxseeds on top for a little crunch, and enjoy! You've just made a delicious, heart-healthy smoothie that's perfect for anyone looking to lower triglyceride levels and get an extra boost of vitamins and minerals.

2. Chia Seed Oatmeal with Berries

This **Chia Seed Oatmeal with Berries** is not just a hearty and satisfying breakfast—it's also a powerhouse of nutrients that helps keep your heart healthy and your triglyceride levels in check. Chia seeds, oats, and berries create the perfect combination of fiber, healthy fats, and antioxidants to kick-start your day in the best possible way. Plus, it's a breeze to prepare, so you'll never have to sacrifice flavor for convenience.

Ingredients:

- ½ cup rolled oats
- 1 tablespoon chia seeds
- 1 cup unsweetened almond milk (or any other plant-based milk)
- 1 teaspoon ground flaxseeds (optional but recommended for extra omega-3s)
- 1 tablespoon maple syrup (or a small drizzle of honey, if preferred)
- ½ teaspoon cinnamon
- ½ teaspoon vanilla extract
- Pinch of salt
- ½ cup fresh mixed berries (blueberries, strawberries, raspberries, or blackberries work beautifully)
- 1 tablespoon chopped almonds (or any preferred nut)

Preparation:

1. **Start with your base:** In a medium saucepan, combine the **rolled oats, chia seeds, almond milk, flaxseeds, cinnamon, vanilla extract**, and a **pinch of salt**. Stir everything together until it's evenly mixed.
2. **Bring to a gentle simmer:** Place the saucepan over medium heat and bring the mixture to a gentle simmer. Stir occasionally to prevent the oats from sticking to the bottom of the pan. Allow it to cook for about 5-7 minutes, or until the oats are tender and the mixture has thickened to your liking.
3. **Sweeten it up:** Once the oatmeal is fully cooked, stir in the **maple syrup** or your sweetener of choice. Adjust the sweetness to your preference, but remember, the berries will add their own natural sweetness too!
4. **Top it off:** Spoon the oatmeal into a bowl, then gently toss the **fresh berries** on top. You can mix them in slightly or leave them as a colorful topping to make the dish look even more appealing.
5. **Add some crunch:** Sprinkle the **chopped almonds** over the top for a lovely crunch. They'll also give your body some healthy fats, which are great for heart health and keeping triglycerides in check.
6. **Serve and enjoy:** Serve your chia seed oatmeal warm, and feel free to top it with any additional nuts or seeds for extra texture.

3. Scrambled Egg Whites with Veggies

Ingredients:

- 6 egg whites (you can also use egg white substitute if preferred)
- 1/2 cup bell pepper, finely diced (choose any color you prefer, red, yellow, or green)
- 1/4 cup tomatoes, diced (cherry or Roma tomatoes work best)
- 1/4 cup onions, finely chopped (red or yellow onion, depending on your preference)
- 1/4 cup spinach, fresh and chopped (you can also use kale or arugula)
- 1 clove garlic, minced
- Salt and pepper, to taste (for flavor enhancement)
- 1 teaspoon olive oil (or you can use avocado oil for a heart-healthy option)
- 1 tablespoon nutritional yeast (optional, but adds a cheesy flavor without any dairy)

Preparation:

1. **Prep the veggies:**
Start by washing and preparing your vegetables. Dice the bell pepper and tomatoes, finely chop the onions, and mince the garlic. Chop the spinach into small pieces to make sure it blends well with the eggs. This will ensure each bite is bursting with flavor.
2. **Heat the pan:**
In a non-stick skillet or frying pan, heat up the olive oil over medium heat. You want the oil to coat the bottom of the pan, so swirl it around for a good coverage. If you're using avocado oil, the process is the same.
3. **Cook the veggies:**
Add the diced bell pepper, onions, and garlic to the pan. Stir frequently for about 3–4 minutes until the vegetables soften and the garlic becomes aromatic. The onion should turn translucent, and the peppers should lose their crunch but still retain a bit of bite for texture.
4. **Add the spinach:**
Once your vegetables are cooked down, toss in the chopped spinach. Stir everything together, letting the spinach wilt and become tender, which should take about 2 minutes. You'll start to notice the rich green color emerge.
5. **Add egg whites:**
In a separate bowl, whisk the egg whites lightly until they're frothy. You want them to be nice and airy, which will make your scrambled eggs extra fluffy. Pour the whisked egg whites into the skillet over your cooked veggies.
6. **Scramble the eggs:**
As the egg whites hit the pan, use a spatula to gently move them around, lifting and folding the eggs so they cook evenly. Continue to cook on medium heat for about 2–3 minutes, stirring occasionally, until the eggs are fully cooked through but still moist and tender. Be careful not to overcook the eggs, as they can become dry.

7. **Season and serve:**

Season your scrambled egg whites with a pinch of salt and pepper to taste. You can also sprinkle the nutritional yeast on top at this stage if you want to give your dish a bit of cheesy flavor without any dairy. Give it one final stir to ensure the seasoning is well-distributed.

8. **Enjoy!**

Transfer your scrambled egg whites and veggie mix onto a plate, and serve immediately while hot. Pair it with whole-grain toast, avocado slices, or a side of fresh fruit for a complete meal that's full of healthy fats, fiber, and all the nutrients you need to keep your triglycerides in check!

4. Whole-Grain Toast with Almond Butter & Chia Seeds

Ingredients:

- 2 slices of **whole-grain bread** (preferably with no added sugar)
- 1 tablespoon of **almond butter** (choose natural, unsweetened)
- 1 teaspoon of **chia seeds** (full of omega-3 fatty acids)
- 1 teaspoon of **honey** (optional, for a touch of sweetness)
- A pinch of **ground cinnamon** (optional, for a little extra flavor)
- A few slices of **fresh fruit** (optional, such as strawberries or banana for added vitamins and sweetness)

Preparation:

1. **Toast the Whole-Grain Bread**

Start by toasting your slices of whole-grain bread to your desired crispness. I recommend aiming for a golden brown texture that adds the perfect crunch to complement the smooth almond butter.

2. **Spread the Almond Butter**

Once your bread is toasted to perfection, grab your almond butter and spread a generous tablespoon on each slice. Almond butter is a great source of heart-healthy monounsaturated fats, making it an excellent choice for managing high triglycerides. Spread it evenly, ensuring every bite has that creamy, nutty richness.

3. **Sprinkle the Chia Seeds**

Next, sprinkle about one teaspoon of chia seeds over the almond butter. These tiny seeds are packed with omega-3 fatty acids, which help lower triglycerides and improve heart health. Plus, they give a delightful crunch with every bite.

4. **Optional Touches**

- If you like a bit of sweetness, drizzle a tiny bit of honey over the chia seeds—just a teaspoon will do. This natural sweetener adds a touch of flavor without spiking your blood sugar.
- For an extra boost of antioxidants and flavor, you can also sprinkle a pinch of ground cinnamon on top. Cinnamon is not only delicious but also helps regulate blood sugar levels.

- For some added freshness and a burst of vitamins, top your toast with slices of fresh fruit, like strawberries or banana. These fruits are low in calories and packed with fiber and antioxidants.
5. **Serve and Enjoy**
- Now that your toast is beautifully topped and ready, it's time to enjoy! Take a moment to admire the beautiful combination of whole-grain toast, creamy almond butter, crunchy chia seeds, and any fruits or spices you've added. Each bite will be a delightful mix of textures and flavors that will keep you satisfied and nourished.

5. Greek Yogurt with Walnuts & Flaxseeds

Ingredients:

- 1 cup of plain, non-fat Greek yogurt (rich in protein and probiotics)
- 1/4 cup of walnuts, chopped (a great source of healthy fats, fiber, and antioxidants)
- 1 tablespoon of ground flaxseeds (packed with omega-3 fatty acids and fiber)
- 1 teaspoon of honey or stevia (optional, for a touch of natural sweetness)
- A pinch of cinnamon (optional, adds flavor and helps regulate blood sugar)
- A few fresh berries (optional, for added color and antioxidants)

Preparation:

1. **Prepare the Greek Yogurt Base:**
 - Take a bowl and scoop out 1 cup of plain, non-fat Greek yogurt. The tanginess of the yogurt pairs perfectly with the natural sweetness of the walnuts and flaxseeds, giving you a creamy and satisfying base.
2. **Chop the Walnuts:**
 - Take 1/4 cup of walnuts and chop them into smaller pieces. Walnuts are rich in heart-healthy monounsaturated fats and help reduce bad cholesterol. They also provide a satisfying crunch that complements the smooth yogurt.
3. **Add Ground Flaxseeds:**
 - Sprinkle 1 tablespoon of ground flaxseeds over the yogurt. Flaxseeds are an excellent source of plant-based omega-3s, which help reduce inflammation and improve heart health. Their mild, nutty flavor pairs well with the other ingredients.
4. **Sweeten Your Yogurt (Optional):**
 - If you'd like a bit of sweetness, drizzle in 1 teaspoon of honey or stevia. Honey adds a natural touch, while stevia is a great option if you prefer a calorie-free sweetener. The sweetness balances the yogurt's tang, creating a creamy, indulgent treat.
5. **Add a Pinch of Cinnamon (Optional):**

- Sprinkle a pinch of cinnamon over the top for an extra layer of flavor. Cinnamon is known for its ability to help regulate blood sugar levels, which can support overall heart health.
- 6. **Finish with Fresh Berries (Optional):**
 - For an extra burst of antioxidants, top your Greek yogurt with a handful of fresh berries. Blueberries, raspberries, or strawberries add natural sweetness and a pop of color, making this dish even more appealing. Plus, the antioxidants in berries are known to help lower cholesterol and promote cardiovascular health.
- 7. **Mix and Enjoy:**
 - Give everything a good mix, ensuring the walnuts, flaxseeds, and cinnamon are evenly distributed throughout the yogurt. Then, take a bite and enjoy the satisfying crunch of the walnuts, the smoothness of the yogurt, and the earthiness of the flaxseeds.

6. Quinoa Breakfast Bowl with Almonds & Blueberries

Ingredients:

- . 1/2 cup cooked quinoa (use water or a low-sodium vegetable broth for cooking)
 - . 1/4 cup almonds, chopped
 - . 1/4 cup fresh blueberries (or frozen if fresh isn't available)
 - . 1 tablespoon chia seeds (for added fiber and omega-3s)
 - . 1 teaspoon ground flaxseed (for extra healthy fats and fiber)
 - . 1/4 teaspoon cinnamon (a dash of spice to boost flavor)
 - . 1/4 cup unsweetened almond milk (or any unsweetened plant-based milk of choice)
 - . 1 tablespoon pure maple syrup or stevia (optional, for sweetness)
 - . A pinch of sea salt (to balance the flavors)
-

Preparation:

1. **Cook the Quinoa:**
Start by rinsing your quinoa under cold water. In a small saucepan, add 1/2 cup of quinoa and 1 cup of water (or low-sodium vegetable broth). Bring it to a gentle boil, then reduce the heat and cover. Let it simmer for 12-15 minutes until all the liquid is absorbed. Once done, remove from heat and fluff with a fork. This will give you perfectly tender quinoa.
2. **Toast the Almonds:**
While the quinoa cooks, place your chopped almonds in a small pan over medium heat.

Toast them for about 2-3 minutes, stirring occasionally. You'll know they're ready when they turn a light golden brown and release a nutty aroma. Set them aside to cool slightly.

3. **Assemble the Bowl:**

In a bowl, start by placing your freshly cooked quinoa. The warmth of the quinoa will help to release the flavors of the other ingredients.

4. **Add the Toppings:**

Sprinkle your toasted almonds over the quinoa, and then scatter the fresh blueberries on top. Feel free to add more or less depending on your preference!

5. **Sprinkle the Superfoods:**

Now, add the chia seeds and ground flaxseed on top. These are tiny powerhouses full of fiber and healthy fats that will give your body that extra nutritional boost. The ground flaxseed also adds a subtle nutty flavor.

6. **Season to Taste:**

Lightly sprinkle cinnamon over the bowl for a warming flavor. Add a pinch of sea salt to balance the sweetness and bring out the flavors in the quinoa.

7. **Add Milk and Sweetener:**

Pour the almond milk over the quinoa bowl, and give it a gentle stir to mix the milk with the toppings. If you like a little sweetness, drizzle some pure maple syrup or stevia over the top. Both are great options that won't spike your triglycerides.

8. **Enjoy Your Heart-Healthy Breakfast:**

Sit back, relax, and enjoy the perfect start to your day. This Quinoa Breakfast Bowl with Almonds & Blueberries is not only heart-healthy but packed with flavor and texture that will keep you full and satisfied.

7. Banana & Peanut Butter Smoothie (Unsweetened)

Ingredients:

- 1 ripe banana
- 1 tablespoon unsweetened peanut butter (look for a brand with no added sugars or oils)
- 1 cup unsweetened almond milk (or any preferred plant-based milk)
- 1/2 cup water (to adjust consistency)
- 1/2 teaspoon cinnamon (optional, for an extra flavor boost)
- 1 teaspoon chia seeds (optional, for added fiber and omega-3s)
- Ice cubes (optional, for a colder, thicker texture)

Preparation:

1. **Prepare Your Ingredients:** Start by peeling the ripe banana and breaking it into chunks. This will make it easier to blend, giving your smoothie a smooth texture without any chunky bits.
2. **Add the Peanut Butter:** Measure out 1 tablespoon of unsweetened peanut butter. If you have natural peanut butter, make sure to stir it well so the oils are evenly mixed into the butter.

Adding peanut butter gives the smoothie a rich, creamy consistency, along with healthy fats that help keep triglyceride levels in check.

3. **Pour in the Almond Milk:** Add 1 cup of unsweetened almond milk to the blender. Almond milk is an excellent low-calorie, heart-healthy alternative to dairy milk, providing a subtle nutty flavor that complements the peanut butter perfectly.
4. **Add Water for Adjusted Consistency:** Pour in about 1/2 cup of water. This step is optional, depending on how thick or thin you prefer your smoothie. If you like it thicker, feel free to skip the water, but if you want a lighter consistency, add more water as desired.
5. **Boost with Cinnamon (Optional):** Sprinkle in 1/2 teaspoon of cinnamon for a warm, aromatic flavor. Not only does cinnamon add depth to the smoothie, but it also offers anti-inflammatory benefits that support overall heart health.
6. **Incorporate Chia Seeds (Optional):** If you're looking for an extra nutritional boost, add 1 teaspoon of chia seeds. These tiny powerhouses are rich in fiber and omega-3 fatty acids, both of which are beneficial for lowering triglycerides and supporting heart function.
7. **Blend It Up:** Secure the lid on your blender and blend everything together for about 30-45 seconds, or until the smoothie is silky and smooth. If you like a thicker consistency, you can add ice cubes during this step, blending until they're fully incorporated.
8. **Taste and Adjust:** Once blended, take a quick taste test. If you'd like a little more sweetness, feel free to add a few drops of stevia or a small drizzle of honey (although the banana should already provide natural sweetness). If it's too thick, add a bit more water or almond milk to reach your desired consistency.
9. **Serve and Enjoy:** Pour the smoothie into a tall glass, and enjoy immediately. The richness of the peanut butter, the smoothness of the banana, and the slight creaminess from the almond milk come together to create a refreshing and filling drink.

