



III *Recipes*

Salads

Over 40 salad recipes —veg, pescatarian, and meat options included. Fresh, simple, and never boring.



Vegetarian



AVOCADO EGG SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 0.5 Avocado [68 g] (Peeled and chopped)
- 2 large [100 g] Egg (Hard boiled)
- 1 tbsp [10 g] Hemp Hearts
- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 1 small (6-3/8" long) [158 g] Cucumber(Peeled and sliced)
- 1 tbsp [15 g] Tahini
- 1 tbsp [14 g] Lemon Juice
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 0.5 tsp [0.5 g] Dill (Dried)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Add avocado, chopped hard boiled eggs, hemp hearts, mixed salad greens, and cucumber together in a large salad bowl.
2. Mix together tahini, lemon juice, apple cider vinegar, dried dill, salt, and pepper until well blended. Toss dressing with salad and enjoy!

NUTRITION INFO

Calories : 460.5
Fat : 34.52 g
Carbs : 19.63 g
Protein : 22.7 g
Fiber : 9.48 g
Sugar : 4.23 g



BEAN SALAD



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1.5 cup [375 g] Chickpeas (tinned and drained) (rinsed and drained)
- 1 cup [256 g] Kidney Beans (tinned)(rinsed and drained)
- 1 cup [261 g] tinned White Beans (rinsed and drained)
- 1 medium [201 g] Cucumber (peeled and diced)
- 1 red onion (small) [148 g] (chopped)
- 1 medium [114 g] Orange Bell Pepper(chopped)
- 1 medium (approx 2-3/4" long, 2-1/2" dia)[114 g] Red Bell Pepper (chopped)
- 1.5 tbsp [21 g] Olive Oil
- 2 clove [6 g] Garlic (minced)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tsp [1.8 g] Red Pepper Flakes
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Add all ingredients to a bowl and mix well together.
2. Let mix sit in refrigerator for up to 15 minutes before serving.
3. Serve cold

NUTRITION INFO

Calories : 578.25
Fat : 13.55 g
Carbs : 90.9 g
Protein : 25.71 g
Fiber : 24.6 g
Sugar : 9.69 g



BEET & GOATS CHEESE SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 1 large [50 g] Egg (Hard boiled)
- 1 small (6-3/8" long) [158 g] Cucumber(Sliced)
- 2 small [34 g] Pickled Beets (Chopped)
- 1 oz [28.35 g] Goats Cheese (Soft)(Crumbled)
- 0.25 cup, cooked [40 g] Quinoa
- 1 tbsp [10 g] Hemp Hearts
- 0.5 tbsp [4.4 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 1 tbsp [14 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Mix together olive oil, lemon juice, salt and pepper in a small container.
2. Add mixed greens to a bowl and top with all other ingredient.
3. Drizzle with olive oil mixture.

NUTRITION INFO

Calories : 468.2
Fat : 33.11 g
Carbs : 25.43 g
Protein : 20.8 g
Fiber : 5.6 g
Sugar : 8.39 g



CORN BRUSSELS SPROUT SALAD



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [122 g] Unsweetened Coconut Milk Yogurt
- 1 Juice of 1 lime [38 g] Fresh Lime Juice
- 1 tsp [2.4 g] Onion Powder
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [1.2 g] Kosher Salt
- 1 tsp [2.6 g] Chili Powder
- 0.5 tsp [1.05 g] Black Pepper
- 2 tbsp [10 g] Nutritional Yeast
- 2 tbsp [29.6 g] Water
- 2 cup [176 g] Brussels Sprouts (Thinly shaved)
- 1 can [340 g] Yellow Sweet Corn (tinned, 15.5 oz) (Drained and rinsed)
- 1 cup [240 g] Black Beans (tinned)(Drained and rinsed)
- 0.25 onion (small) [37 g] Red Onions(Chopped)
- 1 cup [135 g] Queso Fresco (Crumbled)

DIRECTIONS

1. Add yogurt, lime juice, onion powder, garlic powder, salt, black pepper, chili powder, nutritional yeast, and water to a bowl and mix until combined to make a dressing.
2. Add brussels sprouts, corn, black beans, red onion, queso fresco, and dressing to a large bowl and gently mix until all ingredients are combined. Refrigerate until ready to eat.

NUTRITION INFO

Calories : 477.88

Fat : 11.88 g

Carbs : 78.65 g

Protein : 26.71 g

Fiber : 18.06 g

Sugar : 10.12 g



HEARTY BROCCOLI & CHICKPEA SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup, chopped [176 g] Broccoli
- 1 cup [113 g] Shredded Carrots
- 0.75 cup [187.5 g] Chickpeas (tinned and drained) (Rinsed)
- 0.25 cup [10 g] Unsweetened Dried Cranberries
- 0.25 cup [30 g] Slivered Almonds
- 2 stalk [30 g] spring onions (Chopped)
- 2 tbsp [2 g] Coriander (Chopped)
- 8 oz [224 g] Skinless Chicken Breast(Cooked and shredded)
- 2 tbsp [30 g] Tahini
- 1 tbsp [15 g] Apple Cider Vinegar
- 1 tbsp [14 g] Lemon Juice
- 2 tbsp [29.6 g] Water (Warm)
- 0.5 tsp [1.4 g] Garlic Powder
- 1 dash [0.4 g] Salt (To taste)
- 1 dash [0.1 g] Black Pepper (To taste)

DIRECTIONS

1. Mix together broccoli, carrots, chickpeas, almonds, dried cranberries, spring onion, coriander, and shredded chicken.
2. Whisk together tahini, apple cider vinegar, lemon juice, warm water, garlic powder, salt, and pepper. Toss well to coat and enjoy!

NUTRITION INFO

Calories : 486.5
Fat : 19.06 g
Carbs : 43.37 g
Protein : 40.01 g
Fiber : 12.99 g
Sugar : 6.05 g



EDAMAME AND GREEN APPLE SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 0.5 cup [85 g] Edamame (Shelled)
- 1 small (6-3/8" long) [158 g] Cucumber(Sliced)
- 1 apple [1 154] Green Apple (Sliced)
- 2 tbsp [14 g] Chopped Walnuts
- 1 tbsp [15 g] Apple Cider Vinegar
- 1 tbsp [14 g] Olive Oil

DIRECTIONS

1. Mix together olive oil and apple cider vinegar.
2. In a large salad bowl add mixed greens, edamame, cucumber, green apple, and walnuts.
3. Toss with olive oil dressing and enjoy.

NUTRITION INFO

Calories : 418.5
Fat : 27.26 g
Carbs : 34.03 g
Protein : 14.86 g
Fiber : 13.35 g
Sugar : 21.64 g



STRAWBERRY FETA QUINOA SALAD



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 0.5 cup [85 g] Quinoa (uncooked)
- 6 oz [168 g] Skinless Chicken Breast
- 1 tbsp [12.8 g] Clarified Butter Ghee
- 3 tbsp (packed) [45 g] Feta Cheese
- 1 cup, halves [152 g] Strawberries
- 1 tbsp [7 g] Chopped Walnuts
- 0.25 onion (small) [37 g] Red Onions
- 3 leaves [0.15 g] Peppermint (Mint)
- 2 tbsp [30 g] Balsamic Glaze
- 0.25 tsp [0.53 g] Black Pepper
- 0.25 tsp [0.7 g] Garlic Powder
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 0.25 tsp [0.3 g] Kosher Salt
- 0.25 tsp [0.6 g] Onion Powder

DIRECTIONS

1. Cook quinoa according to package instructions. Once cooked, refrigerate and let cool completely.
2. Add black pepper, salt, onion powder, garlic powder, and turmeric to a bowl and mix until combined to form a spice mixture. Set aside.
3. Cut chicken breast into cubes approximately one inch thick. Toss chicken in the spice mixture until each piece is fully seasoned.
4. Pan-fry the chicken chunks in a large saucepan greased with ghee over medium-high heat until golden brown. Remove from the heat and refrigerate until completely cooled.
5. Add quinoa, chicken, onions, strawberries, mint, walnuts, and feta to a large bowl. Gently fold all ingredients together until combined.
6. Drizzle quinoa salad with the balsamic glaze before serving.

NUTRITION INFO

Calories : 458.78

Fat : 17.4 g

Carbs : 41.8 g

Protein : 29.92 g

Fiber : 8.51 g

Sugar : 8.01 g



ROASTED CHICKPEA AND KALE SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 cup [250 g] Chickpeas (tinned and drained) (Rinsed and dried)
- 1 Juice of 1 lime [38 g] Fresh Lime Juice
- 2 tbsp [28 g] Olive Oil
- 0.5 tsp [3 g] Sea Salt
- 3 leaves [45 g] Kale (Rib removed and chopped)
- 0.5 cup [72.5 g] Blueberries
- 0.25 red onion (small) [37 g] (Sliced thin)

DIRECTIONS

1. Preheat oven to 425 degrees F (218 degrees C).
2. Toss the rinsed and dried chickpeas with half of the olive oil and a dash of salt. Spread in a single layer on a baking sheet and bake for 20-30 minutes.
3. In a small bowl mix together lime juice, remaining olive oil, and remaining salt.
4. Toss the dressing with the chopped kale, red onion, and blueberries. Once chickpeas are cooked and cooled, toss with the sale.
5. Refrigerate for one hour or more to allow the kale to soften.

NUTRITION INFO

Calories : 301.38
Fat : 15.17 g
Carbs : 36.69 g
Protein : 7.03 g
Fiber : 6.44 g
Sugar : 4.15 g



NUTTY FRUIT SALAD WITH HARD BOILED EGGS



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

0.5 small (2-1/2" dia) (approx 4 per lb) [53 g] Honeycrisp Apples (Diced)

1 Juice of 1 wedge or slice [5.9 g] Fresh Lemon Juice

0.25 mango [51.75 g] Mango (Diced)

0.25 cup [40 g] Grapes (Halves)

0.25 cup, sliced [41.5 g] Strawberries

2 tbsp [15 g] Slivered Almonds

2 tbsp [16 g] Dry roasted shelled pistachios

2 large [100 g] Egg (Hard boiled)

DIRECTIONS

1. Add lemon juice and apples to a bowl and gently toss both ingredients together. Drain any excess lemon juice. This step will prevent the apples from browning.
2. Add mango, strawberries, and grapes to the bowl with the apples. Gently mix until combined.
3. Drain any excess liquid the fruit may have released during mixing.
4. Add pistachios and almonds to the fruit mixture. Gently mix until combined.
5. Serve with hard-boiled eggs.

NUTRITION INFO

Calories : 417.4

Fat : 24.36 g

Carbs : 35.02 g

Protein : 19.77 g

Fiber : 6.35 g

Sugar : 23.79 g



WATERMELON SUMMER SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup, diced [304 g] Watermelon
- 1 medium (7" long) [201 g] Cucumber(Peeled and chopped)
- 2 oz [56.7 g] Goats Cheese (Soft) (Crumbled)
- 4 leaves [2 g] Basil (Chopped)
- 1 tbsp [14 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 2 tbsp [14 g] Chopped Walnuts

DIRECTIONS

1. Mix together lemon juice, salt, pepper, and apple cider vinegar.
2. Toss together with all other ingredients and enjoy!

NUTRITION INFO

Calories : 367.8

Fat : 21.96 g

Carbs : 30.35 g

Protein : 17.41 g

Fiber : 3.76 g

Sugar : 22.62 g



GOAT'S CHEESE SUMMER SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

2 cup [40 g] Rocket

0.5 medium (7" long) [100.5 g] Cucumber(Chopped)

0.25 cup [36.25 g] Blueberries

0.25 cup, whole or halves [33.5 g]Macadamia Nuts (Chopped)

2 oz [56.7 g] Mozzarella Cheese (Whole Milk) (Cubed)

5 sprigs [1 g] Dill (Chopped)

1 tbsp [3 g] Mint (Chopped)

1 tbsp [14 g] Olive Oil

1 dash [0.4 g] Salt (To taste)

1 dash [0.1 g] Black Pepper (To taste)

DIRECTIONS

- 1."Toss together all ingredients in a large salad bowl and enjoy!"