8. Whole-Grain Pancakes with Flaxseeds

Ingredients:

- 1 cup whole wheat flour
- 1/2 cup oat flour (you can easily make this by grinding rolled oats in a blender)
- 2 tablespoons ground flaxseeds
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon (optional, but it adds a cozy flavor)
- 1/4 teaspoon salt
- 1 egg (for a vegan version, use a flax egg or chia egg)
- 1 cup unsweetened almond milk (or your preferred plant-based milk)
- 1 tablespoon maple syrup or honey (optional, for sweetness)
- 1 teaspoon vanilla extract
- 1 tablespoon coconut oil (or olive oil, for a heart-healthy fat)
- Fresh berries (for serving, optional)
- A sprinkle of flaxseeds (for garnish, optional)
- A drizzle of pure maple syrup or honey (optional, for serving)

Preparation:

1. **Prepare the Dry Ingredients:**
 - In a large mixing bowl, combine the **whole wheat flour, oat flour, ground flaxseeds, baking powder, cinnamon, and salt.**
 - Use a whisk to mix the dry ingredients thoroughly. This ensures the baking powder and flaxseeds are evenly distributed, which is key to achieving fluffy pancakes.
2. **Mix the Wet Ingredients:**
 - In another bowl, whisk together the **egg, almond milk, maple syrup or honey, and vanilla extract.**
 - If you're using **coconut oil**, melt it in a microwave-safe bowl for about 20-30 seconds until it's just melted. Add the melted oil to the wet ingredients and mix everything well.
3. **Combine Wet and Dry Ingredients:**
 - Create a well in the center of the dry ingredients, and pour the wet ingredients into this well.
 - Stir gently with a spoon or spatula until just combined. Don't overmix—it's okay if there are a few lumps. Overmixing can make the pancakes tough, and we want them soft and fluffy!
4. **Preheat the Griddle or Pan:**
 - Heat a non-stick griddle or skillet over medium heat. Add a small amount of coconut oil or a light spray of cooking spray to prevent sticking.
 - Test the temperature by dropping a few drops of water onto the pan. If they sizzle and evaporate immediately, your pan is ready for pancakes!
5. **Cook the Pancakes:**
 - For each pancake, pour about 1/4 cup of the pancake batter onto the griddle.
 - Let the batter spread naturally into a round shape. Cook until small bubbles form on the surface (about 2-3 minutes), then flip the pancake and cook for another 1-2 minutes on the other side until golden brown.
 - Repeat the process for the remaining batter, adding more oil to the pan as needed.
6. **Serve and Enjoy:**
 - Stack the pancakes on a plate and serve warm with a handful of **fresh berries**, a sprinkle of **extra flaxseeds**, and a drizzle of **maple syrup or honey**, if desired.
 - For extra heart-healthy fats, you can even top your pancakes with a spoonful of nut butter (like almond or peanut butter) or a few slices of avocado. These additions will keep you feeling fuller for longer.

9. Poached Egg on Avocado Toast

Ingredients:

- · 1 ripe avocado
- · 1 large egg (preferably free-range or organic)
- · 2 slices of whole-grain bread (whole wheat, sprouted, or rye)

- · 1 teaspoon olive oil (extra virgin)
- · 1/2 teaspoon lemon juice (freshly squeezed)
- · 1 pinch of sea salt
- · A pinch of black pepper (optional)
- · A sprinkle of red pepper flakes (optional)
- · Fresh herbs for garnish (optional, e.g., parsley, chives, or cilantro)

Preparation:

1. **Start with the Bread:** Begin by toasting your slices of whole-grain bread. You can use a toaster or toast them in a skillet over medium heat for a crispier, slightly more flavorful result. Toast them until golden brown but not too hard—just enough to give you that nice crunch while keeping the integrity of the bread intact.
2. **Poach the Egg:** Fill a small saucepan with about 3-4 inches of water, add a pinch of salt, and bring it to a gentle simmer over medium heat. You want the water hot but not bubbling vigorously, as this can break up the delicate egg whites. While the water heats, crack the egg into a small bowl, making sure not to break the yolk.

Once the water is simmering, create a gentle whirlpool by stirring the water with a spoon in a circular motion. Slowly lower the egg into the center of the whirlpool—this will help keep the egg white wrapped around the yolk. Let it cook for about 3-4 minutes for a soft poach, or 5-6 minutes if you prefer a firmer yolk. Afterward, carefully remove the egg with a slotted spoon and place it on a paper towel to drain any excess water.

3. **Prepare the Avocado:** While the egg is poaching, slice the ripe avocado in half, remove the pit, and scoop the flesh into a bowl. Mash it with a fork until it reaches a creamy but still slightly chunky consistency. Add a teaspoon of lemon juice to prevent browning and bring in a burst of fresh flavor. Sprinkle in a pinch of sea salt and black pepper for taste. If you want to add a bit of heat, you can mix in a dash of red pepper flakes, but that's completely optional.
4. **Assemble the Toast:** Once your toast is ready, drizzle a small amount of olive oil on top of each slice—this adds a heart-healthy fat and a little extra flavor. Spread a generous amount of mashed avocado evenly on each slice of toast. Make sure to spread it all the way to the edges for a delicious bite with every forkful.
5. **Top with the Poached Egg:** Gently place the poached egg on top of the avocado toast, letting the egg yolk rest in the center. If you like, sprinkle some fresh herbs over the top for a pop of color and flavor—parsley, chives, or cilantro all work wonderfully. For a little extra kick, a pinch of red pepper flakes can be added as a garnish.
6. **Serve and Enjoy:** Serve the avocado toast immediately while the egg is still warm and the toast is crispy. Slice it in half or enjoy it whole! The creamy avocado, the soft egg yolk, and the crunchy toast create a delightful combination that's both satisfying and nourishing.

10. Cinnamon-Spiced Overnight Oats

Ingredients:

- . 1/2 cup rolled oats
- . 1/2 cup unsweetened almond milk (or your preferred plant-based milk)
- . 1/4 cup plain Greek yogurt (or a dairy-free alternative)
- . 1 tablespoon chia seeds
- . 1 teaspoon ground cinnamon
- . 1/2 teaspoon vanilla extract
- . 1 tablespoon maple syrup (or honey, if preferred)
- . 1/4 cup unsweetened applesauce (for natural sweetness)
- . 1/4 cup sliced almonds or walnuts (for added crunch and healthy fats)
- . 1/2 small apple, diced (optional, for added texture and sweetness)
- . Pinch of salt

Preparation:

1. **Gather your ingredients:** This recipe is all about layering flavors and textures, and it's packed with heart-healthy ingredients that are great for anyone looking to manage their triglyceride levels. Have your oats, almond milk, yogurt, and chia seeds ready. You'll also need your cinnamon and vanilla to add that warm, comforting spice.
2. **Mix your base:** In a mason jar or a bowl, combine the rolled oats, chia seeds, and ground cinnamon. This combination is the heart of your overnight oats and sets the base for all the deliciousness to come. The chia seeds are full of omega-3s, which are excellent for managing heart health, while cinnamon adds flavor and has anti-inflammatory properties—just what we need for balanced triglyceride levels!
3. **Add the wet ingredients:** Pour in the almond milk, Greek yogurt, vanilla extract, and maple syrup (or honey). The yogurt gives the oats a creamy texture, while the almond milk ensures they're smooth and easy to mix. The maple syrup is just a touch of sweetness to balance the earthy flavors, but feel free to adjust according to your taste preferences.
4. **Stir it all together:** Mix everything thoroughly. Make sure the oats and chia seeds are fully coated with the liquid ingredients. This is where the magic happens! Stirring well ensures the chia seeds absorb moisture, helping your oats thicken overnight and create that creamy texture we're all craving.
5. **Add the applesauce:** Spoon in the unsweetened applesauce for extra natural sweetness. The applesauce adds a lovely fruity flavor and a nice touch of fiber, which is great for overall heart health. If you're adding diced apple, now's the time to mix it in, too. This will bring a fresh crunch when you wake up in the morning.
6. **Season to perfection:** Give everything a final stir, adding a pinch of salt to enhance the flavors. The salt may seem like a small step, but it really pulls all the ingredients together and makes each bite more satisfying.
7. **Cover and refrigerate overnight:** Seal your jar or bowl and place it in the refrigerator. Let it sit overnight so the oats can soak up the liquid and become soft and creamy. As the

oats absorb all the flavors, the chia seeds will expand, creating a beautiful texture that's both filling and nourishing.

8. **In the morning:** When you wake up, your oats will be ready to enjoy. If you prefer your oats a little creamier, you can add a splash of almond milk to loosen them up. You can also sprinkle the sliced almonds or walnuts on top for some crunch and healthy fats, which are perfect for managing triglyceride levels.
9. **Optional topping:** For a little extra sweetness or flavor, top with fresh berries, a drizzle of honey, or more apple slices. The berries are packed with antioxidants, which help reduce inflammation, making them a great addition for heart health.
10. **Enjoy!:** Now, sit back and enjoy your delicious, heart-healthy, cinnamon-spiced overnight oats. Each spoonful is creamy, slightly sweet, and full of nutrients, making it the perfect start to your day.

11. Cottage Cheese & Fresh Berries Bowl

Ingredients:

- 1 cup low-fat cottage cheese
- 1/2 cup fresh strawberries, hulled and sliced
- 1/4 cup fresh blueberries
- 1/4 cup fresh raspberries
- 1 tablespoon ground flaxseeds (optional, but highly recommended for added fiber and omega-3 fatty acids)
- 1 tablespoon chia seeds
- A drizzle of honey or stevia (optional, depending on your sweetness preference)

Preparation:

1. **Prepare the berries:** Begin by washing all your fresh berries thoroughly. Hull the strawberries and slice them into thin pieces. This will allow the sweet, juicy flesh to blend better with the cottage cheese. Add the sliced strawberries to a small bowl.
2. **Add the blueberries and raspberries:** Toss the fresh blueberries and raspberries in with the strawberries. If you like a bit of variety in texture, you can gently mash some of the berries, which will release a bit of juice, adding flavor to the entire bowl.
3. **Scoop the cottage cheese:** In a separate bowl, scoop out one generous cup of low-fat cottage cheese. You want the kind that's simple and plain, as we're going to let the berries provide all the natural sweetness. Cottage cheese is naturally high in protein, which helps maintain muscle mass and keeps you full longer.
4. **Assemble your bowl:** Gently place the mixed berries on top of the cottage cheese. Arrange them in a colorful, inviting way, so every spoonful is filled with vibrant, flavorful berries. The visual appeal will make this bowl even more enjoyable!
5. **Sprinkle with seeds:** For added texture and to boost the nutritional value, sprinkle the ground flaxseeds and chia seeds on top. These superfoods are not only rich in fiber but also contain

omega-3 fatty acids, which are great for heart health. Omega-3s are particularly beneficial in managing high triglycerides, so this is an easy way to give your body a little extra support.

6. **Sweeten it up (optional):** If you have a sweet tooth or simply like a touch of sweetness with your breakfast, drizzle a little honey or stevia over the top. However, the natural sweetness of the berries may be all you need. Go light on the honey if you're watching sugar intake.
7. **Serve and enjoy:** Give everything a gentle stir if you'd like to mix the flavors together, or simply enjoy it as-is, with each spoonful delivering a perfect balance of creaminess from the cottage cheese and sweetness from the berries. It's a versatile dish — if you prefer more berries, feel free to add extra!

12. Apple & Almond Butter Breakfast Wrap

Ingredients:

- . 1 whole wheat or spinach tortilla (opt for whole grain to help lower triglyceride levels)
- . 2 tablespoons almond butter (rich in unsaturated fats that support heart health)
- . 1 small apple, thinly sliced (apples are full of fiber and antioxidants)
- . 1 tablespoon chia seeds (packed with omega-3s and fiber)
- . 1/2 teaspoon ground cinnamon (adds a warm, sweet flavor)
- . A drizzle of honey or maple syrup (optional, for sweetness, but be mindful of portions)

Preparation:

1. **Prepare the Tortilla:** Lay the whole wheat or spinach tortilla flat on a clean surface, such as a cutting board or countertop. If you want to make it extra soft and flexible, lightly warm the tortilla on a dry pan for about 10-20 seconds on each side. This will make it easier to roll up!
2. **Spread the Almond Butter:** Using a knife or spoon, spread the almond butter evenly across the center of the tortilla. Go all the way to the edges, ensuring every bite will have that creamy, satisfying texture. The almond butter is packed with healthy fats, which can help keep those triglyceride levels in check!
3. **Add the Apple Slices:** Next, take your small apple and slice it into thin rounds or wedges. Lay them down neatly on top of the almond butter. The crisp, sweet apple adds a perfect contrast to the richness of the almond butter. Plus, apples are fantastic for heart health with their soluble fiber and antioxidants.
4. **Sprinkle with Chia Seeds:** Now, sprinkle the chia seeds over the apples. These tiny superfoods are an excellent source of omega-3 fatty acids, which are crucial for reducing inflammation and improving lipid levels. They'll also add a nice texture to your wrap.
5. **Add Cinnamon and Sweetener:** Sprinkle a pinch of ground cinnamon for a warm, cozy flavor. Cinnamon is known for its ability to help regulate blood sugar, which is essential for managing

triglycerides. If you'd like a touch of extra sweetness, lightly drizzle honey or maple syrup over the top. Be mindful of the amount, as you want to keep it moderate to maintain heart health.

6. **Wrap It Up:** Carefully fold the sides of the tortilla inward, then roll the wrap tightly from one end to the other. Make sure all the fillings are securely wrapped inside. You want every bite to be a balanced combination of the creamy almond butter, sweet apple, and nutty chia seeds.
7. **Slice and Serve:** For a more elegant touch or to make it easier to eat on the go, slice your wrap in half. Now you've got yourself a beautiful breakfast wrap that's perfect for a heart-healthy start to the day!

13. Green Detox Smoothie with Kale & Ginger

A green smoothie that's not just refreshing but packs a powerful punch to support detoxification and overall wellness! This **Green Detox Smoothie with Kale & Ginger** is loaded with antioxidants, vitamins, and minerals. It's perfect for helping to lower triglyceride levels and support heart health. Plus, it's super easy to whip up—just a few ingredients and you're ready to enjoy a glass of pure, revitalizing goodness. The addition of ginger brings a touch of spice, while the kale boosts the nutrient content with fiber, vitamin K, and iron.

Ingredients:

- 1 cup fresh kale leaves (remove the tough stems)
- 1 medium green apple, cored and chopped
- 1/2 banana (preferably frozen for a creamy texture)
- Juice of 1/2 lemon
- 1/2 cucumber, peeled and chopped
- 1 cup unsweetened almond milk (or any plant-based milk)
- 1 teaspoon freshly grated ginger
- 1 tablespoon chia seeds (optional, for extra omega-3s)
- Ice cubes (optional, for a colder, thicker texture)
- 1 teaspoon honey or stevia to taste (optional, depending on your sweetness preference)

Preparation:

1. **Prep the Ingredients:**
 - Start by preparing all your ingredients. Wash the kale thoroughly to remove any dirt or pesticides. Remove the tough stems, as they can be bitter, and just keep the leafy parts.
 - Core and chop the green apple into manageable pieces. Don't worry about peeling it—the skin is where a lot of the fiber is packed.
 - If you're using fresh banana, peel it and break it into chunks. For a creamier smoothie, try freezing the banana ahead of time.

- Peel and chop the cucumber into small pieces. You don't need to be too precise here, but smaller pieces will blend better.
 - Grate the ginger to release its fresh, zesty flavor. You only need a teaspoon of it, but feel free to adjust to your taste if you love the zing!
 - Slice the lemon in half and juice it, ensuring there are no seeds. Fresh lemon juice will give the smoothie a citrusy, refreshing kick.
2. **Add the Liquid Base:**
- Pour the almond milk (or the plant-based milk of your choice) into your blender first. This helps create a smooth base and ensures that the ingredients blend easily.
 - If you want your smoothie to be a bit more hydrating and less thick, you can increase the amount of almond milk a little. Just remember to keep it balanced for the perfect consistency.
3. **Blend the Greens:**
- Add the kale leaves, the fresh ginger, and the cucumber pieces to the blender. The kale provides that detoxifying power, while the cucumber is incredibly hydrating and refreshing.
 - You might want to blend these greens first before adding the rest of the ingredients to make sure they break down properly. Start on a low speed and then gradually increase the speed to make it easier for your blender.
4. **Add the Sweetness & Creaminess:**
- Add the chopped green apple and banana chunks. These will add natural sweetness and creaminess without any added sugars.
 - If you're opting for chia seeds, toss them in now for a boost of healthy omega-3 fatty acids, fiber, and protein.
 - Squeeze the fresh lemon juice into the mixture for that zesty citrus burst that will enhance the other flavors.
 - If you prefer a sweeter smoothie, add a little honey or stevia at this point, but remember, the fruit already adds natural sweetness.
5. **Final Touches:**
- If you like your smoothie chilled or thicker, throw in a few ice cubes and blend again until smooth and creamy.
 - Taste your smoothie and adjust as necessary. You can add more ginger for a spicier kick or more lemon juice if you want it tangier. If it's too thick, add a little more almond milk to loosen it up.
6. **Serve and Enjoy:**
- Pour the vibrant, green goodness into a glass, and if you're feeling fancy, garnish it with a slice of lemon or a sprinkle of chia seeds on top.
 - Sip slowly, savoring the refreshing taste, and feel the energy and nourishment this smoothie provides as it supports your body's detox process while also helping to keep triglyceride levels in check.