NUTRITION INFO

Calories : 572.25

Fat : 52.16 g

Carbs : 15.34 g

Protein : 17.29 g

Fiber : 5.25 g

Sugar : 7.91 g



THAI TEMPEH SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 8 oz [226.8 g] Tempeh
- 0.5 tbsp [7 g] Avocado Oil
- 2 tbsp [30 g] Tahini (Cut into small chunks)
- 0.5 tsp [1.3 g] Chili Powder
- 2 tbsp [28 g] Coconut Aminos
- 1.5 tsp [16.5 g] Ginger (Grated)
- 1 Juice of 1 lime [38 g] Fresh Lime Juice
- 1 tbsp [14.8 g] Water (Warm)
- 0.5 cup [28.35 g] Shredded Green Cabbage
- 0.5 cup [28.35 g] Shredded Red Cabbage
- 1 cup [113 g] Shredded Carrots
- 5 stalk [75 g] spring onions (Chopped)
- 2 tbsp [28.5] Dry Roasted Cashew Nuts(Chopped)
- 1 tbsp [9 g] Sesame Seeds

DIRECTIONS

1. Warm avocado oil in a medium skillet. Toss tempeh with chili powder and add to the skillet. Cook for approximately 5 minutes, flipping half way through.
2. In a small bowl, mix together the tahini, coconut aminos, grated ginger, and lime juice.
3. In a serving bowl add the cooked tempeh, cabbage, carrots, spring onion, cashews, and tahini dressing. Toss until well mixed.
4. Top with sesame seeds and enjoy!

NUTRITION INFO

Calories : 466.25
Fat : 28.15 g
Carbs : 34.55 g

Protein : 27.04 g
Fiber : 5.83 g
Sugar : 10.74 g



THAI-INSPIRED QUINOA SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 0.33 cup [56.1 g] Quinoa (uncooked)
- 1 cup [56.7 g] Shredded Red Cabbage
- 0.5 cup [56.5 g] Shredded Carrots
- 0.75 cup, whole [47.25 g] Snow or Sugar Snap Peas
- 0.25 cup [4 g] Coriander
- 1 stalk [15 g] Spring onions (Chopped)
- 2 tbsp [17.6 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 4 tbsp [64 g] Sunflower Seed Butter (Without Salt)
- 0.5 tbsp [7 g] Coconut Aminos
- 1 tbsp [13.6 g] Sesame Oil
- 1.5 tsp [3 g] Ginger (Grated)

DIRECTIONS

1. Cook quinoa as instructed on package.
2. In a large bowl, combine the cooked quinoa, red cabbage, carrots, sugar snap peas, coriander, and spring onion. Set aside.
3. To make the dressing, whisk the sunflower butter, lime juice, coconut aminos, sesame oil, and ginger in a small bowl. Mix in a tablespoon of water at a time to reach desired consistency.
4. Pour the dressing into the salad and toss well to combine.
5. Divide into individual servings and top with roasted sunflower seeds.

NUTRITION INFO

Calories : 452.84
Fat : 28.37 g
Carbs : 40.81 g
Protein : 14.11 g
Fiber : 7.1 g
Sugar : 5.7 g



HARVEST LENTIL SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 0.75 cup [144 g] Lentils
- 4 tbsp [28 g] Pumpkin Seeds
- 0.5 apple Apples
- 1 tsp [4.7 g] Lemon Juice
- 1 stalk, medium (7-1/2" - 8" long) [40 g] Celery (Chopped)
- 0.25 cup [62 g] Apple Cider
- 0.25 tbsp [3.75 g] Apple Cider Vinegar
- 0.25 tsp [0.17 g] Sage (Ground)
- 2 cup [40 g] Rocket

DIRECTIONS

1. Cook the lentils according to the package instructions.
2. Meanwhile, chop the apple and toss into a bowl with the lemon juice. Set aside.
3. When the lentils are done cooking, rinse them with cool water and set aside in the refrigerator to cool for several minutes.
4. Once the lentils have cooled, toss them with the apples, pumpkin seeds, chopped celery, and a dash of salt and pepper.
5. Wisk together the apple cider, apple cider vinegar, sage and salt/pepper. Pour over top of the lentil/apple mixture and toss until well combined.
6. Allow the salad to marinate in the refrigerator for about an hour before serving. Serve alone or over top of rocket.

NUTRITION INFO

Calories : 396.13

Fat : 9.06 g

Carbs : 55.2 g

Protein : 24.39 g

Fiber : 24.35 g

Sugar : 10.33 g



CHERRY BROCCOLI SALAD



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

1.5 cup [375 g] Chickpeas (tinned and drained) (Rinsed and dried)

4 cup, florets [284 g] Broccoli (Chopped)

0.25 Red onion (small) [37 g] (Diced)

6 cherry [40.8 g] Sweet Cherries (Pitted and chopped)

1.5 tbsp [21 g] Olive Oil

0.5 tsp [3 g] Sea Salt

0.5 tsp [1.4 g] Garlic Powder

DIRECTIONS

1. Add chickpeas, chopped broccoli, chopped red onion, and chopped cherries to a large bowl.
2. In a separate bowl mix together olive oil, salt, and garlic powder. Then toss this dressing with the broccoli salad.
3. Enjoy immediately or store in the refrigerator for up to three days.

NUTRITION INFO

Calories : 361.13

Fat : 12.63 g

Carbs : 52.46 g

Protein : 13.48 g

Fiber : 11.49 g

Sugar : 3.01 g



PICKLED EGG SALAD (OIL FREE)



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 3 large [150 g] Egg (Hardboiled)
- 0.5 Avocado [68 g] (Peeled and chopped)
- 0.25 cup [38.75 g] Pickles (Chopped)
- 1 tbsp, chopped [5 g] Red Onions
- 0.5 tsp [0.5 g] Dill (Dried)
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 2 cup [40 g] Rocket
- 0.5 tbsp [4.4 g] Dry Roasted Sunflower Seeds (with Salt Added)

DIRECTIONS

1. Peel and chop the hard boiled eggs.
2. In a mixing bowl combine the chopped eggs, avocado, red onion, pickles, dill, salt, and pepper. Mix well.
3. Serve egg mixture over a bed of rocket and top with sunflower seeds.