14. Buckwheat Porridge with Nuts & Seeds

Ingredients:

- 1 cup buckwheat groats
- 2 cups water or unsweetened almond milk
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseeds
- 1 tablespoon sunflower seeds
- 1 tablespoon almonds, chopped
- 1 tablespoon walnuts, chopped
- 1 teaspoon cinnamon (optional for added warmth and flavor)
- 1 tablespoon maple syrup or a natural sweetener of choice (optional)
- Fresh berries or sliced fruit (such as apples or bananas) for topping

Preparation:

1. **Rinse the Buckwheat:** Begin by placing the buckwheat groats in a fine mesh sieve and rinse them under cold water. Buckwheat can have a slight bitterness if not rinsed properly, so this step is important to remove any impurities and excess starch.
2. **Cook the Buckwheat:** In a medium saucepan, combine the rinsed buckwheat groats with the water or almond milk. Bring the mixture to a gentle boil over medium-high heat. Once boiling, reduce the heat to low, cover the pot, and let it simmer for about 10-15 minutes, or until the buckwheat becomes tender and the liquid is absorbed. Stir occasionally to ensure it doesn't stick to the bottom of the pan.
3. **Add Seeds and Nuts:** Once the buckwheat is cooked and soft, it's time to add the seeds and nuts. Stir in the chia seeds, ground flaxseeds, sunflower seeds, chopped almonds, and walnuts. These ingredients not only add a lovely crunch to the porridge but also contribute heart-healthy fats and fiber to keep your triglyceride levels in check. If you enjoy a little extra warmth, add the cinnamon here for a cozy, fragrant touch.
4. **Sweeten (Optional):** If you prefer a sweeter porridge, drizzle in a little maple syrup or another natural sweetener of your choice. Just a tablespoon will go a long way to balance the nutty flavors without raising your blood sugar too much.
5. **Serve and Top:** Spoon the buckwheat porridge into bowls and top with fresh berries or sliced fruit. The added fruits not only bring a burst of freshness but also provide antioxidants and vitamin C to support your overall health.
6. **Enjoy!** Take a moment to savor this nutrient-packed porridge. It's filling, heart-healthy, and will keep you satisfied until your next meal.

15. Vegan Tofu Scramble with Spinach

Ingredients:

- 1 block of firm tofu (pressed to remove excess water)
- 1 cup fresh spinach (washed and chopped)
- 1 tablespoon olive oil (rich in heart-healthy monounsaturated fats)
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1/4 teaspoon turmeric (for color and anti-inflammatory benefits)
- 1/4 teaspoon black salt (for a savory, egg-like taste)
- 1/4 teaspoon black pepper
- 1 tablespoon nutritional yeast (for a cheesy flavor)
- 1/2 teaspoon paprika (optional, for a smoky flavor)
- 1/2 teaspoon ground cumin (optional, for added depth of flavor)
- 1 tablespoon fresh lemon juice (adds a zesty kick)
- A pinch of red pepper flakes (optional, for heat)
- Fresh parsley or cilantro for garnish (optional)

Preparation:

1. Prep the tofu:

Start by draining the tofu and pressing it to remove excess water. You can do this by wrapping it in a clean kitchen towel and placing something heavy on top for about 10 minutes. This step is important to ensure your tofu doesn't release too much moisture and turn soggy during cooking. After pressing, crumble the tofu with your hands or a fork into small, egg-like pieces.

2. Cook the aromatics:

In a large non-stick skillet, heat the olive oil over medium heat. Add the chopped onion and sauté for about 3-4 minutes, until they become translucent and slightly golden. Add the minced garlic and cook for an additional 1 minute, stirring frequently to avoid burning.

3. Add the tofu:

Once your onion and garlic are beautifully softened, add the crumbled tofu to the skillet. Stir everything together, letting the tofu absorb the flavors of the onion and garlic. Allow it to cook for about 3-5 minutes, stirring occasionally, until the tofu becomes slightly crispy on the edges.

4. Season the scramble:

Sprinkle in the turmeric, black salt, black pepper, nutritional yeast, paprika, and cumin (if using). These spices will give your tofu a vibrant color and delicious flavor profile. Stir well, making sure all the tofu is evenly coated with the seasoning.

5. Add the spinach:

Now, it's time to fold in the fresh spinach. Add the spinach to the pan and stir until it wilts, which should take about 2-3 minutes. If you're feeling extra indulgent, you can add a splash of water to help the spinach wilt faster, but usually, the spinach will release some moisture on its own.

6. Finish the scramble:

Once the spinach has wilted and the tofu is well-seasoned, add a squeeze of fresh lemon juice. The acidity from the lemon will brighten up the dish and bring all the flavors

together. Taste it and adjust the seasoning if needed, adding more salt or pepper to your liking.

7. **Serve and enjoy:**

Transfer your tofu scramble to a plate, and if desired, garnish with a sprinkle of fresh parsley or cilantro. For a little extra flavor and texture, you can also add a pinch of red pepper flakes for some heat, but this is totally optional.

8. **Optional toppings or sides:**

This dish is super versatile, so feel free to enjoy it with a side of whole grain toast, avocado, or even a sprinkle of hemp seeds for an added boost of omega-3 fatty acids. The options are endless, and you can mix and match based on what you enjoy!

16. Grilled Salmon & Quinoa Salad

Ingredients:

- 2 wild-caught salmon fillets (about 6 oz each)
- 1 cup quinoa (rinsed)
- 2 cups water or low-sodium vegetable broth
- 1 tablespoon olive oil (for grilling)
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 1 tablespoon fresh parsley (chopped)
- 1 tablespoon fresh dill (chopped)
- 1 cup cucumber (diced)
- 1 cup cherry tomatoes (halved)
- 1/4 cup red onion (finely diced)
- 1/4 cup feta cheese (optional, can omit for dairy-free)
- Salt and pepper, to taste
- 1 teaspoon garlic powder
- 1 tablespoon apple cider vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon honey (optional)

Preparation:

1. **Prepare the quinoa:**

- Start by rinsing the quinoa under cold water. This will help remove its natural coating, which can sometimes have a bitter taste.
- In a medium-sized pot, add the rinsed quinoa and 2 cups of water or vegetable broth. The broth will add extra flavor, but water works just as well. Bring it to a

boil, then reduce the heat to low, cover, and simmer for about 15 minutes. Let it sit for 5 minutes after cooking to steam the quinoa fully. Fluff it with a fork to separate the grains. Set aside to cool.

2. Grill the salmon:

- Preheat your grill or grill pan to medium-high heat. Lightly brush the salmon fillets with olive oil to prevent sticking and sprinkle them with salt, pepper, and garlic powder for seasoning.
- Place the fillets on the grill, skin-side down. Grill for about 4-5 minutes per side, or until the salmon is cooked through and easily flakes with a fork. Cooking times may vary depending on the thickness of the fillet, so be sure to check that the salmon is fully cooked. Once done, remove the fillets from the grill and let them rest for a few minutes before flaking the salmon into large chunks with a fork.

3. Make the salad base:

- While the quinoa is cooling and the salmon is resting, it's time to prep the fresh ingredients. Dice the cucumber, halve the cherry tomatoes, and finely chop the red onion.
- In a large bowl, combine the diced cucumber, tomatoes, and red onion. Toss to mix them together. Add the fresh parsley and dill for an herbaceous touch, giving the salad a burst of freshness.

4. Prepare the dressing:

- In a small bowl, whisk together the lemon juice, lemon zest, apple cider vinegar, Dijon mustard, and honey (if using). This will balance the tangy flavors with just a hint of sweetness. Slowly drizzle in the olive oil while whisking continuously to emulsify the dressing. Add salt and pepper to taste.

5. Assemble the salad:

- To assemble, add the cooled quinoa to the bowl with the vegetables and herbs. Gently toss to combine.
- Carefully add the grilled salmon chunks on top, and if you're using feta cheese, sprinkle it over the salad. The feta adds a nice salty contrast, but if you're avoiding dairy, feel free to leave it out.

6. Serve:

- Drizzle the dressing over the salad just before serving. Toss everything together gently to coat the ingredients in the dressing, ensuring the salmon and quinoa are well distributed.

17. Mediterranean Chickpea Wrap

Ingredients:

- . 1 can (15 oz) of chickpeas, drained and rinsed
- . 1 tablespoon extra-virgin olive oil
- . 1 tablespoon lemon juice
- . 1 tablespoon tahini (optional, but adds a nice creamy texture)

- . 1 teaspoon ground cumin
- . 1 teaspoon smoked paprika
- . 1 garlic clove, minced
- . Salt and pepper, to taste
- . 1 large whole-wheat or spinach wrap
- . ½ cup cucumber, diced
- . ½ cup cherry tomatoes, halved
- . ¼ red onion, thinly sliced
- . ¼ cup Kalamata olives, pitted and chopped
- . ¼ cup fresh parsley, chopped
- . 2 tablespoons hummus (optional, but highly recommended for extra flavor)
- . Fresh lettuce leaves (optional, for extra crunch and nutrition)

Preparation:

1. Prep the Chickpeas:

- Start by placing the drained and rinsed chickpeas in a medium-sized bowl. Mash them with a fork or potato masher. You want them to be mostly mashed but with a few whole chickpeas for texture.
- Add the olive oil, lemon juice, tahini, cumin, smoked paprika, minced garlic, salt, and pepper. Stir everything together until the chickpeas are well coated with the flavorful dressing. Taste it, and adjust the seasoning if necessary. If you like a little more zing, add more lemon juice or a pinch of salt.

2. Prepare the Veggies:

- In a small bowl, combine the diced cucumber, halved cherry tomatoes, sliced red onion, chopped Kalamata olives, and parsley. This colorful mix will bring freshness, crunch, and a Mediterranean vibe to the wrap.

3. Assemble the Wrap:

- Lay your whole-wheat or spinach wrap flat on a clean surface. If you like a softer wrap, warm it for a few seconds in the microwave or on a dry pan. This helps it become more pliable and easier to roll.
- Spread a thin layer of hummus (if using) on the wrap. Hummus adds a creamy element and also brings in some additional protein.
- Spoon a generous amount of the mashed chickpea mixture onto the center of the wrap. Be sure to spread it evenly, leaving a little space on the sides for folding.
- Pile the prepared veggies on top of the chickpeas, allowing them to nestle nicely together. The fresh crunch of the cucumber, the sweetness of the tomatoes, the slight bitterness of the olives, and the fragrant parsley really elevate the flavor!

4. Roll and Serve:

- Gently fold the sides of the wrap inward and start rolling from the bottom. Tuck everything in as you go to ensure it stays snug. Roll tightly but not too tight, or the fillings might spill out.
- Slice the wrap in half for easy eating, or leave it whole if you prefer. Serve it with a side of fresh fruit or some baked sweet potato fries for a complete meal.

18. Lentil and Spinach Soup

Ingredients:

- 1 cup dry green or brown lentils, rinsed and drained
- 2 tablespoons olive oil (a heart-healthy fat)
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 2 large carrots, diced
- 2 celery stalks, diced
- 1 teaspoon ground cumin
- 1 teaspoon turmeric (anti-inflammatory goodness!)
- 1/2 teaspoon ground coriander
- 1 bay leaf
- 6 cups low-sodium vegetable broth (or water, for a lighter soup)
- 4 cups fresh spinach leaves (packed)
- Salt and freshly ground black pepper, to taste
- 1 tablespoon lemon juice (adds brightness and enhances flavor)
- Fresh parsley (optional, for garnish)

Preparation:

1. **Prepare the lentils:** Start by rinsing your lentils under cold water, removing any debris. Set them aside.
2. **Sauté the vegetables:** In a large pot, heat the olive oil over medium heat. Once the oil is shimmering, add the chopped onion. Sauté for about 5 minutes until the onion becomes translucent and fragrant.
3. **Add garlic and spices:** Add the minced garlic, ground cumin, turmeric, and ground coriander. Stir to combine, letting the spices cook for about 1 minute, until they release their aromatic oils. Trust me, this step will make your kitchen smell amazing!
4. **Incorporate the vegetables:** Add the diced carrots and celery to the pot. Stir everything together, allowing the vegetables to soften slightly—about 4-5 minutes.
5. **Add the lentils and broth:** Toss the rinsed lentils into the pot along with the vegetable broth (or water). Drop in the bay leaf. Stir well, bring the soup to a gentle simmer, and cover the pot.
6. **Simmer the soup:** Let the soup simmer for about 25-30 minutes, or until the lentils are tender and cooked through. Check the consistency as you go; if you prefer a thinner soup, feel free to add more broth or water. Keep the heat on low to avoid boiling it too quickly.
7. **Add the spinach:** Once the lentils are tender, stir in the spinach. Let it wilt into the soup for 2-3 minutes. The spinach will add a lovely green color and a boost of vitamins!

8. **Season to taste:** Remove the bay leaf, then taste the soup. Add salt and freshly ground black pepper as needed. You can also add an extra pinch of cumin or coriander if you like your soup extra flavorful.
9. **Finish with lemon juice:** Stir in the tablespoon of lemon juice. This brightens up the flavors and enhances the natural sweetness of the carrots and onions.
10. **Serve:** Ladle the soup into bowls, and if you're feeling fancy, garnish with freshly chopped parsley. The parsley will add a pop of color and a fresh, herby flavor.
11. **Enjoy!:** This warm, comforting soup is perfect for any time of day. It pairs wonderfully with a side of whole-grain bread or a light salad.

19. Avocado & Tuna Lettuce Wraps

Ingredients:

- 1 can of tuna in water (preferably wild-caught)
- 1 ripe avocado, mashed
- 1 tablespoon of olive oil (extra virgin)
- 1 tablespoon of lemon juice
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of onion powder
- 1/2 teaspoon of Dijon mustard (optional)
- Salt and pepper to taste
- 1 cup of cherry tomatoes, halved
- 8 large lettuce leaves (romaine, butter lettuce, or iceberg)
- Fresh cilantro or parsley for garnish (optional)

Preparation:

1. **Drain and prepare the tuna:** Start by opening the can of tuna and draining any excess liquid. You can either use a fine mesh strainer or tilt the can to remove the liquid. Once drained, place the tuna into a medium-sized bowl.
2. **Mash the avocado:** Cut the ripe avocado in half, remove the pit, and scoop out the flesh with a spoon. In a separate bowl, use a fork to mash the avocado until it's smooth with just a few chunks for texture. You want it to be creamy but not over-mashed.
3. **Combine tuna and avocado:** Add the mashed avocado to the bowl with the tuna. Gently stir to combine, ensuring the avocado coats the tuna evenly, creating a rich, creamy texture.
4. **Flavor the mix:** Drizzle in the olive oil and lemon juice. Add the garlic powder, onion powder, and Dijon mustard (if using). Stir everything together, and taste the mixture to see if it needs any salt or pepper. Season generously but remember, you can always add more later.

5. **Prepare the lettuce wraps:** Take each lettuce leaf and carefully rinse it under cold water to remove any dirt or debris. Pat them dry with a paper towel or clean cloth. You'll want the leaves to remain intact, so avoid tearing them.
6. **Assemble the wraps:** Lay the lettuce leaves flat on a clean plate. Spoon about two tablespoons of the tuna-avocado mixture onto each lettuce leaf, depending on the size of the leaves. Spread it out evenly, but don't overstuff them—just enough to hold everything together!
7. **Garnish:** If you have fresh cilantro or parsley on hand, sprinkle a few leaves on top of the wraps to add a fresh, herbal kick. The fresh herbs will really elevate the flavor and make the dish more vibrant.
8. **Serve and enjoy:** These avocado & tuna lettuce wraps are ready to be enjoyed immediately! They make a great, healthy lunch or snack for anyone watching their triglyceride levels, as they are high in healthy fats from avocado and rich in protein from tuna.

20. Roasted Vegetable and Hummus Bowl

Ingredients:

- *For the Roasted Vegetables:*
 - 1 cup of cauliflower florets
 - 1 cup of broccoli florets
 - 1 medium sweet potato, peeled and cubed
 - 1 red bell pepper, sliced into strips
 - 1 small zucchini, sliced into rounds
 - 1 tablespoon olive oil (high in heart-healthy monounsaturated fats)
 - 1 teaspoon smoked paprika
 - 1/2 teaspoon ground cumin
 - 1/2 teaspoon garlic powder
 - Salt and pepper, to taste
- *For the Hummus:*
 - 1/2 cup store-bought or homemade hummus (look for one made with olive oil, no added sugar or preservatives)
 - 1 tablespoon lemon juice
 - 1 teaspoon tahini (optional, for extra creaminess)
 - 1 clove garlic, minced (for a little extra zing)
 - 1 tablespoon water (to adjust consistency)
- *For Topping:*
 - 2 tablespoons chopped fresh parsley (for a burst of color and freshness)
 - 1 tablespoon pumpkin seeds (or sunflower seeds, for a healthy crunch)
 - A squeeze of fresh lemon juice (optional, for extra zest)

Preparation:

1. **Preheat Your Oven:**

Start by setting your oven to 400°F (200°C). This is the perfect temperature to get those veggies roasted to perfection—crispy on the outside and tender on the inside!

2. **Prepare Your Vegetables:**

Get all those vibrant vegetables ready! First, chop the cauliflower and broccoli into florets. Peel and cube your sweet potato into bite-sized pieces, slice the red bell pepper, and slice the zucchini into rounds. The diversity of colors in this dish isn't just for looks—it's also an antioxidant-packed powerhouse that will support your heart health.

3. **Toss with Olive Oil & Spices:**

In a large mixing bowl, toss all the vegetables with the olive oil, making sure every piece is coated. Add the smoked paprika, cumin, garlic powder, salt, and pepper. These spices will elevate the flavor of the vegetables while helping to reduce inflammation, which is crucial for managing triglyceride levels.

4. **Roast the Vegetables:**

Spread your seasoned vegetables evenly on a baking sheet in a single layer. Pop them in the oven and roast for about 25-30 minutes, or until they're golden brown and slightly caramelized. Give them a little toss halfway through to ensure even roasting.

5. **Make the Creamy Hummus:**

While the vegetables are roasting, let's work on the hummus! If you're using store-bought hummus, just scoop it into a small bowl. Add the lemon juice, minced garlic, and tahini (if you like a bit more creaminess). Stir in a tablespoon of water to thin it out a little. Taste and adjust the seasoning—if you want it tangier, add more lemon juice. This hummus will be the perfect creamy base for your roasted veggies, bringing a rich, smooth contrast to the savory vegetables.

6. **Assemble the Bowl:**

Once the roasted vegetables are ready, remove them from the oven and let them cool for just a minute. In your serving bowl, spread a generous spoonful of the hummus as your base. Then, arrange the warm, roasted vegetables on top. Feel free to mix and match the vegetables as you please—the sweet potato and bell peppers offer a nice balance to the earthiness of the cauliflower and broccoli.

7. **Top It Off:**

For a bit of crunch and extra nutrition, sprinkle the roasted vegetable and hummus bowl with chopped fresh parsley and a handful of pumpkin seeds. If you want that final burst of freshness, squeeze a little lemon juice over the top.

8. **Enjoy Your Bowl of Goodness:**

Take a moment to admire the beautiful colors and textures of your bowl. Now, dive in! Each bite is a balanced mix of roasted vegetables, creamy hummus, and crunchy seeds. It's the perfect meal for supporting heart health, managing triglycerides, and most importantly—enjoying great food!

21. Turkey & Avocado Lettuce Wraps

Ingredients:

- **Turkey Breast** (lean, skinless, 4 ounces per serving)
- **Avocado** (1 ripe, peeled and pitted)
- **Lettuce** (large leaves of Romaine or Butterhead for wraps, about 6 leaves)
- **Cherry Tomatoes** (5-6, halved)
- **Cucumber** (1 small, thinly sliced)
- **Red Onion** (1/4 medium, thinly sliced)
- **Fresh Cilantro** (a small handful, chopped)
- **Olive Oil** (1 tablespoon, extra virgin for healthy fats)
- **Lemon Juice** (1 teaspoon, fresh squeezed)
- **Sea Salt** (a pinch, to taste)
- **Black Pepper** (a dash, to taste)
- **Garlic Powder** (1/4 teaspoon, optional for extra flavor)

Preparation:

1. Prepare the Turkey:

Begin by cooking your turkey breast. If you're using leftover turkey, that's even better—just grab the skinless, lean breast portion. For fresh turkey, heat a non-stick skillet over medium heat. Season the turkey breast with a pinch of sea salt, a dash of black pepper, and a light sprinkle of garlic powder for flavor. Cook for about 5-6 minutes on each side until golden and fully cooked (internal temperature should reach 165°F). Once done, remove the turkey from the pan and let it rest for a minute before slicing it thinly into strips.

2. Make the Avocado Spread:

While the turkey is cooling, take your ripe avocado and cut it in half. Carefully remove the pit and scoop the flesh into a bowl. Mash it with a fork until smooth but still a little chunky. Add fresh lemon juice, a pinch of sea salt, and black pepper. This simple avocado spread will add creaminess to your wraps and a dose of healthy fats to keep those triglycerides in check.

3. Prepare the Veggies:

Slice the cucumber into thin rounds, and halve the cherry tomatoes. Thinly slice the red onion and chop a small handful of fresh cilantro. These veggies will provide crunch, color, and freshness to your wraps, making every bite a delightful mix of textures.

4. Assemble the Wraps:

Now comes the fun part—assembling the wraps! Take a clean lettuce leaf and lay it flat on a clean surface or plate. These lettuce leaves will act as your wrap base, replacing high-carb tortillas, making the dish friendly for those managing triglycerides.

Spread a generous spoonful of the avocado mixture onto the center of each lettuce leaf. Next, add the sliced turkey breast on top of the avocado spread. Layer with cucumber slices, cherry tomatoes, red onions, and cilantro. Be sure to pile the fillings in the center of the lettuce to make folding easy.

5. Wrap and Serve:

Carefully fold the lettuce around the ingredients, forming a neat wrap. You can fold in the sides and roll it up or simply fold over the top and bottom for a more open-ended wrap. Either way, your wraps are ready to go!

6. Enjoy!

These wraps are fresh, flavorful, and full of heart-healthy ingredients. They're ideal for a light lunch, dinner, or snack that keeps you satisfied without spiking your triglycerides. Enjoy immediately or pack them for a quick, on-the-go meal.

22. Quinoa & Black Bean Power Bowl

Ingredients:

- 1 cup quinoa (rinsed)
- 1 ½ cups water or vegetable broth (for extra flavor)
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 red bell pepper, diced
- 1 small red onion, diced
- 1 avocado, sliced
- 2 tbsp fresh cilantro, chopped
- 1 tbsp extra virgin olive oil
- 1 tbsp lime juice (freshly squeezed)
- 1 tsp ground cumin
- ½ tsp chili powder (optional for a mild kick)
- Salt and pepper to taste

For the Dressing:

- 2 tbsp tahini (a great source of healthy fats)
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp maple syrup or honey (optional for a touch of sweetness)
- Water to thin, as needed

Preparation:

1. **Cook the Quinoa:**
 - Begin by bringing 1 ½ cups of water (or vegetable broth) to a boil in a medium saucepan. Add the rinsed quinoa to the pot, reduce the heat to low, and cover with a lid. Let it simmer for about 15 minutes, or until the quinoa is tender and all the liquid has been absorbed. Remove from heat and fluff the quinoa with a fork. Set aside.
2. **Prepare the Black Beans:**
 - In a separate pot or pan, heat the black beans over medium heat for about 3-5 minutes, stirring occasionally to ensure they warm evenly. Season with a pinch of salt and pepper. Once warmed through, set them aside.
3. **Sauté the Vegetables:**
 - In a small skillet, heat 1 tbsp of olive oil over medium heat. Add the diced red bell pepper and red onion. Sauté them for about 5-7 minutes, or until they are tender

and slightly caramelized. Stir occasionally to prevent burning. Once done, remove from heat.

4. Assemble the Power Bowl:

- Start by placing a generous serving of quinoa as the base in each bowl. Add a portion of the warm black beans on top, followed by the sautéed bell pepper and onion mixture.
- Scatter the corn kernels over the top, followed by the fresh avocado slices and cilantro. The colors should pop, making the dish both visually appealing and nourishing.

5. Make the Dressing:

- In a small bowl, whisk together the tahini, lemon juice, olive oil, and maple syrup (or honey, if using). Add water a teaspoon at a time until the dressing reaches a smooth, pourable consistency.
- Taste and adjust the seasoning by adding salt or more lemon juice if desired.

6. Drizzle the Dressing:

- Once your bowl is beautifully assembled, drizzle the creamy tahini dressing over the top, making sure to cover all the fresh ingredients with a luscious finish.

7. Season and Serve:

- Sprinkle a bit of ground cumin and chili powder over the bowl for added flavor (if using). Taste and adjust with salt and pepper if needed.

23. Greek Salad with Olive Oil & Lemon Dressing

Ingredients:

- 2 cups cucumber, diced
- 1 cup cherry tomatoes, halved
- 1 cup red bell pepper, chopped
- 1 small red onion, thinly sliced
- 1/2 cup Kalamata olives, pitted and halved
- 1/4 cup feta cheese (optional, for lower fat, omit or use a smaller amount)
- 2 tbsp extra virgin olive oil
- 1 tbsp freshly squeezed lemon juice
- 1 tsp dried oregano
- Salt and pepper, to taste

Preparation:

- 1. Prepare the vegetables:** Begin by washing your cucumbers, cherry tomatoes, and red bell pepper thoroughly. For the cucumbers, peel them if you prefer, or leave the skin on for extra fiber and crunch. Dice the cucumber into bite-sized pieces. Halve the cherry tomatoes, allowing their juicy sweetness to be released. Chop the red bell pepper into small chunks to add a fresh, crunchy texture.

2. **Slice the red onion:** Thinly slice the red onion to create delicate rings that will add a mild onion flavor to your salad. If you find raw onion too sharp, you can soak the slices in cold water for a few minutes to mellow their flavor.
3. **Combine the salad ingredients:** In a large salad bowl, combine the diced cucumber, halved cherry tomatoes, chopped red bell pepper, sliced red onion, and Kalamata olives. Gently toss them together to mix the vibrant vegetables and olives.
4. **Add the feta cheese:** If you're including feta, crumble or dice it into small pieces and scatter it over the salad. Feta cheese adds a creamy, tangy element that balances the crispness of the vegetables. You can adjust the amount based on your preference or omit it altogether for a lighter, lower-fat version.
5. **Make the dressing:** In a small bowl or jar, whisk together the extra virgin olive oil, freshly squeezed lemon juice, and dried oregano. This simple dressing is full of heart-healthy fats and the zesty brightness of lemon, which works perfectly with the freshness of the salad ingredients. Season with a pinch of salt and pepper to taste.
6. **Toss and serve:** Drizzle the dressing over the salad, then gently toss everything together until all the ingredients are coated in the dressing. The olive oil provides a lovely richness, while the lemon juice brightens the flavors, making each bite a burst of freshness.
7. **Taste and adjust:** Take a moment to taste your salad. If you'd like more acidity, add a bit more lemon juice. If you prefer a little more salt, sprinkle it on top. Adjust the seasoning until the flavors sing to you.
8. **Serve immediately or chill:** This salad is best served fresh, but you can let it sit for about 10-15 minutes to let the flavors meld together. If you'd like to prep it ahead of time, keep the dressing separate and add it just before serving to prevent the salad from getting soggy.

24. Spicy Lentil and Carrot Soup

Ingredients:

- · 1 cup dry red lentils (rinse well)
- · 3 medium carrots, peeled and sliced
- · 1 medium onion, finely chopped
- · 3 garlic cloves, minced
- · 1 tablespoon olive oil (for a heart-healthy fat)
- · 1 tablespoon ground cumin
- · 1 teaspoon ground coriander
- · 1 teaspoon turmeric powder
- · 1 teaspoon smoked paprika (adds a subtle smoky heat)
- · 1/2 teaspoon chili powder (adjust for more or less heat)
- · 1/4 teaspoon ground cinnamon (adds warmth)

- · 1/2 teaspoon ground black pepper
- · 1/4 teaspoon salt (optional)
- · 4 cups low-sodium vegetable broth
- · 1 1/2 cups chopped tomatoes (canned or fresh)
- · 1 tablespoon fresh lemon juice (for brightness)
- · Fresh cilantro (for garnish)

Preparation:

1. Prepare the Vegetables:

- Begin by peeling and slicing the carrots into thin rounds. Chop the onion finely, and mince the garlic cloves. The preparation of fresh ingredients is crucial to bring out their vibrant flavors throughout the cooking process.

2. Cook the Aromatics:

- Heat 1 tablespoon of olive oil in a large pot or Dutch oven over medium heat. Olive oil is a great choice for cooking because it's packed with monounsaturated fats, which can help reduce bad cholesterol and triglyceride levels.
- Add the chopped onion to the pot and sauté for about 5-6 minutes, or until it becomes soft and translucent. Stir occasionally to avoid burning.
- Add the minced garlic and cook for another 1-2 minutes, letting the garlic become fragrant but not browned. The garlic adds depth and a rich flavor that complements the other spices.

3. Add the Spices:

- Sprinkle in the ground cumin, coriander, turmeric, smoked paprika, chili powder, cinnamon, black pepper, and salt. Stir well to coat the onions and garlic with the spices. Let them cook for 2-3 minutes, toasting them slightly in the oil to unlock their full flavor potential. The warm, earthy aroma of the spices will begin to fill your kitchen, inviting you into the cooking process.

4. Combine Lentils, Carrots, and Broth:

- Add the sliced carrots and dry red lentils to the pot, followed by the chopped tomatoes. Stir everything together, ensuring the lentils and carrots are well coated with the fragrant spice mixture.
- Pour in the vegetable broth, making sure the liquid covers the lentils and vegetables. Stir again to combine everything evenly.

5. Simmer the Soup:

- Bring the mixture to a gentle boil over medium-high heat. Once it starts boiling, reduce the heat to low and cover the pot. Allow the soup to simmer for 25-30 minutes, or until the lentils and carrots are tender and fully cooked. You may need to add a bit more broth or water if the soup thickens too much while simmering. Stir occasionally to ensure the soup doesn't stick to the bottom of the pot.

6. Blend for a Smooth Texture (Optional):

- For a creamier, smoother texture, use an immersion blender to blend the soup directly in the pot until it reaches your desired consistency. If you don't have an immersion blender, carefully transfer the soup to a blender in batches, then return it to the pot. You can blend the soup fully or leave it slightly chunky, depending on your preference.

7. **Finish with Lemon Juice and Adjust Seasonings:**

- Once the soup is ready, stir in the fresh lemon juice. The acidity from the lemon brightens up the rich flavors of the soup, balancing the earthiness of the lentils and carrots. Taste the soup and adjust the seasoning if needed—more salt or pepper can be added to suit your taste.

8. **Serve and Garnish:**

- Ladle the soup into bowls and garnish with fresh cilantro leaves. The cilantro adds a burst of freshness and a pop of color that contrasts beautifully with the warm orange tones of the soup. The garnish also offers a hint of herbal flavor that complements the spice.

9. **Enjoy:**

- Serve your Spicy Lentil and Carrot Soup with a slice of whole grain bread or a side salad for a complete, heart-healthy meal. This soup is not only filling and satisfying but also a great addition to any heart-healthy, low-triglyceride diet.

25. Baked Sweet Potato with Black Beans & Guacamole

Ingredients:

- 2 medium sweet potatoes
- 1 can (15 oz) black beans, drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon smoked paprika
- Salt and pepper, to taste
- 1/2 red onion, finely chopped
- 1 clove garlic, minced
- 1 tablespoon fresh lime juice
- 1 ripe avocado
- 1 small tomato, chopped
- 2 tablespoons fresh cilantro, chopped
- 1 small jalapeño (optional), finely chopped
- 1 tablespoon fresh lemon juice (for guacamole)
- 1/4 teaspoon sea salt (for guacamole)

Preparation:

1. **Preheat the Oven:** Start by preheating your oven to 400°F (200°C). This is the perfect temperature for roasting the sweet potatoes until they're soft and naturally caramelized.

2. **Prepare the Sweet Potatoes:** Wash the sweet potatoes thoroughly and pat them dry. Use a fork to poke a few holes in the potatoes—this helps them cook evenly and release steam. Drizzle a tiny bit of olive oil on them for extra flavor and to prevent the skins from becoming too tough. Place them directly on a baking sheet and pop them into the preheated oven. Let them bake for 45–50 minutes, or until they’re tender when pierced with a fork.
3. **Make the Spiced Black Beans:** While the sweet potatoes are baking, heat a tablespoon of olive oil in a skillet over medium heat. Add the finely chopped red onion and garlic, sautéing until softened and fragrant, about 2–3 minutes. Stir in the cumin and smoked paprika, letting the spices bloom in the oil for another minute.
4. **Add the Black Beans:** Add the drained and rinsed black beans to the skillet. Stir to combine and heat through, about 5 minutes. Season with salt and pepper to taste, and keep warm while you prepare the guacamole.
5. **Prepare the Guacamole:** In a bowl, cut your ripe avocado in half and remove the pit. Scoop the flesh into the bowl and mash it with a fork until smooth but still slightly chunky. Add the chopped tomato, cilantro, jalapeño (if using), lime juice, and lemon juice. Stir everything together until it’s well combined, and season with sea salt to taste. Set the guacamole aside.
6. **Assemble the Dish:** Once the sweet potatoes are done baking, remove them from the oven and let them cool for a few minutes. Then, slice them down the middle to create an opening. Gently fluff the insides with a fork to create space for the toppings.
7. **Top the Sweet Potatoes:** Spoon a generous portion of the spiced black beans over each sweet potato. Add a heaping tablespoon of the creamy guacamole on top of the beans, and finish with an extra sprinkle of cilantro if you like.
8. **Serve and Enjoy:** Serve these baked sweet potatoes hot, with a side of fresh greens or a light salad. You’ll love the combination of the warm, earthy sweet potatoes, the savory black beans, and the creamy, zesty guacamole. This dish is not only heart-healthy but also incredibly filling and full of flavor.