NUTRITION INFO

Calories : 399.95
Fat : 28.58 g
Carbs : 14.07 g
Protein : 22.76 g
Fiber : 7.37 g
Sugar : 4.4 g



BEAN SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [30 g] Baby Spinach
- 0.25 Red onion (small) [37 g] (Sliced)
- 0.5 cup [125 g] Cannellini Beans (tinned)(Drained and rinsed)
- 5 tomato [85 g] Cherry Tomatoes (Halved)
- 0.25 cup [15 g] Parsley (Chopped)
- 1 serving (20g) [20 g] Green Olives (Halved)
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 1 tbsp [14 g] Olive Oil
- 1 small lemon [30 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 serving (28g) [28 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Mix olive oil, lemon juice, salt and pepper together.
2. Toss olive oil mixture with baby spinach, onion, beans, cherry tomatoes, parsley, green olives, and sunflower seeds.
3. Serve with a side of mixed nuts.

NUTRITION INFO

Calories : 489.65
Fat : 35.8 g
Carbs : 32.87 g
Protein : 14.91 g
Fiber : 15.73 g
Sugar : 5.69 g





Fish



CARROT SALAD WITH TUNA AND CASHEWS



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz [141.75 g] Tuna in Water (tinned)
- 1 medium [61 g] Carrot
- 2 tbsp [30 g] Apple Cider Vinegar
- 1 tbsp [14 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 medium [201 g] Cucumber
- 2 tbsp [28.5 g] Dry Roasted Cashew Nuts
- 1 tbsp [9 g] Sesame Seeds

DIRECTIONS

1. Peel carrot into ribbons with vegetable peeler.
2. Peel and slice the cucumber.
3. Season the vegetables with apple cider vinegar, oil, salt, and pepper.
4. Drain the can of tuna and divide into each container.
5. Top with sesame seeds and serve with a side of cashews.

NUTRITION INFO

Calories : 434
Fat : 23.61 g
Carbs : 15.15 g
Protein : 40.84 g
Fiber : 4.5 g
Sugar : 5.54 g



BLUEBERRY PRAWN SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 1 tsp [7.1 g] Honey
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 5 oz [142 g] Prawns (Cooked)
- 2 cup [40 g] Rocket
- 0.5 cup, shredded [35 g] Red Cabbage
- 0.25 cup [36.25 g] Blueberries
- 2 tbsp [2 g] coriander (Chopped)
- 1.5 tbsp [15 g] Hemp Hearts

DIRECTIONS

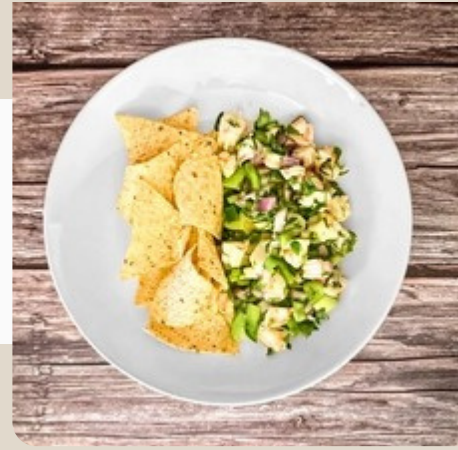
1. In a small bowl, combine olive oil, lemon juice, honey, salt, and pepper and mix well.
2. Add all other ingredients to a salad bowl, then toss with olive oil dressing.

NUTRITION INFO

Calories : 379.75
Fat : 23.73 g
Carbs : 18.69 g
Protein : 27.33 g
Fiber : 3.01 g
Sugar : 11.3 g



AVOCADO LIME PRAWN SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 30 medium shelled prawns (Chilled cocktail prawns cut in thirds)
- 1 Avocado [136 g] (Diced)
- 0.5 Red onion (small) [74 g](Diced)
- 2 tbsp [2 g] Coriander (Chopped)
- 0.5 medium (approx 2-3/4" long, 2-1/2" dia) [59.5 g] Bell Peppers (Diced)
- 2 lime [76 g] Fresh Lime Juice
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper
- 2 serving [56 g] Grain Free Tortilla Chips

DIRECTIONS

1. Add cocktail prawn, avocado, bell pepper, red onion, coriander, lime juice, salt, and black pepper to a bowl and gently mix until combined. Refrigerate until ready to eat.
2. Serve with a side of grain-free tortilla chips.

NUTRITION INFO

Calories : 320.25
Fat : 16.6 g
Carbs : 22.89 g
Protein : 23.64 g
Fiber : 8.32 g
Sugar : 2.94 g



SWEET AND SAVOURY SALMON BROCCOLI SALAD



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 1 cup [30 g] Baby Spinach
- 0.25 Red onion (small) [37 g] (Sliced)
- 0.5 cup [125 g] Cannellini Beans (tinned)(Drained and rinsed)
- 5 tomato [85 g] Cherry Tomatoes (Halved)
- 0.25 cup [15 g] Parsley (Chopped)
- 1 serving (20g) [20 g] Green Olives (Halved)
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 1 tbsp [14 g] Olive Oil
- 1 small lemon [30 g] Lemon Juice
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 serving (28g) [28 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. Mix olive oil, lemon juice, salt and pepper together.
2. Toss olive oil mixture with baby spinach, onion, beans, cherry tomatoes, parsley, green olives, and sunflower seeds.
3. Serve with a side of mixed nuts.

NUTRITION INFO

Calories : 489.65
Fat : 35.8 g
Carbs : 32.87 g
Protein : 14.91 g
Fiber : 15.73 g
Sugar : 5.69 g



SAVOURY SMOKED SALMON SALAD



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz, boneless [113.4 g] Smoked Salmon (Wild Caught)
- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 0.5 avocado [68 g] Avocado (Peeled and chopped)
- 1 small (6-3/8" long) [158 g] Cucumber(Peeled and sliced)
- 3 sprigs [0.6 g] Dill (Chopped)
- 5 tomato [85 g] Cherry Tomatoes
- 2 tbsp, chopped [10 g] Red Onions
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 1 dash [0.4 g] Sea Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Top salad greens with salmon, avocado, cucumber, dill, cherry tomatoes, and red onion.
2. Mix together olive oil, lemon juice, salt, and pepper. Toss salad ingredients with dressing.

NUTRITION INFO

Calories : 455
Fat : 27.32 g
Carbs : 21.98 g
Protein : 34.51 g
Fiber : 10.43 g
Sugar : 7.14 g



SMOKED SALMON SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup, shredded or chopped [110 g] Mixed Salad Greens
- 0.25 red onion (small) [37 g] (Sliced)
- 1 stalk [15 g] Spring Onions (Chopped)
- 5 tomato [85 g] Cherry Tomatoes (Halved)
- 1 serving (20g) [20 g] Green Olives (Halved)
- 0.25 cup [5 g] Broccoli Sprouts
- 0.5 tbsp [4.5 g] Sesame Seeds
- 1 tbsp [14 g] Olive Oil
- 0.25 tsp, ground [0.15 g] Oregano
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 3.5 oz, boneless [99.23 g] Smoked Salmon (Wild Caught)

DIRECTIONS

1. Top mixed salad greens with salmon, onions, tomatoes, olives, sprouts, and sesame seeds.
2. Mix olive oil, oregano, salt, and pepper together and drizzle over salad.

NUTRITION INFO

Calories : 342.25
Fat : 21.02 g
Carbs : 12.2 g
Protein : 29.98 g
Fiber : 5.4 g
Sugar : 4.16 g



TEX-MEX STYLE TUNA SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 can (6.5 oz), drained [167 g] Tuna in Water (tinned)
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 1 tbsp, chopped [5 g] Red Onions
- 0.25 cup, chopped [28.5 g] Red Bell Pepper
- 1 tbsp [1 g] coriander
- 0.25 tsp [0.53 g] Cumin
- 0.25 tsp. [0.25 g] Himalayan Pink Salt
- 2 leaf [40 g] Romaine Lettuce
- 2 cup, diced [304 g] Watermelon
- 10 cracker [30 g] Crackers

DIRECTIONS

1. Drain the tuna and add to a mixing bowl.
2. Add the mayonnaise and mash until tuna is mixed well.
3. Chop onion and bell pepper into a small dice. Add to the tuna.
4. Chop coriander very fine and add, along with the cumin and salt.
5. Serve on lettuce leaves with a side of crackers and fresh watermelon.

NUTRITION INFO

Calories : 564
Fat : 21.7 g
Carbs : 45.92 g
Protein : 47.72 g
Fiber : 3.28 g
Sugar : 21.36 g





Meat



ASIAN CHOPPED SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz [113 g] Boneless Skinless Chicken Thighs (raw) (Measured raw, then cooked and chopped)
- 2 cup, chopped [42 g] Kale
- 0.5 cup [56.5 g] Shredded Carrots
- 1 cup [56.7 g] Shredded Red Cabbage
- 2 tbsp [15 g] Slivered Almonds
- 1 stalk [15 g] spring onions (Chopped)
- 0.5 tbsp [4.5 g] Sesame Seeds
- 1 tbsp [14 g] Olive Oil
- 1 tsp [7.1 g] Honey
- 0.5 tbsp [7 g] Coconut Aminos
- 1 tsp [4.5 g] Rice Vinegar
- 0.25 tsp [0.7 g] Garlic Powder

DIRECTIONS

1. In a salad bowl add the olive oil, honey, coconut aminos, rice vinegar, and garlic powder. Mix until well blended.
2. Add the chicken, kale, red cabbage, carrots, spring onion, slivered almonds, and sesame seeds. Toss with the salad dressing. Enjoy!

NUTRITION INFO

Calories : 477.75

Fat : 27.36 g

Carbs : 33.1 g

Protein : 28.68 g

Fiber : 7.33 g

Sugar : 20.45 g



CHICKEN BRUSSELS SPROUTS SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 6 oz, boneless, cooked [170.1 g] Rotisserie Chicken (Shredded)
- 3 cup [264 g] Brussels Sprouts (Thinly shaved)
- 0.25 cup [10 g] Unsweetened Dried Cranberries
- 2 tbsp [14 g] Chopped Walnuts
- 2 tbsp [10 g] Parmesan Cheese (Shredded)
- 2 tbsp [30 g] Apple Cider Vinegar
- 1 tbsp [21 g] Honey
- 1 tbsp [16.5 g] Dijon Mustard
- 1 tbsp [14 g] Olive Oil
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper

DIRECTIONS

1. Add apple cider vinegar, honey, dijon mustard, olive oil, kosher salt, and black pepper to a bowl and mix until combined to create a dressing.
2. Add rotisserie chicken, brussels sprouts, cranberries, walnuts, parmesan cheese, and dressing to a large bowl and gently mix until all ingredients are combined. Refrigerate until ready to eat.

NUTRITION INFO

Calories : 439.75
Fat : 24.87 g
Carbs : 26.24 g
Protein : 31.88 g
Fiber : 7.36 g
Sugar : 13.17 g



CHINESE CHICKEN SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [56.7 g] Shredded Green Cabbage
- 0.5 cup [56.5 g] Shredded Carrots
- 1 stalk [15 g] Spring onions (Chopped)
- 1 tbsp [7.5 g] Slivered Almonds
- 1 tbsp [1 g] Coriander (Chopped)
- 1 small (2-1/4" dia) [70 g] Tangerines (Mandarin Oranges) (Peeled and divided)
- 5 oz [140 g] Skinless Chicken Breast(Cooked and chopped, measured raw)
- 0.5 tbsp [8 g] Almond Butter
- 1 tbsp [14 g] Coconut Aminos
- 1 tsp [4.79 g] Apple Cider Vinegar
- 0.25 tsp [0.6 g] Onion Powder
- 0.25 tsp [0.7 g] Garlic Powder
- 1 dash [0.1 g] Black Pepper
- 1 apple Apples

DIRECTIONS

1. In a large salad bowl add shredded cabbage, shredded carrots, chopped spring onion, slivered almonds, chopped coriander, mandarin orange slices, and chopped cooked chicken breast.
2. In a small bowl mix together almond butter, coconut aminos, apple cider vinegar, onion powder, garlic powder, and black pepper until will blended.
3. Pour almond butter dressing over salad mixture and toss together. Enjoy!