26. Barley & White Bean Soup

Ingredients (Serves 4–6)

- ● 1 tablespoon extra virgin olive oil (optional, use vegetable broth for oil-free)
- ● 1 small yellow onion, finely chopped
- ● 2 garlic cloves, minced
- ● 2 medium carrots, peeled and diced
- ● 2 celery stalks, diced
- ● 1 teaspoon dried thyme
- ● ½ teaspoon dried rosemary
- ● ½ teaspoon ground turmeric (anti-inflammatory boost)
- ● 1 bay leaf
- ● ¾ cup pearly barley, rinsed thoroughly
- ● 1 (15-ounce) can of low-sodium white beans (like cannellini or great northern), drained and rinsed
- ● 6 cups low-sodium vegetable broth (or more for thinner soup)

- • 2 cups chopped kale or spinach
- • Juice of ½ lemon (optional, for brightness)
- • Fresh ground black pepper, to taste
- • Chopped fresh parsley for garnish (optional)

Preparation Steps

1. **Prep the Ingredients:**
Before you start cooking, chop all your vegetables and rinse the barley under cold water until the water runs clear. This reduces excess starch and helps the barley cook more evenly.
2. **Sauté the Aromatics (Optional if Oil-Free):**
In a large soup pot, heat the olive oil (or ¼ cup broth for oil-free) over medium heat. Add the chopped onion and sauté for about 3–4 minutes, until it becomes translucent and fragrant. Stir in the minced garlic and cook for 1 more minute — you’re building the flavor base here, and your kitchen should already smell amazing.
3. **Add Carrots and Celery:**
Toss in the diced carrots and celery. Sauté for another 3–4 minutes, just until they begin to soften. This will add a subtle sweetness and deepen the overall flavor of the soup.
4. **Season It Up:**
Sprinkle in the dried thyme, rosemary, ground turmeric, and add the bay leaf. Stir everything together so the spices coat the vegetables — this step wakes up the herbs and gives the soup a beautifully layered flavor.
5. **Add Barley and Broth:**
Pour in the rinsed barley and 6 cups of vegetable broth. Stir well to combine everything. Bring the pot to a boil over high heat, then immediately reduce the heat to low. Cover the pot and let it simmer for about **35–40 minutes**, or until the barley is tender.
6. **Add White Beans:**
Once the barley is nearly cooked, stir in the white beans. Simmer for another **10 minutes**, allowing the beans to soak up the flavors and heat through.
7. **Stir in Greens:**
Add the chopped kale or spinach and cook for **5 more minutes**, just until the greens are wilted but still bright. This is your nutrient powerhouse — fiber, antioxidants, and color!
8. **Finish with Brightness:**
Squeeze in the juice of half a lemon to brighten the flavors. Add freshly ground black pepper to taste. Remove the bay leaf before serving.
9. **Serve and Enjoy:**
Ladle the soup into bowls, top with a sprinkle of fresh parsley if desired, and serve hot. Pair with a slice of whole grain bread or a crisp salad for a complete, heart-smart meal.

27. Tofu & Broccoli Stir-Fry with Sesame Seeds

Ingredients:

- ● 1 block (14 oz) extra-firm tofu, drained and pressed
- ● 1 tablespoon sesame oil (for flavor; optional – you can reduce to 1 tsp if minimizing fats further)
- ● 1 tablespoon avocado oil or olive oil (heart-healthy alternative for stir-frying)
- ● 1 large head of broccoli, cut into bite-sized florets
- ● 1 medium red bell pepper, sliced thin
- ● 2 cloves garlic, minced
- ● 1 tablespoon fresh ginger, finely grated
- ● 3 tablespoons low-sodium soy sauce (or coconut aminos for a lower-sodium option)
- ● 1 tablespoon rice vinegar
- ● 1 teaspoon pure maple syrup (just a hint to balance flavors)
- ● 1 teaspoon toasted sesame seeds (for garnish)
- ● 2 green onions, sliced thin (optional, for garnish)
- ● Cooked quinoa or brown rice (optional, for serving)

Preparation:

1. **Prepare the Tofu Like a Pro:**

First, let's give your tofu the royal treatment. Drain the tofu and press it between two paper towels or a clean kitchen towel. Place something heavy (like a skillet or a few books) on top and let it sit for at least 15 minutes to remove excess moisture. This will help it crisp up beautifully.

2. **Cut It Right:**

Once pressed, cut the tofu into 1-inch cubes. You want them bite-sized but hearty enough to hold up in the stir-fry.

3. **Crisp It Up:**

In a large nonstick skillet or wok, heat 1 tablespoon of olive or avocado oil over medium-high heat. Add tofu cubes in a single layer—let them sizzle! Cook for 3–5 minutes on each side until golden and slightly crispy. Don't rush it—this part builds texture. Once done, transfer to a plate and set aside.

4. **Sauté the Aromatics:**

In the same pan, add a tiny drizzle (just a teaspoon) of sesame oil for that warm, nutty depth. Toss in the garlic and ginger, and stir-fry for about 30 seconds until fragrant. Your kitchen will smell amazing.

5. **Stir-Fry the Veggies:**

Add the broccoli florets and sliced red bell pepper to the pan. Stir-fry for about 4–5 minutes, until the veggies are tender-crisp—bright green and still with a slight crunch. If the pan gets too dry, splash in a tablespoon of water to steam and soften the veggies slightly.

6. **Bring It All Together:**

Return the crispy tofu to the pan. In a small bowl, mix the soy sauce, rice vinegar, and maple syrup. Pour this sauce over the tofu and veggies. Toss gently to coat everything evenly. Let it cook together for 1–2 minutes so the sauce can soak in and glaze the ingredients.

7. **Finish with Flair:**

Sprinkle in the toasted sesame seeds and green onions (if using). Give it one last gentle stir.

8. **Serve and Savor:**

Serve hot over a bed of fluffy quinoa or brown rice—both are fiber-rich and better than white rice for triglyceride levels. Or enjoy it as is for a lighter, low-carb dinner.

28. Spaghetti Squash Pad Thai (Triglyceride-Friendly)

Ingredients

For the spaghetti squash:

- 1 medium spaghetti squash (about 3–4 pounds)
- 1 tablespoon olive oil (or avocado oil)
- Pinch of sea salt and black pepper

For the Pad Thai sauce:

- 3 tablespoons natural peanut butter (unsweetened, no hydrogenated oils)
- 2 tablespoons reduced-sodium tamari or low-sodium soy sauce
- 1 tablespoon rice vinegar (unseasoned)
- 1 tablespoon lime juice (freshly squeezed)
- 1 tablespoon pure maple syrup or stevia (optional and minimal to control sugar)
- 1 garlic clove, minced
- 1 teaspoon freshly grated ginger
- 1–2 tablespoons warm water (to thin the sauce as needed)

For the stir-fry:

- 1 tablespoon olive oil or avocado oil
- 1/2 cup red onion, thinly sliced
- 1 cup shredded carrots
- 1 cup red bell pepper, thinly sliced
- 1 cup snap peas or green beans, trimmed
- 2 large eggs or 1/2 cup egg whites, lightly beaten (optional for added protein)
- 1 cup cubed extra-firm tofu (pressed and patted dry)
- 1/4 cup chopped cilantro
- 2 green onions, sliced
- 1/4 cup chopped unsalted peanuts (for garnish)
- Lime wedges (for serving)

Preparation

Step 1: Roast the spaghetti squash

1. Preheat your oven to 400°F (200°C).
2. Carefully slice the spaghetti squash in half lengthwise and scoop out the seeds.

3. Drizzle the insides with 1 tablespoon of olive oil and season with a pinch of salt and pepper.
4. Place both halves cut-side down on a baking sheet lined with parchment paper.
5. Roast for 35–40 minutes, or until the flesh is tender and can be shredded into strands with a fork.
6. Remove from the oven and allow to cool slightly. Then, using a fork, gently scrape the inside of the squash to release those magical spaghetti-like strands. Set aside.

Step 2: Make the Pad Thai sauce

7. In a small bowl, whisk together peanut butter, tamari (or soy sauce), rice vinegar, lime juice, maple syrup or stevia, garlic, and ginger.
8. Add 1–2 tablespoons of warm water to loosen the sauce to your desired consistency.
9. Taste and adjust—add more lime for tang, more maple/stevia for sweetness, or tamari for saltiness.

Step 3: Stir-fry the veggies and tofu

10. Heat 1 tablespoon of oil in a large nonstick skillet or wok over medium heat.
11. Add red onions and sauté for 2–3 minutes until they begin to soften.
12. Toss in the carrots, bell peppers, and snap peas. Stir-fry for about 5–6 minutes until crisp-tender.
13. Push the veggies to one side of the skillet. Add the eggs or egg whites (if using) and scramble them gently until cooked through. Mix them into the veggies.
14. Add the tofu cubes and stir-fry for another 2–3 minutes to heat through and crisp the edges slightly.

Step 4: Assemble the Pad Thai

15. Add the roasted spaghetti squash strands to the skillet and toss everything together.
16. Pour in the Pad Thai sauce and stir gently to coat all the veggies and squash evenly.
17. Let it cook for another 2–3 minutes on low heat to warm through and blend the flavors.

Step 5: Garnish and serve

18. Turn off the heat and sprinkle chopped cilantro, green onions, and peanuts over the top.
19. Serve hot with lime wedges on the side—because a squeeze of lime just makes it sing!

Quick Tips for Low Triglycerides

- Use **natural peanut butter** (no added sugar or oils).
- Substitute **tofu or egg whites** for fatty meats.
- Minimize sugar by using **just a dash of maple syrup or a drop of stevia**.
- Use **heart-healthy oils** like olive or avocado, but keep it minimal.

29. Wild Rice & Cranberry Salad

Ingredients:

- **1 cup uncooked wild rice**
- **3 cups water**
- **1/4 teaspoon sea salt** (optional or omit if watching sodium closely)
- **1/2 cup dried unsweetened cranberries**
- **1/2 cup finely chopped celery**
- **1/4 cup finely chopped red onion**
- **1/4 cup chopped fresh parsley**
- **1/4 cup chopped raw walnuts or sliced almonds** (optional but heart-healthy!)
- **1 tablespoon olive oil** (extra virgin, cold-pressed)
- **Juice of 1 large orange**
- **1 tablespoon apple cider vinegar**
- **1 teaspoon Dijon mustard**
- **1/2 teaspoon ground black pepper**
- **Zest of 1 orange** (optional, for extra citrus aroma)

Preparation:

1. **Cook the wild rice.**
Start by rinsing your wild rice under cold running water. In a medium saucepan, combine the rinsed wild rice, 3 cups of water, and the optional salt. Bring it to a boil over medium-high heat.
2. **Simmer it low and slow.**
Once it's boiling, reduce the heat to low, cover, and let it simmer gently for about 45–50 minutes. You'll know the rice is done when the grains are tender and have burst open slightly. If there's any excess water left, simply drain it off. Then let the rice cool completely—this keeps your salad crisp and fresh.
3. **Soften the cranberries.**
While the rice is cooking, place your dried cranberries in a small bowl and cover them with warm water. Let them sit for 10 minutes to plump up and soften, then drain and pat dry.
4. **Chop and prep the veggies.**
While the rice cools, finely chop your celery, red onion, and fresh parsley. The more uniform the chop, the better the texture of the salad.
5. **Toast the nuts (optional).**
If using walnuts or almonds, place them in a dry skillet over medium heat for about 3–4 minutes. Stir frequently and don't walk away—they toast quickly! This step brings out their natural oils and nutty flavor.
6. **Mix the citrus dressing.**
In a small bowl or mason jar, whisk together the olive oil, orange juice, apple cider vinegar, Dijon mustard, black pepper, and orange zest (if using). It should smell bright and zippy.

7. **Assemble the salad.**

In a large mixing bowl, combine the cooled wild rice, cranberries, celery, red onion, parsley, and nuts. Pour the dressing over the top and toss gently to coat every bite in that tangy citrus goodness.

8. **Chill and serve.**

Let the salad chill in the fridge for at least 30 minutes before serving. This lets the flavors mingle and makes the salad even more refreshing.

30. Kale & Avocado Wrap with Hummus

Ingredients

- ☐ 2 whole-grain or sprouted grain wraps (look for low-carb and no added sugar)
- ☐ 2 cups fresh kale, finely chopped (destemmed)
- ☐ 1 ripe avocado, sliced
- ☐ 4 tablespoons plain hummus (homemade or store-bought with olive oil base)
- ☐ 1/2 cup shredded carrots
- ☐ 1/2 red bell pepper, thinly sliced
- ☐ Juice of 1/2 lemon
- ☐ 1 teaspoon extra virgin olive oil
- ☐ A pinch of sea salt (optional)
- ☐ A pinch of black pepper or chili flakes (optional for spice)
- ☐ Fresh herbs (like cilantro or parsley) – optional but refreshing

☐ How to Prepare It

Let's roll into this nourishing wrap together—step by step!

1. **Massage the Kale:**

- Start by placing your chopped kale into a medium bowl.
- Drizzle with lemon juice and olive oil, then use your hands to **gently massage** the kale for about 1–2 minutes.
- This softens the texture and removes the bitterness, making the kale easier to digest and more enjoyable to eat.

2. **Prepare the Veggies:**

- Wash and slice the red bell pepper thinly—think long strips that lay nicely in a wrap.
- Shred your carrots using a grater or food processor. Freshly shredded carrots give a beautiful crunch.
- Slice your ripe avocado just before assembling to keep it fresh and green.

3. **Warm the Wraps:**

- Place your wraps in a dry skillet over low heat for about 30 seconds per side. This makes them more pliable and easier to fold without tearing.

4. **Assemble the Wraps:**

- Lay each warm wrap flat on a clean surface or plate.
- Spread **2 tablespoons of hummus** evenly over the center of each wrap.
- Layer on the **massaged kale**, followed by a handful of **shredded carrots**, a few **slices of red bell pepper**, and half the **sliced avocado**.
- Sprinkle with a little **sea salt**, **black pepper**, or **chili flakes** if desired.
- Add **fresh herbs** if you're using them. Trust me, they elevate the flavor beautifully.

5. **Wrap It Up:**

- Fold in the sides of the wrap, then roll from the bottom up to secure all that deliciousness inside.
- If you're not eating it right away, wrap it in parchment paper to keep it snug and easy to hold.

6. **Slice and Serve:**

- Use a sharp knife to slice the wrap in half diagonally (presentation matters—you eat with your eyes first!).
- Serve immediately, or store in the fridge for up to 6 hours if you're meal prepping.

31. Grilled Halibut with Lemon & Dill

Ingredients:

- • 4 halibut fillets (about 5–6 oz each), skin removed
- • 2 tablespoons extra virgin olive oil
- • Juice of 1 lemon (freshly squeezed)
- • 1 tablespoon lemon zest (about half a lemon)
- • 2 tablespoons fresh dill, finely chopped (or 1 tablespoon dried dill)
- • 2 garlic cloves, minced
- • 1 teaspoon Dijon mustard (for a tangy kick)
- • Salt, to taste (preferably sea salt or pink salt — just a pinch)
- • Freshly ground black pepper, to taste
- • Lemon wedges (for serving)
- • Fresh dill sprigs (optional, for garnish)

Preparation:

1. **Start with Freshness**

Begin by patting the halibut fillets dry with a paper towel. This helps the marinade stick better and gives the fish a lovely sear when grilled.

2. **Make the Zesty Marinade**

In a small bowl, whisk together the olive oil, lemon juice, lemon zest, chopped dill, minced garlic, Dijon mustard, a light pinch of salt, and a generous grind of black pepper. This mixture should smell like a bright summer day at the beach—citrusy and herbaceous.