NUTRITION INFO

Calories : 450.75
Fat : 10.86 g
Carbs : 53.93 g

Protein : 38.39 g
Fiber : 11.7 g
Sugar : 37.83 g



POMEGRANATE QUINOA SALAD W/ GRILLED CHICKEN



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 4 cup [80 g] Rocket
- 0.33 cup [56.1 g] Quinoa (uncooked)
- 6 tbsp [66 g] Pomegranate arils
- 10 oz [280 g] Skinless Chicken Breast
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 2 tbsp [28 g] Red Wine Vinegar
- 2 tbsp [28 g] Olive Oil
- 1 tbsp [15 g] Apple Cider Vinegar
- 1 tbsp [15 g] Tahini
- 2 tsp [11 g] Dijon Mustard
- 1 tbsp [14 g] Lemon Juice

DIRECTIONS

1. In a large bowl, combine rocket, cooked quinoa, and pomegranate seeds, and set aside.
2. Season the chicken breasts with salt and pepper and grill on both sides until cooked to 165 degrees F (74 degrees C). Slice into thin pieces.
3. While the chicken is cooking, make the dressing.
4. In a small bowl, combine red wine vinegar, olive oil, apple cider vinegar, tahini, dijon mustard, lemon juice, salt and pepper.
5. Whisk together until all the ingredients are fully combined.
6. Pour the dressing over the rocket mix. Top each serving with grilled chicken.
7. Serve and enjoy!

NUTRITION INFO

Calories : 463.94

Fat : 21.9 g

Carbs : 29.37 g

Protein : 39.36 g

Fiber : 4.24 g

Sugar : 5.51 g



CHICKEN WALDORF SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 10 oz [280 g] Skinless Chicken Breast
- 1 tbsp [15 g] Mayonnaise (made with avocado oil)
- 0.5 tsp [0.5 g] Dill (Dried)
- 2 tbsp [14 g] Chopped Walnuts
- 1 tsp [4.79 g] Apple Cider Vinegar
- 2 apple Apples
- 1 dash [0.4 g] Salt
- 0.5 Avocado [68 g]
- 2 medium slice (4-3/4" x 4" x 1/2") [50 g] Sourdough Bread
- 4 cup [960 ml] Chicken Broth

DIRECTIONS

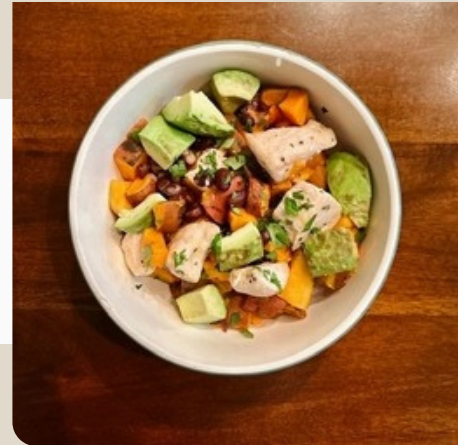
1. Boil the chicken breast in chicken broth until the internal temperature reaches 165 degrees F (74 degrees C), or cook the chicken in a slow cooker. Once cooked through, shred the chicken using two forks.
2. Wash and dice one apple.
3. Once the chicken has cooled, add mayonnaise, dill, chopped walnuts, apple cider vinegar, diced apple, and salt. Mix well.
4. Mash the avocado and spread it over slices of sourdough bread. Top each slice with the chicken salad mixture for an open-faced sandwich. Enjoy with a side of sliced apple.

NUTRITION INFO

Calories : 488.25
Fat : 19.19 g
Carbs : 42.12 g
Protein : 39.9 g
Fiber : 8.25 g
Sugar : 19.33 g



CHICKEN, SWEET POTATO AND BLACK BEAN SALAD



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 2 sweet potato, [260 g]
- 0.25 cup [60 g] Black Beans (tinned)
- 0.5 avocado [68 g]
- 6 oz [168 g] Skinless Chicken Breast
- 1 tbsp [1 g] coriander
- 1 tbsp [14 g] Olive Oil
- 1 Juice of 1 lime [38 g]
- 0.5 cup [62.5 g] Brown Rice (Cooked according to the package.)

DIRECTIONS

1. Preheat the oven to 400°F (200°C) and grease a baking sheet.
2. Toss sweet potato cubes with half of the olive oil, salt, and pepper. Add to one side of the prepared baking sheet.
3. Dice the chicken breast and toss with the remaining half of olive oil, salt and pepper. Add to the other side of the prepared baking sheet.
4. Roast the sweet potatoes and chicken for 20-25 minutes.
5. In a bowl, add the cooked chicken, sweet potatoes, black beans, avocado and coriander. Drizzle with lime juice and stir.
6. Serve over the brown rice.

NUTRITION INFO

Calories : 529.88
Fat : 14.99 g
Carbs : 71.49 g
Protein : 27.96 g
Fiber : 10.24 g
Sugar : 6.28 g



GRILLED CHICKEN KIDNEY BEAN SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast
- 1 tbsp [15 g] Apple Cider Vinegar
- 0.5 tbsp [7 g] Avocado Oil
- 0.25 cup [46 g] Kidney Beans
- 1 tbsp [10 g] Hemp Seeds
- 1 cup [20 g] rocket (Rocket)
- 1 medium Lemon (juice)
- 1 Dash [1 g] Himalayan Pink Salt

DIRECTIONS

1. Marinate chicken in apple cider vinegar and oil overnight or a minimum of 30 minutes.
2. On a grill or on a skillet, heat on medium heat.
3. Add chicken to grill or pan and cook until internal temperature reaches 165 degrees F (74 degrees C).
4. Drain beans and set aside.
5. Top rocket with beans and salt. Squeeze lemon over salad.
6. Slice chicken into bite sized pieces.
7. Serve warm or chilled.

NUTRITION INFO

Calories : 420.25
Fat : 14.49 g
Carbs : 34.14 g
Protein : 41.31 g
Fiber : 13.5 g
Sugar : 3.38 g



STEAK SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 4 oz [113.4 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 2 cup [110 g] Mixed Salad Greens
- 10 Green Olives [40 g] (halved)
- 5 Cherry tomatoes [85 g] (halved)
- 1 medium [201 g] Cucumber (chopped)
- 0.25 Red onion (small) [37 g] (thinly sliced)
- 0.5 avocado [68 g]
- 1 tbsp [14 g] Olive Oil
- 0.5 medium Lemon (juice)
- 0.25 tsp [0.25 g] Dill (Dried)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 0.25 cup [5 g] Broccoli Sprouts

DIRECTIONS

1. Heat medium skillet over medium heat.
2. Add skirt steak and cook for 2-4 minutes per side, or until internal temperature of steak reaches 145 degrees F (62 degrees C)
3. Combine salad greens, olives, cucumber, cherry tomatoes, red onion, and avocado.
4. In a separate bowl mix together olive oil, lemon, dill, salt, and pepper. Then toss with the salad.
5. Top salad with cooked steak and broccoli sprouts.