3. **Marinate the Fish**

Place the halibut fillets in a shallow dish or a resealable bag. Pour the marinade over the fillets, making sure they are evenly coated. Cover and let the fish marinate in the refrigerator for **15–30 minutes**. (Don't go too long—acid from the lemon juice can start to "cook" the fish if it sits too long.)

4. **Preheat the Grill**

If you're using an outdoor grill, preheat it to medium-high heat. For an indoor grill pan, heat it over medium heat and lightly brush with oil or use nonstick spray. The grill should be hot enough that a drop of water sizzles on contact.

5. **Time to Grill**

Remove the halibut from the marinade and let any excess drip off. Place the fillets on the grill. Grill each side for **3 to 4 minutes**, depending on thickness. The key is not to overcook—halibut is a lean fish and dries out quickly. It should easily flake with a fork and have nice grill marks.

6. **Serve with a Smile**

Carefully transfer the fillets to a serving plate. Garnish with fresh dill sprigs and a wedge of lemon on the side for an extra squeeze of brightness.

7. **Optional Sides**

Serve this with a refreshing cucumber and avocado salad or steamed asparagus for a complete, triglyceride-friendly meal.

32. Spiced Lentil & Sweet Potato Stew

Ingredients

Here's everything you'll need. Simple, wholesome, and all triglyceride-friendly:

- ● 1 tablespoon **extra virgin olive oil**
- ● 1 **medium onion**, finely chopped
- ● 2 **garlic cloves**, minced
- ● 1 tablespoon **fresh grated ginger** (or 1 teaspoon ground ginger)
- ● 1 teaspoon **ground cumin**
- ● 1 teaspoon **ground turmeric**
- ● ½ teaspoon **ground cinnamon**
- ● ½ teaspoon **smoked paprika**
- ● ¼ teaspoon **cayenne pepper** (optional, for a little heat)
- ● 1 cup **dry red lentils**, rinsed
- ● 2 medium **sweet potatoes**, peeled and cut into ½-inch cubes
- ● 1 **carrot**, diced
- ● 1 **celery stalk**, diced

- ● 1 can (14.5 oz) **diced tomatoes**, no salt added
- ● 4 cups **low-sodium vegetable broth** (or water)
- ● ½ teaspoon **sea salt**, or to taste
- ● Freshly ground **black pepper**, to taste
- ● Juice of ½ a **lemon** (to brighten the stew)
- ● 2 tablespoons **chopped fresh cilantro or parsley** (optional for garnish)

How to Make It

This recipe is simple to follow, even on your busiest days. It cooks up in one pot and gets better with time, so don't hesitate to make it ahead!

1. **Sauté the aromatics**

In a large pot or Dutch oven, heat the olive oil over medium heat. Once hot, add the chopped onion and cook for about 5 minutes, stirring occasionally, until it softens and starts to turn golden.

2. **Add garlic and ginger**

Stir in the minced garlic and grated ginger. Sauté for 1 more minute, just until fragrant. This is where the flavor magic begins!

3. **Add the warming spices**

Sprinkle in the cumin, turmeric, cinnamon, smoked paprika, and cayenne pepper if using. Stir constantly for about 30 seconds to toast the spices and release their aroma. Your kitchen should smell heavenly right about now.

4. **Add the lentils and veggies**

Add the rinsed red lentils, sweet potatoes, diced carrot, and celery. Give everything a good stir so the spices coat the vegetables and lentils evenly.

5. **Pour in tomatoes and broth**

Add the diced tomatoes and pour in the vegetable broth (or water). Stir everything together, making sure nothing is sticking to the bottom.

6. **Simmer to perfection**

Bring the mixture to a boil, then reduce the heat to low. Cover the pot partially with a lid and let the stew simmer gently for about 25–30 minutes. Stir occasionally to prevent sticking. The lentils should be soft and the sweet potatoes tender.

7. **Season and brighten**

Once everything is cooked through, stir in the lemon juice. Add sea salt and black pepper to taste. Adjust any spices as needed.

8. **Finish with fresh herbs**

Ladle the stew into bowls and sprinkle with fresh chopped cilantro or parsley for a burst of color and freshness.

33. Vegan Chickpea & Spinach Curry

Ingredients:

- 1 tablespoon extra virgin olive oil (or avocado oil for cooking)
 - 1 medium yellow onion, finely chopped
 - 3 garlic cloves, minced
 - 1 tablespoon fresh ginger, grated
 - 1 teaspoon ground cumin
 - 1 teaspoon ground coriander
 - 1 teaspoon turmeric
 - 1 teaspoon garam masala
 - ½ teaspoon ground cinnamon
 - ½ teaspoon crushed red pepper flakes (optional for heat)
 - 1 (14-ounce) can no-salt-added diced tomatoes
 - 2 (15-ounce) cans low-sodium chickpeas, drained and rinsed
 - 1 cup low-sodium vegetable broth (add more for desired consistency)
 - 1 (14-ounce) can light coconut milk (or use ½ cup unsweetened almond milk + ½ teaspoon coconut extract to reduce fat further)
 - 6 cups fresh baby spinach
 - Juice of ½ lemon (to brighten everything up)
 - Salt to taste (about ½ teaspoon or adjust as needed)
 - Freshly ground black pepper, to taste
 - Chopped fresh cilantro, for garnish (optional)
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Preparation:

- 1. Warm the base flavors**
Start by heating your olive oil in a large non-stick or heavy-bottomed skillet over medium heat. Once hot, add the chopped onion and sauté for about 5 minutes, or until it's soft and translucent. Stir occasionally so it doesn't brown too much.
- 2. Add the aromatics**
Toss in the minced garlic and grated ginger. Stir them around for about 1 minute, just until fragrant. Ahh—this is where the kitchen starts to smell amazing!
- 3. Spice it up**
Sprinkle in the cumin, coriander, turmeric, garam masala, cinnamon, and crushed red pepper flakes (if using). Stir constantly for 30 seconds to a minute so the spices bloom — this is how you unlock their full potential and flavor.
- 4. Tomato time**
Pour in the can of diced tomatoes, including the juices. Stir well to combine with the spices. Let it simmer for about 3–4 minutes to reduce slightly and become more of a thick sauce.
- 5. Chickpeas enter the scene**
Add your chickpeas and stir to coat them in the tomato-spice mixture. Let them cook for another 3–4 minutes. This gives them a head start absorbing all those beautiful flavors.
- 6. Simmer in liquid gold**
Pour in the vegetable broth and your choice of milk — either light coconut milk for a creamier curry or almond milk with coconut extract for a lighter version. Stir it all together and bring it to a gentle simmer.

7. **Let it all come together**

Simmer the curry uncovered for 10–12 minutes, allowing the flavors to meld and the sauce to slightly thicken. Stir occasionally to prevent sticking, and add more broth if needed to reach your desired consistency.

8. **Add the greens**

Now it's spinach's time to shine. Add the fresh spinach in handfuls, stirring it into the curry. It will wilt down quickly. Cook for about 2–3 minutes until all the spinach is tender and well incorporated.

9. **Brighten it up**

Squeeze in the fresh lemon juice, give it a final stir, and season with salt and pepper to taste. The lemon adds a refreshing brightness that balances the rich spices.

10. **Serve and enjoy**

Ladle the curry into bowls and sprinkle with chopped cilantro if you'd like. This dish pairs wonderfully with quinoa or brown rice — both are excellent for those managing triglycerides.

34. Garlic-Lime Shrimp with Quinoa Pilaf

Ingredients

For the Shrimp:

- 1 lb (450g) large shrimp, peeled and deveined (preferably wild-caught)
- 3 cloves garlic, finely minced
- Juice and zest of 1 fresh lime
- 2 tablespoons extra virgin olive oil
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon crushed red pepper flakes (optional, for a touch of heat)
- Salt and freshly ground black pepper, to taste
- 1 tablespoon chopped fresh cilantro (for garnish)
- Lime wedges, for serving

For the Quinoa Pilaf:

- 1 cup quinoa (rinsed thoroughly under cold water to remove bitterness)
- 2 cups low-sodium vegetable broth or water
- 1 tablespoon extra virgin olive oil
- ½ medium red onion, finely diced
- 1 small carrot, finely chopped
- 1 celery stalk, finely chopped
- 2 cloves garlic, minced
- ¼ teaspoon turmeric (adds color and anti-inflammatory properties)
- ¼ teaspoon black pepper

- Salt to taste
 - 2 tablespoons chopped fresh parsley or cilantro
-

Preparation

Let's start with the quinoa pilaf so it's warm and ready when the shrimp are sizzling!

1. **Prep your ingredients first.** Dice the onion, carrot, and celery, mince the garlic, and rinse your quinoa well under cold running water. This step is key to removing quinoa's natural bitter coating called saponin.
 2. **Heat 1 tablespoon of olive oil** in a medium saucepan over medium heat. Once hot, add the onion, carrot, and celery. Sauté for 4–5 minutes until they begin to soften and the onions turn translucent.
 3. **Add the garlic** and sauté for 30 seconds until fragrant—don't let it burn.
 4. **Stir in the quinoa** and toast it gently for 2 minutes, stirring frequently. This adds a lovely nutty flavor to your pilaf.
 5. **Pour in the broth** (or water), add turmeric, black pepper, and a pinch of salt. Stir everything together.
 6. **Bring to a boil**, then reduce heat to low. Cover the saucepan with a tight-fitting lid and simmer for about 15 minutes, or until the liquid is fully absorbed.
 7. **Remove from heat** and let the quinoa sit, covered, for 5 minutes. Then fluff with a fork and stir in fresh parsley or cilantro.
-

Now for the shrimp—quick, flavorful, and juicy!

8. **In a medium bowl**, combine the shrimp with minced garlic, lime juice and zest, olive oil, cumin, paprika, red pepper flakes (if using), and a light sprinkle of salt and black pepper.
 9. **Toss the shrimp well** to ensure every piece is beautifully coated in that zesty marinade. Let it marinate for at least 10 minutes (you can prep your table or finish the quinoa during this time).
 10. **Heat a large skillet** (preferably non-stick or cast iron) over medium-high heat. No need to add extra oil because the marinade has olive oil already.
 11. **Add the shrimp** in a single layer (don't overcrowd!) and cook for 2–3 minutes per side. They'll curl up and turn a gorgeous pink when done. Avoid overcooking—they should be tender and juicy.
 12. **Squeeze in a little more lime juice** if desired and sprinkle with fresh cilantro.
-

To Serve:

- Spoon a generous heap of warm quinoa pilaf onto your plate.
- Top it with the sizzling garlic-lime shrimp.
- Garnish with a wedge of lime and a sprinkle of fresh herbs.

- Enjoy with a side of lightly steamed broccoli or sautéed greens for an extra boost of fiber and antioxidants!
-

Why It's Great for High Triglycerides:

- **Lean protein:** Shrimp is low in saturated fat and calories.
 - **Whole grains:** Quinoa is a complex carb full of fiber, which helps lower triglyceride levels.
 - **Healthy fats:** Olive oil is rich in monounsaturated fats, which are heart-protective.
 - **Low sodium:** Seasoned with herbs and spices instead of loads of salt.
 - **Anti-inflammatory ingredients:** Garlic, turmeric, lime, and fresh herbs help keep inflammation—and your triglycerides—in check.
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Let me know if you'd like more recipes like this one, or a printable version with nutritional info included!

35. Eggplant & Tomato Bake with Herbs

Simple, rustic, and loaded with heart-healthy vegetables and aromatic herbs, this dish is as healing as it is delicious.

☐ Ingredients

- 2 medium eggplants, sliced into ½-inch rounds (leave the skin on for extra fiber)
 - 4 large ripe tomatoes, sliced
 - 3 cloves garlic, minced
 - 1 medium red onion, thinly sliced
 - 2 tablespoons extra virgin olive oil (heart-healthy and rich in monounsaturated fats)
 - 1 teaspoon dried oregano
 - 1 teaspoon dried basil (or 1 tablespoon fresh basil, chopped)
 - ½ teaspoon thyme
 - ¼ teaspoon crushed red pepper flakes (optional, for a little kick!)
 - Salt, to taste (preferably a small pinch to keep it heart-friendly)
 - Freshly ground black pepper, to taste
 - 2 tablespoons chopped fresh parsley or basil for garnish
 - 1 tablespoon balsamic vinegar (optional, for depth of flavor)
-

□ Preparation

1. **Preheat the Oven:**

Let's get the oven going first. Preheat it to 375°F (190°C) so it's ready for baking by the time you assemble everything.

2. **Salt the Eggplant (Optional but Recommended):**

Lay out the eggplant slices on a clean kitchen towel or paper towels. Sprinkle them lightly with salt and let them sit for about 15–20 minutes. This draws out moisture and any bitterness. Afterward, pat them dry with a paper towel.

3. **Sauté the Aromatics:**

In a medium skillet over low-medium heat, add 1 tablespoon of the olive oil. Toss in the sliced red onion and garlic, sautéing gently for 4–5 minutes until softened and fragrant. You're not going for browning here—just soft and sweet.

4. **Layer the Vegetables in a Baking Dish:**

Grab a medium to large baking dish (around 9x13 inches works well). Drizzle the remaining tablespoon of olive oil on the bottom.

Begin layering:

- First, a layer of eggplant slices.
- Then a layer of tomato slices.
- A sprinkle of the sautéed onion and garlic.
- A light sprinkle of herbs (oregano, basil, thyme, and red pepper flakes if using). Repeat the layers until you've used up all the ingredients. Try to slightly overlap the tomato and eggplant slices for a beautiful, rustic look.

5. **Season and Drizzle:**

Once layered, give the whole thing a light seasoning with black pepper and a drizzle of balsamic vinegar for added tang and depth. This step enhances the natural sweetness of the tomatoes and eggplant beautifully.

6. **Bake It Off:**

Cover the dish with foil and bake for 30 minutes. Then, remove the foil and bake uncovered for another 15–20 minutes, until the eggplant is fully tender and the top is slightly golden and bubbling.

7. **Let It Rest:**

Remove the dish from the oven and let it sit for 10 minutes before serving. This rest time allows the flavors to settle and mingle. Trust me—it's worth the wait!

8. **Garnish and Serve:**

Right before serving, sprinkle with fresh parsley or basil. You can serve this warm, at room temperature, or even chilled the next day—it's one of those dishes that gets better with time.

36. Baked Rainbow Trout with Garlic & Thyme

Ingredients

- 2 rainbow trout fillets (about 6 oz each, skin on for added omega-3s)

- 2 cloves garlic, minced
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried thyme)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice (freshly squeezed for best flavor)
- ½ teaspoon salt (preferably sea salt or Himalayan pink salt)
- ½ teaspoon black pepper
- 1 teaspoon lemon zest
- 1 tablespoon chopped fresh parsley (for garnish)
- 1 tablespoon capers (optional, for an extra pop of flavor)

Preparation

1. **Preheat Your Oven:** Begin by preheating your oven to 375°F (190°C). This ensures that the trout cooks evenly and perfectly, without drying out.
2. **Prepare the Baking Sheet:** Line a baking sheet with parchment paper or lightly grease it with a little olive oil to prevent sticking. This also makes cleanup easier!
3. **Season the Trout:**
 - Place your rainbow trout fillets on the prepared baking sheet, skin-side down.
 - Drizzle each fillet with olive oil, ensuring that the flesh is lightly coated.
 - Sprinkle the minced garlic evenly over the fillets, followed by the fresh thyme leaves.
 - Add salt and pepper to taste.
 - Squeeze the lemon juice over the fish to bring out the bright, fresh flavor and give it a little zing.
 - Finish by zesting some lemon over the top—this step will add a refreshing citrus aroma that elevates the entire dish.
4. **Bake the Trout:** Place the baking sheet in the preheated oven and bake for about 15-20 minutes, depending on the thickness of your fillets. You'll know the trout is ready when the flesh easily flakes with a fork and has turned opaque. Be careful not to overcook; trout is delicate and can dry out quickly.
5. **Garnish and Serve:** Once the trout is baked to perfection, remove it from the oven.
 - If you're using capers, scatter them over the top of the fillets for a burst of briny goodness.
 - Garnish with freshly chopped parsley for a pop of color and freshness.
 - Serve immediately with a side of roasted vegetables, quinoa, or a light salad for a well-rounded, heart-healthy meal.

37. Stuffed Peppers with Ground Turkey & Brown Rice

Ingredients:

- 4 large bell peppers (any color you prefer, red, yellow, or green)

- 1 lb (450g) ground turkey breast (lean, skinless)
 - 1 cup cooked brown rice (you can use leftover rice or cook fresh)
 - 1 medium onion, finely chopped
 - 2 cloves garlic, minced
 - 1 medium zucchini, diced
 - 1 cup diced tomatoes (fresh or canned)
 - 1 tsp ground cumin
 - 1 tsp paprika
 - 1/2 tsp dried oregano
 - 1/2 tsp salt (optional, depending on preference)
 - 1/4 tsp black pepper
 - 1 tbsp olive oil (preferably extra virgin)
 - 1 tbsp fresh parsley or cilantro, chopped (for garnish)
 - 1/4 cup shredded low-fat cheese (optional, for topping)
-

Preparation:

1. Prepare the Bell Peppers:

Start by preheating your oven to 375°F (190°C). While the oven is heating up, wash your bell peppers thoroughly. Cut off the tops of the peppers and carefully remove the seeds and membranes inside. Set them aside.

2. Cook the Brown Rice:

If you're not using leftover rice, cook 1 cup of brown rice according to the package instructions. Brown rice is a fantastic whole grain option that helps keep blood sugar levels stable—great for managing high triglycerides. Set it aside to cool once cooked.

3. Sauté the Aromatics and Veggies:

Heat the olive oil in a large skillet over medium heat. Once hot, add the chopped onion and sauté for 3-4 minutes, or until soft and translucent. Then, add the minced garlic and diced zucchini. Continue cooking for another 3-4 minutes until the zucchini softens.

4. Cook the Ground Turkey:

Push the veggies to one side of the skillet and add the ground turkey to the other side. Break up the turkey with a spoon and cook for about 5-7 minutes, or until fully browned. This lean protein is heart-healthy, which makes it perfect for those with high triglycerides.

5. Combine the Filling Ingredients:

Once the turkey is browned, stir in the cooked brown rice, diced tomatoes, cumin, paprika, oregano, salt (if using), and black pepper. Mix everything together well and let it simmer for 5 minutes to allow the flavors to meld. You'll want the filling to be warm but not too dry, so add a splash of water if it looks too thick.

6. Stuff the Peppers:

Take your bell peppers and place them in a baking dish. Spoon the turkey and rice mixture into each pepper, packing the filling gently but firmly so it stays together. Continue until all the peppers are filled.

7. **Bake the Stuffed Peppers:**

Cover the baking dish with aluminum foil and place it in the preheated oven. Bake for 30 minutes. After 30 minutes, remove the foil and bake for an additional 10-15 minutes to allow the peppers to soften and the filling to get a little crispy on top.

8. **Optional: Add Cheese:**

If you like a bit of cheese on top, sprinkle the shredded low-fat cheese over each stuffed pepper during the last 5 minutes of baking. The cheese will melt and form a delicious, gooey topping. If you prefer a lighter version, feel free to skip this step.

9. **Garnish and Serve:**

Once the peppers are out of the oven, sprinkle freshly chopped parsley or cilantro over the top for a pop of color and flavor. Serve hot, and enjoy a hearty, healthy meal that's light on fat and packed with nutrients.

36. Mediterranean Baked Cod with Olives

Ingredients:

- 4 cod fillets (about 6 oz each)
- 2 tbsp extra virgin olive oil (use a good quality, heart-healthy option)
- 1/2 cup kalamata olives, pitted and sliced
- 1/2 cup green olives, pitted and sliced
- 1 medium onion, thinly sliced
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp red pepper flakes (optional, for a little kick)
- Zest of 1 lemon
- 2 tbsp fresh lemon juice
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Preparation:

1. **Preheat the oven** to 375°F (190°C). This ensures that your cod bakes evenly, allowing the delicate fish to stay moist while absorbing all the delicious Mediterranean flavors.
2. **Prepare the baking dish:** Lightly grease a baking dish with 1 tablespoon of olive oil or line it with parchment paper. A 9x13 inch dish works perfectly for this recipe.
3. **Prepare the cod:** Pat the cod fillets dry with a paper towel to remove any excess moisture. This step helps the fish bake nicely and not steam. Place the fillets in the center of your prepared baking dish.
4. **Season the cod:** Drizzle 1 tablespoon of olive oil over the cod fillets. Sprinkle with salt, pepper, and half of the dried oregano and basil. The spices will infuse the cod, giving it a delicious Mediterranean aroma.

5. **Prepare the olive mixture:** In a small mixing bowl, combine the sliced kalamata olives, green olives, halved cherry tomatoes, thinly sliced onion, minced garlic, and the remaining dried oregano and basil. Add in the red pepper flakes if you enjoy a touch of spice. Stir gently to combine the ingredients.
6. **Add zest and juice:** Zest one lemon and sprinkle the zest over the olive and tomato mixture. Then, squeeze the lemon juice over the entire dish for a burst of citrus flavor that will brighten up the fish.
7. **Assemble:** Spoon the olive mixture evenly over the cod fillets, ensuring that the fish is covered in the aromatic tomato and olive mixture.
8. **Bake:** Place the baking dish in the preheated oven and bake for 20-25 minutes, or until the cod flakes easily with a fork. The cod should be tender and slightly golden, and the tomatoes and olives will have softened and become aromatic.
9. **Garnish and serve:** Once the cod is cooked, remove it from the oven. Sprinkle with freshly chopped parsley for a burst of color and added freshness.
10. **Serve and enjoy:** Plate the Mediterranean Baked Cod with Olives with a side of steamed vegetables or a light salad. For an extra healthy boost, serve it with a portion of quinoa or brown rice to make a well-rounded, heart-healthy meal.

37. Wild Mushroom & Barley Risotto

Ingredients

- 1 cup pearl barley
 - 2 cups vegetable broth (low-sodium)
 - 1 tablespoon extra virgin olive oil
 - 1 medium onion, finely chopped
 - 2 garlic cloves, minced
 - 1 cup wild mushrooms (e.g., shiitake, cremini, or a mix), sliced
 - 1 cup button mushrooms, sliced
 - 1/2 cup dry white wine (optional but recommended for extra flavor)
 - 2 cups low-sodium vegetable broth (or water, if preferred)
 - 1 teaspoon dried thyme
 - 1/2 teaspoon salt (optional)
 - 1/4 teaspoon black pepper
 - 1/4 cup nutritional yeast (for a cheesy flavor, optional)
 - Fresh parsley (for garnish, optional)
-

Preparation

1. **Cook the Barley:**

Begin by rinsing your pearl barley under cold water to remove any impurities. In a medium saucepan, add the barley and 2 cups of vegetable broth. Bring the broth to a boil, then reduce the heat to low and cover. Let it simmer for about 30-40 minutes, or until the barley is tender and most of the liquid is absorbed. Once done, set it aside.

2. **Sauté the Aromatics:**

In a large skillet or saucepan, heat the olive oil over medium heat. Add the finely chopped onion and cook for 3-4 minutes, stirring occasionally, until the onion becomes translucent and fragrant. Add the minced garlic and cook for another 30 seconds, being careful not to burn it.

3. **Cook the Mushrooms:**

Add the wild mushrooms and button mushrooms to the pan with the onion and garlic. Sauté the mushrooms for about 5-7 minutes, or until they release their moisture and become golden brown. Stir occasionally to ensure even cooking. The mushrooms should shrink and become tender.

4. **Deglaze with Wine (Optional):**

If using wine, pour the dry white wine into the pan with the mushrooms. Stir well, scraping up any browned bits from the bottom of the pan. Let the wine cook off for about 1-2 minutes until most of the liquid evaporates, leaving just a little moisture behind to infuse the mushrooms with flavor.

5. **Add the Barley and Broth:**

Once the wine has evaporated, add the cooked barley to the skillet with the mushrooms. Stir everything together, allowing the barley to absorb the flavors of the mushrooms. Now, pour in the 2 cups of vegetable broth (or water if you prefer) and sprinkle in the dried thyme, black pepper, and optional salt. Stir gently to combine.

6. **Simmer Until Creamy:**

Lower the heat to medium-low and allow the mixture to simmer, uncovered, for about 10-15 minutes, or until the broth has been mostly absorbed, and the barley has reached a creamy consistency. Stir occasionally to prevent the barley from sticking to the bottom of the pan. The barley should have a slightly chewy texture, yet the overall consistency should be creamy and comforting.

7. **Finish with Nutritional Yeast (Optional):**

Once the risotto has reached your desired texture, stir in the nutritional yeast. This step will add a cheesy, umami flavor without using any dairy. It also boosts the dish's nutritional profile with added B vitamins.

8. **Serve & Garnish:**

Spoon the Wild Mushroom & Barley Risotto onto plates or into bowls. Garnish with freshly chopped parsley for a burst of color and a touch of freshness. Serve immediately, and enjoy this rich yet healthy dish!

40. Baked Lemon Rosemary Chicken with Asparagus

Ingredients:

- **4 boneless, skinless chicken breasts**
- **1 bunch of fresh asparagus** (about 1 pound), trimmed
- **2 tablespoons olive oil** (extra virgin for heart-health benefits)
- **1 lemon** (zested and juiced)
- **2 garlic cloves** (minced)
- **1 tablespoon fresh rosemary** (chopped, or 1 teaspoon dried rosemary)
- **1 teaspoon dried thyme**
- **1/2 teaspoon salt** (use Himalayan or sea salt for better minerals)
- **1/2 teaspoon freshly ground black pepper**
- **1/2 cup low-sodium chicken broth** (or water for a lighter version)
- **Optional garnish:** Fresh rosemary sprigs or lemon wedges

Preparation:

1. **Preheat the Oven**
Preheat your oven to 400°F (200°C) to ensure it's nice and hot, ready for the chicken and asparagus to bake perfectly.
2. **Prepare the Chicken**
Start by placing the chicken breasts on a large plate or cutting board. Pat them dry with a paper towel to ensure they cook evenly in the oven. The drier the surface, the better the seasoning will stick. Season both sides of each chicken breast with salt, pepper, and dried thyme. Set aside.
3. **Prepare the Lemon and Rosemary Marinade**
In a small bowl, combine the olive oil, freshly minced garlic, lemon juice, lemon zest, and chopped rosemary. This will create a zesty marinade that will infuse the chicken with refreshing citrus and herby flavors. Whisk it all together until well-combined.
4. **Marinate the Chicken**
Brush the lemon rosemary marinade over the chicken breasts, making sure each one is generously coated. If you have the time, let the chicken sit in the marinade for 10-15 minutes to really absorb the flavors. You can also do this step earlier in the day and store it in the refrigerator for a deeper infusion of flavor.
5. **Prepare the Asparagus**
Trim the tough ends off the asparagus by snapping them off where they naturally break or cutting them with a knife. Place the trimmed asparagus in a separate bowl. Drizzle with a little olive oil (about 1 teaspoon) and toss to coat evenly. Season with salt and pepper to taste. If you have any leftover lemon juice, you can squeeze a little over the asparagus for an added burst of flavor.
6. **Assemble the Dish**
In a large baking dish or sheet pan, arrange the marinated chicken breasts in the center. Surround the chicken with the seasoned asparagus. Pour the chicken broth around the edges of the baking dish to keep everything moist while baking and to prevent any burning.
7. **Bake to Perfection**
Place the baking dish in the oven and bake for 25-30 minutes, or until the chicken reaches an internal temperature of 165°F (75°C) and the asparagus is tender yet still bright green. If you like

a little bit of caramelization, you can broil the dish for an additional 2-3 minutes at the end, keeping a close eye to prevent burning.

8. **Serve and Garnish**

Once the chicken is done, remove it from the oven and let it rest for a few minutes before serving. This helps to lock in the juices and keep the chicken tender. Plate the chicken breasts alongside the roasted asparagus and drizzle any remaining juices from the baking dish over the chicken for extra flavor. Garnish with fresh rosemary sprigs or lemon wedges if desired.

9. **Enjoy**

Dig into this heart-healthy, flavorful meal that's bursting with the brightness of lemon and the aromatic fragrance of rosemary. The lean chicken and fiber-packed asparagus provide the perfect balance to nourish your body while keeping your triglycerides in check.

41. Roasted Cauliflower & Chickpea Tacos

Ingredients:

- **For the Roasted Cauliflower and Chickpeas:**
 - 1 medium head of cauliflower, cut into florets
 - 1 can (15 oz) chickpeas, drained and rinsed
 - 2 tablespoons olive oil
 - 1 teaspoon smoked paprika
 - 1 teaspoon ground cumin
 - 1 teaspoon ground coriander
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon turmeric
 - 1/4 teaspoon chili powder (adjust to taste)
 - Salt and pepper, to taste
- **For the Tacos:**
 - 8 small corn tortillas (preferably whole-grain or organic)
 - 1/2 red cabbage, thinly sliced
 - 1 avocado, sliced
 - 1/4 cup fresh cilantro leaves
 - 1 tablespoon lime juice (freshly squeezed)
 - 1/2 cup Greek yogurt (for a heart-healthy option, use unsweetened, non-fat or low-fat)
 - 1 tablespoon tahini (optional for added creaminess)
 - Extra lime wedges, for serving
- **For the Cilantro-Lime Dressing:**
 - 1/4 cup fresh cilantro, chopped
 - 2 tablespoons olive oil
 - 1 tablespoon lime juice
 - 1/2 teaspoon honey (optional)
 - Salt and pepper, to taste

Preparation:

1. **Preheat the oven:** Start by preheating your oven to 400°F (200°C). This ensures that your cauliflower and chickpeas will roast perfectly to crispy goodness.
2. **Prepare the cauliflower and chickpeas:**
 - Place the cauliflower florets and chickpeas on a large baking sheet, spreading them out evenly.
 - Drizzle with olive oil, then sprinkle the smoked paprika, cumin, coriander, garlic powder, turmeric, chili powder, salt, and pepper over them.
 - Toss everything together until the cauliflower and chickpeas are well-coated with the oil and spices.
3. **Roast the veggies:**
 - Pop the baking sheet into the preheated oven and roast for about 25-30 minutes, flipping halfway through. The cauliflower should become tender and slightly golden, while the chickpeas will turn crispy. This is the magic moment where all the flavors meld together.
4. **Prepare the toppings:**
 - While the cauliflower and chickpeas are roasting, prepare your taco toppings. Slice the red cabbage finely for that perfect crunch.
 - Cut the avocado into slices, sprinkle it with a pinch of salt, and drizzle with a bit of lime juice to prevent browning.
 - Chop fresh cilantro leaves for garnish and mix the lime juice with Greek yogurt for a creamy, zesty topping. If you want a little extra creaminess, blend in a tablespoon of tahini.
5. **Make the cilantro-lime dressing:**
 - In a small bowl, combine the chopped cilantro, olive oil, lime juice, honey (if using), and a pinch of salt and pepper. Stir until well combined.
6. **Warm the tortillas:**
 - Heat the corn tortillas on a dry skillet over medium heat for about 30 seconds per side, just until they're warm and slightly charred. You can also wrap them in a damp paper towel and microwave for 20-30 seconds to warm them up.
7. **Assemble the tacos:**
 - Once everything is ready, it's time to assemble! Place a couple of warm tortillas on each plate.
 - Spoon the roasted cauliflower and chickpeas generously onto the center of each tortilla.
 - Top with a handful of shredded cabbage, a few slices of avocado, and a drizzle of the tangy cilantro-lime dressing.
8. **Garnish and serve:**
 - Add a sprinkle of fresh cilantro leaves and an extra wedge of lime on the side for a zesty kick. Serve immediately and enjoy the burst of flavor in every bite!

42. Coconut-Lime Salmon with Bok Choy

Ingredients:

For the Salmon:

- 4 salmon fillets (around 4-6 oz each)
- 1 can (13.5 oz) of light coconut milk (ensure it's unsweetened)
- Juice of 1 lime
- 2 tablespoons olive oil (extra virgin)
- 2 cloves garlic, minced
- 1-inch piece of fresh ginger, minced
- 1 teaspoon turmeric (optional for a beautiful color)
- 1 teaspoon low-sodium soy sauce or tamari
- 1 tablespoon honey (optional, for a hint of sweetness)
- Salt and pepper, to taste

For the Bok Choy:

- 2 bunches of baby bok choy (about 6-8 small heads)
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 tablespoon low-sodium soy sauce or tamari
- 1 teaspoon rice vinegar
- 1 teaspoon grated ginger
- 1 teaspoon sesame seeds (for garnish)

Preparation:

1. Prepare the Marinade for the Salmon:

- In a medium-sized bowl, whisk together the coconut milk, lime juice, olive oil, minced garlic, minced ginger, turmeric, soy sauce (or tamari), and honey. This will create a beautifully creamy, slightly sweet, and tangy marinade that will infuse the salmon with incredible flavor.
- Season the marinade with a pinch of salt and pepper to taste. Stir well to combine.