NUTRITION INFO

Calories : 564.75

Fat : 40.89 g

Carbs : 24.18 g

Protein : 30.41 g

Fiber : 12.3 g

Sugar : 7.62 g



MANDARIN CHICKEN SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz, raw [140 g] Chicken Thighs, boneless with skin
- 1.5 cups [127.5 g] Classic Cole Slaw Mix (no dressing)
- 1 - [74 g] Mandarin Orange (peeled)
- 3 stalk [45 g] Spring onions
- 0.25 cup [4 g] Coriander (chopped)
- 1 tbsp [1 8.5] Dry Roasted Cashew Nuts(chopped)
- 1 tbsp [14 g] Olive Oil
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Slice chicken thighs into 1/2 inch slices.
2. Top coleslaw mix with oranges, spring onion, coriander, and cashews.
3. Mix together olive oil, apple cider vinegar, salt, and pepper. Drizzle over salad and enjoy.

NUTRITION INFO

Calories : 517.8
Fat : 38.55 g
Carbs : 18.97 g
Protein : 25.02 g
Fiber : 36.95 g
Sugar : 11.82 g



MEDITERRANEAN SALAD WITH GROUND BEEF



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 cup, shredded or chopped [55 g] Mixed Salad Greens
- 3 tbsp (packed) [45 g] Feta Cheese
- 0.25 Red onion (small) [37 g] (Chopped)
- 1 serving (20g) [20 g] Green Olives (Halved)
- 0.5 medium whole (2-3/5" dia) [61.5 g] Tomatoes (Sliced)
- 1 small (6-3/8" long) [158 g] Cucumber (Chopped)
- 5 oz [141.75 g] Ground Beef (95% Lean / 5% Fat) (Cooked (measured raw))
- 0.5 tbsp [7 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Combine mixed greens, feta cheese, red onion, green olives, tomatoes, cucumbers, and ground beef.
2. Drizzle with olive oil and add salt and pepper to taste.

NUTRITION INFO

Calories : 447.55
Fat : 27.02 g
Carbs : 11.37 g
Protein : 39.35 g
Fiber : 5.81 g
Sugar : 6.67 g



MEDITERRANEAN CHICKEN AND CUCUMBER SALAD



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast(Cooked and shredded)
- 0.5 cup [125 g] Chickpeas (tinned and drained) (Drained and rinsed)
- 0.25 cup [30 g] Kalamata Olives (Chopped)
- 0.25 Red onion (small) [37 g] (Chopped)
- 1 medium [201 g] Cucumber (Chopped)
- 2 tbsp [28 g] Lemon Juice
- 1 tbsp [14 g] Olive Oil
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Add chickpeas, chopped olives, chopped onion, chopped cucumber, lemon juice, olive oil, salt, and pepper to a bowl and toss all together.
2. Serve with the shredded chicken.

NUTRITION INFO

Calories : 492.25
Fat : 24.07 g
Carbs : 36.42 g
Protein : 33.46 g
Fiber : 8.09 g
Sugar : 3.22 g



CHICKEN & BROCCOLI CRUNCH SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 12 oz [339 g] Boneless Skinless Chicken Thighs (raw)
- 1 tbsp [14 g] Avocado Oil
- 1 dash [0.4 g] Sea Salt
- 1 dash [0.1 g] Black Pepper
- 0.5 tsp [1.4 g] Garlic Powder
- 3 cup, florets [213 g] Broccoli (Chopped)
- 0.25 cup, chopped [31.5 g] Red Onions
- 1.5 tbsp [13.2 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 0.25 cup [4 g] coriander (Coriander)(Chopped)
- 1.5 tbsp [22.5 g] Mayonnaise
- 0.5 tbsp [8.25 g] Dijon Mustard
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 0.5 fruit [33.5 g] Lime (Juice and zest)

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees F).
2. Trim excess fat from the chicken thighs and place on a baking sheet.
3. Coat the chicken thighs in avocado oil, garlic powder, salt, and pepper.
4. Bake chicken thighs for 20-25 minutes, until internal temperature reaches 165 degrees F (74 degrees C).
5. In the meantime, add the chopped broccoli, chopped red onion, sunflower seeds, and chopped coriander to a large bowl.
6. In a small bowl, mix together the mayonnaise, dijon mustard, apple cider vinegar, lime juice, and lime zest. Pour over broccoli salad and toss until well coated.
7. Serve the broccoli salad with the cooked chicken thighs.

NUTRITION INFO

Calories : 429.8

Fat : 26.61 g

Carbs : 14 g

Protein : 38.94 g

Fiber : 5.48 g

Sugar : 1.85 g



PEACH AND AVOCADO SALAD WITH CHICKEN



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 4 oz [112 g] Skinless Chicken Breast
- 1 tsp [4 g] Za'atar Seasoning
- 0.5 tbsp [6.8 g] Coconut Oil
- 1 medium [98 g] Peach (Pitted and chopped)
- 0.5 avocado [68 g] (Peeled and chopped)
- 2 cup [40 g] Rocket
- 1 tbsp [15 g] Tahini
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 1.5 tbsp [22.2 g] Water (warm)
- 0.5 tbsp [7 g] Olive Oil (Divided)
- 1 Dash [1 g] Himalayan Pink Salt (Dash)
- 1.5 tbsp [1.5 g] Coriander(Chopped)

DIRECTIONS

1. Pound chicken with a meat mallet until thin.
2. Season chicken with za'atar or Italian seasoning.
3. Warm the coconut oil over medium heat in a skillet. Add chicken breast and cook for 4-5 minutes per side.
4. Once chicken is cooked, allow to rest for 5 minutes.
5. In small bowl, mix together tahini, apple cider vinegar, water, olive oil, salt, and chopped coriander until well blended and creamy. Add additional water if needed.
6. Add rocket, chopped peaches, avocado, and chicken to bowl. Top with tahini dressing and enjoy!