2. Marinate the Salmon:

- Place the salmon fillets in a shallow dish or a resealable plastic bag. Pour the marinade over the salmon, making sure the fillets are well-coated. If you have time, let the salmon marinate in the fridge for at least 15 minutes, though up to 1 hour would work wonders. If you're short on time, just marinate for 10 minutes and you'll still get plenty of flavor.
- While the salmon marinates, it's a great time to prep the bok choy!

3. Prepare the Bok Choy:

- Rinse the baby bok choy thoroughly to remove any dirt. Cut each bok choy in half lengthwise or into quarters if they're larger.
- In a large skillet or wok, heat the sesame oil over medium heat. Once hot, add the minced garlic and grated ginger, sautéing for about 30 seconds until fragrant. The garlic and ginger will infuse the oil, adding a wonderful depth of flavor to the dish.
- Add the bok choy to the skillet and stir-fry for about 4-5 minutes, or until the bok choy starts to soften. Be sure to stir occasionally to ensure even cooking.
- Drizzle the soy sauce (or tamari) and rice vinegar over the bok choy, tossing gently to combine. Stir-fry for an additional 2-3 minutes until the bok choy is tender but still has a slight crunch.
- Transfer the cooked bok choy to a plate and set aside while you cook the salmon.

4. Cook the Salmon:

- Heat a non-stick skillet or grill pan over medium-high heat. Once hot, remove the salmon from the marinade (but don't discard the marinade just yet) and place it in the pan.
- Cook the salmon for 4-5 minutes per side, depending on the thickness of the fillets. The salmon should easily flake with a fork and have a slightly crisp exterior while remaining tender and juicy inside.
- As the salmon cooks, you can also heat the leftover marinade in a small saucepan over medium heat until it comes to a gentle simmer. This will thicken up into a flavorful sauce for drizzling over the salmon at the end.

5. Assemble the Dish:

- Place a serving of the sautéed bok choy on each plate, and top with the cooked salmon fillet.
- Drizzle the reduced coconut-lime marinade over the salmon for an extra burst of flavor. Don't forget to garnish with a sprinkle of sesame seeds for an added crunch and a touch of elegance.

6. Serve and Enjoy:

- Serve immediately with your favorite whole grain, such as quinoa or brown rice, or even a side of roasted sweet potatoes for a complete, heart-healthy meal.

45. Spaghetti Squash with Pesto & Cherry Tomatoes

Ingredients

- 1 medium spaghetti squash
- 2 tablespoons olive oil (extra virgin)
- Salt and pepper, to taste
- 1 cup fresh basil leaves (packed)
- 2 tablespoons pine nuts (or walnuts for a more budget-friendly option)

- 2 cloves garlic, minced
- 1/4 cup nutritional yeast (optional, for a dairy-free cheesy flavor)
- 1/3 cup olive oil (extra virgin)
- 1 tablespoon lemon juice
- 1/2 cup cherry tomatoes, halved
- Fresh basil leaves, for garnish (optional)

Preparation

1. **Preheat the oven**

Begin by preheating your oven to 400°F (200°C). This will ensure it's nice and hot when you're ready to cook the spaghetti squash. It's always nice to start off on the right foot with a preheated oven!

2. **Prepare the spaghetti squash**

Grab your medium-sized spaghetti squash and carefully cut it in half lengthwise. This can be tricky, so take your time! Use a large, sharp knife and a cutting board to avoid any accidents. Once you've cut it in half, scoop out the seeds using a spoon. Discard the seeds or save them to roast later for a healthy snack.

3. **Roast the spaghetti squash**

Drizzle the inside of each squash half with 1 tablespoon of olive oil, then sprinkle with salt and pepper to taste. Place the squash halves cut-side down on a baking sheet lined with parchment paper or foil. Pop it into the oven for about 40 minutes. You'll know it's ready when the flesh is tender and can easily be scraped into spaghetti-like strands with a fork.

4. **Make the pesto**

While the squash is roasting, it's time to whip up the fresh pesto! In a food processor or blender, combine the basil leaves, pine nuts (or walnuts), minced garlic, nutritional yeast (if using), and lemon juice. Pulse until the ingredients are finely chopped. Slowly drizzle in the 1/3 cup of olive oil while blending, creating a smooth paste. Taste and adjust the salt and pepper if needed. Your pesto should be fragrant and vibrant!

5. **Prepare the cherry tomatoes**

While your pesto is coming together, slice the cherry tomatoes in half. This step is quick, but it makes the dish visually appealing with their bright pop of color. Set them aside for later.

6. **Shred the spaghetti squash**

Once the squash has finished roasting, let it cool for a few minutes. Using a fork, gently scrape the flesh of the squash from the skin. It should come apart easily into spaghetti-like strands—just like magic! Place the strands into a large bowl.

7. **Combine everything**

Now that the spaghetti squash is ready, add your freshly made pesto to the bowl. Toss the spaghetti squash strands gently with the pesto, ensuring that each strand is beautifully coated. If you feel like the pesto is a bit thick, add a teaspoon of olive oil or water to loosen it up.

8. **Add the cherry tomatoes**

Toss the halved cherry tomatoes into the bowl with the pesto-coated spaghetti squash. Stir gently to combine. The tomatoes will add a burst of juicy sweetness to each bite.

9. **Garnish and serve**

Transfer your pesto spaghetti squash to a serving platter or individual bowls. Garnish with fresh basil leaves for an extra touch of green and flavor. This is totally optional but makes the dish look extra fresh and inviting!

10. **Enjoy**

Take a moment to admire your handiwork before you dive in. This Spaghetti Squash with Pesto & Cherry Tomatoes is not only light and vibrant, but it's also heart-healthy with its abundance of olive oil, fresh herbs, and omega-3-rich pine nuts. Perfect for anyone managing high triglycerides!

46. Roasted Almonds with Sea Salt

Ingredients:

- 1 cup raw almonds (unsalted)
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon sea salt (or to taste)
- Optional: 1/4 teaspoon cinnamon or smoked paprika for added flavor (optional)

Preparation:

1. **Preheat the Oven:** Start by preheating your oven to 350°F (175°C). This temperature is ideal for roasting almonds without burning them, ensuring they become golden and crunchy.
2. **Prepare the Almonds:** Place the raw almonds in a bowl. Drizzle the olive oil over them, tossing gently to coat the almonds evenly. The olive oil will help the almonds roast perfectly and add a nice touch of healthy fat to keep your heart happy.
3. **Season the Almonds:** Sprinkle the sea salt over the almonds. Stir them again to ensure the salt is distributed evenly. If you're feeling adventurous, you can sprinkle in a pinch of cinnamon for a sweet touch or smoked paprika for a savory twist. Both are optional, but they can really elevate the flavor profile.
4. **Spread the Almonds on a Baking Sheet:** Line a baking sheet with parchment paper or a silicone baking mat for easy cleanup. Spread the almonds out in a single layer on the sheet, making sure they are evenly spaced.
5. **Roast the Almonds:** Place the baking sheet in the oven and roast the almonds for about 10-15 minutes. Halfway through, give the almonds a gentle stir to ensure even roasting. Keep a close eye on them, as they can burn quickly once they begin to turn golden.
6. **Cool and Serve:** Once the almonds are golden brown and fragrant, remove them from the oven. Allow them to cool for a few minutes. They will crisp up as they cool, making them the perfect texture for snacking.
7. **Enjoy Your Snack:** Transfer the almonds to a bowl and enjoy them as a snack. These roasted almonds with sea salt are great on their own, but you can also mix them with other nuts or dried fruits for a customizable trail mix.

47. Chia & Cacao Energy Bites

Ingredients:

- . 1/2 cup raw almonds (or your preferred nut)
- . 1/4 cup chia seeds
- . 2 tablespoons raw cacao powder (unsweetened)
- . 1 tablespoon ground flaxseed (for added fiber)
- . 1/4 teaspoon cinnamon (optional for extra flavor)
- . 1/4 cup natural almond butter (unsweetened)
- . 2 tablespoons honey or maple syrup (use sparingly if managing blood sugar)
- . 1/4 teaspoon vanilla extract
- . Pinch of sea salt
- . 2-3 tablespoons water (if needed to adjust texture)

Preparation:

1. **Prepare the Ingredients:**

Start by gathering all of your ingredients. For this recipe, using raw, unsweetened ingredients is key. Raw almonds, for example, are rich in heart-healthy fats, making them perfect for keeping triglyceride levels in check. When you're ready, place the almonds into a food processor.

2. **Process the Nuts:**

Pulse the almonds in your food processor until they break down into small pieces, but not too finely ground. You want a bit of texture left in them, which will give your energy bites that nice crunch.

3. **Add the Seeds and Spices:**

Now, throw in the chia seeds, flaxseed, cacao powder, and cinnamon (if using). Pulse the mixture a couple more times to combine these dry ingredients with the nuts. The chia seeds and flax provide healthy omega-3 fatty acids and fiber, both of which are wonderful for heart health.

4. **Mix in the Wet Ingredients:**

Add the almond butter, honey or maple syrup, and vanilla extract to the food processor. Blend until the mixture starts to come together. If it's a bit too dry, add a tablespoon of water at a time until the dough-like consistency forms. The almond butter will act as a binding agent, giving the bites a creamy texture.

5. **Form the Bites:**

Once the mixture is well-combined and sticks together, it's time to roll them into bite-sized balls. Take about 1 tablespoon of the mixture and roll it between your hands. You should end up with about 10 to 12 energy bites, depending on how big you want them. Don't worry if they're not perfectly round – a little rustic charm adds to their appeal!

6. **Chill and Enjoy:**

Place the energy bites onto a baking sheet lined with parchment paper and pop them in the fridge for at least 30 minutes. This will help them firm up and hold together better. Once chilled, they're ready to go!

7. **Serve and Store:**

These bites are perfect for a quick snack, a mid-afternoon pick-me-up, or even a pre-workout energy boost. Store them in an airtight container in the fridge for up to a week. You can also freeze them for longer storage—just let them thaw a bit before eating.

48. Greek Yogurt with Chopped Walnuts

Ingredients:

- 1 cup plain Greek yogurt (unsweetened, preferably low-fat or non-fat)
- 2 tablespoons chopped walnuts (unsalted)
- 1 tablespoon honey or maple syrup (optional, for a touch of sweetness)
- 1 teaspoon ground cinnamon (optional, for a warming flavor)
- Fresh berries (blueberries, strawberries, or raspberries, optional, for added color and nutrition)

Preparation:

1. **Prepare the yogurt:** Scoop 1 cup of plain Greek yogurt into a small bowl. Greek yogurt is thick and creamy, which makes it perfect for this snack. It's packed with protein and has a smooth, velvety texture that's just right to satisfy your hunger without spiking your triglycerides.
2. **Chop the walnuts:** Take 2 tablespoons of unsalted walnuts and chop them into smaller pieces. Walnuts are an excellent source of omega-3 fatty acids, which can help reduce triglyceride levels. This small step enhances the texture of your snack and ensures that every bite includes a satisfying crunch.
3. **Add sweetness (optional):** If you enjoy a little sweetness, drizzle 1 tablespoon of honey or maple syrup over the yogurt. Go for a natural sweetener that is low in glycemic index, like honey, which also offers a touch of antioxidants. If you prefer to skip the sweetness, that's fine too—Greek yogurt on its own has a naturally tangy taste that pairs wonderfully with the walnuts.
4. **Sprinkle with cinnamon:** If you're in the mood for extra flavor, sprinkle 1 teaspoon of ground cinnamon over the yogurt. Cinnamon not only adds a warm, aromatic spice but also has been shown to help manage blood sugar levels, making it an excellent choice for those managing triglycerides.
5. **Garnish with fresh berries (optional):** For a burst of color and even more antioxidants, top your yogurt with fresh berries like blueberries, raspberries, or sliced strawberries. These are packed with fiber and vitamin C, and they help support heart health. Plus, they add a natural sweetness that pairs beautifully with the Greek yogurt and walnuts.
6. **Mix and enjoy:** Stir all the ingredients together, blending the walnuts and any added sweetness or spices into the yogurt. If you like, you can leave the ingredients slightly separated for a layered effect. Take a spoonful, and enjoy the creamy, nutty, and slightly sweet flavors in every bite. It's a treat that's as satisfying as it is nourishing!

49. Hummus & Whole-Grain Crackers

Ingredients for Hummus:

- . 1 can (15 oz) chickpeas, drained and rinsed
- . 2 tablespoons tahini (sesame paste)
- . 1 tablespoon olive oil
- . 1-2 tablespoons lemon juice (freshly squeezed)
- . 1 garlic clove, minced
- . ½ teaspoon ground cumin
- . ¼ teaspoon salt, or to taste
- . ¼ teaspoon black pepper
- . 2-3 tablespoons water (adjust for desired consistency)
- . A sprinkle of paprika for garnish (optional)
- . Fresh parsley, chopped, for garnish (optional)

Ingredients for Whole-Grain Crackers:

- . 1 package of whole-grain crackers (choose ones with no added sugar and minimal processed ingredients)

Preparation:

For the Hummus:

1. **Prepare the Chickpeas:** Start by draining and rinsing the chickpeas. If you want an extra smooth hummus, you can peel the skins off the chickpeas, but this step is optional.
2. **Blend the Ingredients:** In a food processor or blender, combine the chickpeas, tahini, olive oil, lemon juice, minced garlic, cumin, salt, and pepper. Process the mixture until it becomes smooth. If the texture is too thick, add water one tablespoon at a time until you achieve your desired consistency.
3. **Taste and Adjust:** Once the hummus is smooth, taste it! This is the moment to adjust the flavor. Add a little more lemon juice for brightness or more salt for seasoning if needed. Blend again if you add anything.
4. **Garnish:** Once you're happy with the flavor, transfer the hummus to a serving dish. If desired, garnish with a sprinkle of paprika and fresh chopped parsley to add a pop of color and flavor.

For the Whole-Grain Crackers:

1. **Prep the Crackers:** Open the package of whole-grain crackers. These crackers are high in fiber, and they make the perfect crunchy accompaniment to the smooth and creamy hummus. You can break the crackers into smaller pieces if desired, especially if you prefer bite-sized portions.

2. **Arrange the Crackers:** Lay the crackers out on a plate or a serving board for easy access. There's no need for extra seasoning here – the crackers' whole-grain goodness will shine alongside the hummus.
3. **Serve:** Now for the best part: the moment you've been waiting for. Take a whole-grain cracker and dip it into your homemade hummus. The combination of the creamy hummus with the hearty crackers is simply divine. Enjoy the crunch and smoothness with every bite.

50. Peanut Butter & Celery Sticks

Ingredients:

- 4-5 medium celery stalks
- 2 tablespoons natural peanut butter (preferably unsweetened and with no added hydrogenated oils)
- 1 tablespoon chia seeds or ground flaxseeds (optional for an extra boost of fiber and omega-3s)
- A pinch of cinnamon (optional, for a hint of warmth)
- A drizzle of honey (optional, for added sweetness)

Preparation:

1. **Prep the Celery:** Start by thoroughly washing the celery stalks. Remove any leaves, and then cut them into 3-4 inch sections. This gives you the perfect size for dipping into peanut butter. Celery is an excellent choice for those with high triglycerides, as it's low in calories and carbs, and packed with fiber to support healthy digestion.
2. **Prepare the Peanut Butter:** Scoop out about 2 tablespoons of your natural peanut butter. You want to make sure it's the unsweetened variety, with no added oils or sugars. This keeps the snack healthy and triglyceride-friendly. If you love peanut butter, feel free to add a bit more, but stick to the portion size to avoid unnecessary calories or fats.
3. **Spread the Peanut Butter:** Take each celery stick and generously spread the peanut butter inside the hollow section of the celery. Make sure to cover the entire surface, so every bite is creamy and satisfying. You can use a small spoon or butter knife to spread it, but the more evenly you distribute it, the better!
4. **Add Optional Toppings:** This step is totally optional, but it can really elevate the flavor and texture. Sprinkle a little chia seeds or ground flaxseeds on top of the peanut butter for a nutritional boost. These seeds are packed with heart-healthy omega-3 fatty acids, which can help reduce triglyceride levels. If you have a sweet tooth, drizzle a tiny bit of honey over the peanut butter or sprinkle a dash of cinnamon for some extra warmth and flavor.
5. **Serve and Enjoy:** Once all the celery sticks are filled with peanut butter and topped to your liking, they're ready to enjoy! These sticks are easy to snack on and incredibly satisfying, providing a perfect mix of crunch, creaminess, and healthy fats. Grab a few for a light snack, or enjoy them with a cup of tea for an afternoon pick-me-up.