NUTRITION INFO

Protein : 33.68 g
Fiber : 9.95 g
Sugar : 9.61 g

Protein : 33.68 g
Fiber : 9.95 g
Sugar : 9.61 g



SWEET AND SAVOURY CHICKEN SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

140 g Shredded chicken

1 tbsp [15 g] Mayonnaise

0.5 tsp [0.5 g] Dill (Dried)

1 dash [0.4 g] Salt (To taste)

5 grape, seedless [25 g] Grapes (Halved or quartered)

1 stalk, medium (7-1/2" - 8" long) [40 g] Celery (Chopped)

2 cup [40 g] Rocket

1 oz [28.35 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. In a medium bowl, mix together tinned chicken breast, mayonnaise, dill, salt, grapes, and celery.
2. Serve chicken mixture over rocket with a side of mixed nuts.

NUTRITION INFO

Calories : 528.5

Fat : 37.13 g

Carbs : 15.6 g

Protein : 38.14 g

Fiber : 4.05 g

Sugar : 6.7 g



THAI CHICKEN SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 180 MINUTES

INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast
- 4 tbsp [56 g] Coconut Aminos
- 1 cup [240 ml] Organic Chicken Bone Broth
- 1 tbsp [21 g] Honey
- 2 tbsp [30 g] Tahini
- 1.5 tsp [16.5 g] Ginger (Grated)
- 1 Juice of 1 lime [38 g] Fresh Lime Juice
- 0.5 cup [28.35 g] Shredded Green Cabbage
- 0.5 cup [28.35 g] Shredded Red Cabbage
- 0.5 cup [56.5 g] Shredded Carrots
- 5 stalk [75 g] Spring onions (Chopped)
- 2 tbsp [28.5] Dry Roasted Cashew Nuts(Chopped)
- 1 tbsp [9 g] Sesame Seeds

DIRECTIONS

1. In a slow cooker, add the chicken, broth, half of the coconut aminos, and honey. Cook on high for 3-4 hours or low for 6 hours.
2. When the chicken is done cooking, shred with a fork.
3. In a small bowl, mix together the tahini, remaining coconut aminos, grated ginger, and lime juice.
4. In a serving bowl add the shredded chicken, cabbage, carrots, spring onion, cashews, and tahini dressing. Toss until well mixed.
5. Top with sesame seeds and enjoy!

NUTRITION INFO

Calories : 406

Fat : 14.15 g

Carbs : 36.06 g

Protein : 36.21 g

Fiber : 4.6 g

Sugar : 24.19 g



TURKEY SALAD



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 cup [40 g] Rocket
- 4 slice [76 g] Organic Roast Turkey Meat
- 1 oz [28.35 g] Goats Cheese (Soft)
- 0.25 cup [28.25 g] Shredded Carrots
- 4 tbsp [60 g] Hummus
- 1 tbsp [14 g] Olive Oil
- 0.5 small lemon [15 g] Lemon Juice (Juice only)
- 1 dash [0.4 g] Salt (To taste)
- 1 dash [0.1 g] Black Pepper (To taste)

DIRECTIONS

1. Top rocket with turkey, goat cheese, shredded carrots, and hummus.
2. Mix together olive oil, lemon juice, salt, and pepper and pour over salad.

NUTRITION INFO

Calories : 452.25
Fat : 31.77 g
Carbs : 7.91 g
Protein : 29.76 g
Fiber : 1.8 g
Sugar : 2.11 g



TURKEY SAUSAGE WITH CUCUMBER TOMATO SALAD



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 16 oz [448 g] Ground Turkey
- 0.5 tsp [1.4 g] Garlic Powder
- 1 tsp, ground [0.6 g] Oregano
- 0.25 tsp [0.55 g] Turmeric (Ground)
- 0.25 tsp [1.5 g] Salt
- 0.25 tsp [0.53 g] Black Pepper
- 1 tbsp [14 g] Avocado Oil
- 10 tomato [170 g] Cherry Tomatoes(Halved or quartered)
- 1 small (6-3/8" long) [158 g] Cucumber(Diced)
- 1 tbsp [14 g] Olive Oil
- 1 tbsp [14 g] Lemon Juice
- 0.5 tsp [2 g] Za'atar Seasoning
- 0.5 Avocado [68 g] (Sliced)

DIRECTIONS

1. In a large bowl, mix together the ground turkey, garlic powder, oregano, turmeric, salt, and pepper. Using your hands, form the mixture into 12 small patties.
2. Heat avocado oil in a large skillet over medium heat. Add the turkey patties and cook for 3-4 minutes per side, or until fully cooked.
3. Meanwhile, in a separate bowl, mix together the cherry tomatoes, cucumber, olive oil, lemon juice, and za'atar seasoning.
4. Serve the turkey patties with the tomato-cucumber mixture and sliced avocado.

NUTRITION INFO

Calories : 538.63
Fat : 35.88 g
Carbs : 10.11 g

Protein : 46.38 g
Fiber : 4.73 g
Sugar : 3.66 g



WATERMELON SALAD AND SPICY PORK



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 4 oz, boneless, cooked [113.4 g] Pork
- 1 fruit [67 g] Lime
- 1 tsp [2.6 g] Chili Powder
- 1 tsp [2.1 g] Paprika
- 0.5 tsp [0.9 g] Red or Cayenne Pepper
- 1 Dash [1 g] Himalayan Pink Salt
- 1 tsp [4.67 g] Avocado Oil
- 1 cup, diced [152 g] Watermelon
- 1 medium [201 g] Cucumber (chopped)
- 0.5 pepper [11 g] Jalapeno Peppers (sliced or chopped)

DIRECTIONS

1. Season pork with half a lime, chili powder, paprika, cayenne, and salt.
2. Spray pan with avocado oil and set to medium-high heat.
3. Cook pork for about 10 minutes per side or until internal temperature reaches 165 degrees F (74 degrees C).
4. Chop watermelon, cucumbers, and jalapenos. Garnish with remainder of lime.
5. Serve salad chilled and pork warm.

NUTRITION INFO

Calories : 481
Fat : 24.1 g
Carbs : 33.56 g
Protein : 34.9 g
Fiber : 8.05 g
Sugar : 15.19 g

