
BONUS
ANTI-INFLAMMATORY
DIET FOR SENIORS

CONTENT

CHAPTER 1. BREAKFAST	4
1. Savory Vegetable Egg Muffins with Zucchini and Bell Peppers	4
2. Steamed Spinach and Mushroom Frittata with Fresh Herbs	4
3. Baked Sweet Potato and Zucchini Breakfast Skillet	5
4. Quinoa Porridge with Stewed Apples and Cinnamon.....	5
5. Turmeric-Spiced Baked Eggs with Roasted Red Peppers.....	6
6. Steamed Broccoli and Avocado Toast with Lemon Drizzle.....	6
7. Oven-Roasted Butternut Squash with Thyme and Poached Egg.....	7
CHAPTER 2. SALADS	8
1. Oven-Roasted Brussels Sprouts and Pomegranate Salad with Almonds and Hemp Seeds.....	8
2. Steamed Kale and Quinoa Salad with Lemon-Tahini Dressing and Avocado.....	8
3. Roasted Zucchini and Cherry Tomato Salad with Basil, Pine Nuts, and Olives.....	9
4. Warm Sweet Potato and Spinach Salad with Turmeric Vinaigrette and Pumpkin Seeds	9
5. Steamed Broccoli and Avocado Salad with Pumpkin Seeds, Citrus Dressing, and Cucumber	10
6. Roasted Carrot and Arugula Salad with Walnuts, Ginger Dressing, and Radishes	10
7. Steamed Asparagus and Mixed Greens Salad with Hemp Seed Pesto and Roasted Beets	11
CHAPTER 3. SOUPS	12
1. Roasted Carrot and Ginger Soup with Turmeric and Coconut Milk.....	12
2. Steamed Broccoli and Spinach Soup with Lemon and Hemp Seeds	12
3. Oven-Roasted Butternut Squash Soup with Sage and Pumpkin Seeds	13
4. Turmeric-Spiced Cauliflower and Red Lentil Stew.....	13
5. Steamed Zucchini and Leek Soup with Fresh Dill and Avocado	14
6. Roasted Tomato and Red Pepper Soup with Basil and Olive Oil	14
7. Steamed Asparagus and Pea Soup with Mint and Lemon Zest	15
CHAPTER 4. VEGAN AND VEGETARIAN RECIPES	16
1. Oven-Roasted Sweet Potato and Chickpea Bowls with Tahini-Lemon Drizzle	16
2. Steamed Cauliflower and Spinach Stir-Fry with Turmeric and Coconut	16
3. Roasted Eggplant and Zucchini Stacks with Fresh Basil and Pine Nuts	17
4. Steamed Quinoa and Kale Pilaf with Avocado and Sunflower Seeds.....	17
5. Oven-Baked Stuffed Bell Peppers with Lentils and Fresh Parsley.....	18
6. Steamed Broccoli and Asparagus with Ginger-Sesame Dressing.....	18
7. Roasted Butternut Squash and Brussels Sprouts with Hemp Seed Pesto.....	19
CHAPTER 5. POULTRY RECIPES	20
1. Oven-Baked Lemon-Herb Chicken with Roasted Brussels Sprouts and Sweet Potatoes	20

2. Steamed Chicken Breast with Quinoa, Spinach, and Turmeric Vinaigrette	20
3. Roasted Chicken Thighs with Carrots, Zucchini, and Ginger-Orange Glaze	21
4. Stewed Chicken with Butternut Squash, Kale, and Garlic-Infused Olive Oil.....	21
5. Oven-Baked Chicken with Rosemary, Red Bell Peppers, and Quinoa Pilaf	22

CHAPTER 6. FISH AND SEAFOOD RECIPES 23

1. Oven-Baked Salmon with Lemon, Dill, and Roasted Asparagus	23
2. Steamed Mackerel with Ginger, Garlic, and Wilted Spinach	23
3. Roasted Cod with Cherry Tomatoes, Basil, and Olive Oil	24
4. Oven-Baked Sardines with Fresh Herbs, Lemon, Zucchini.....	24
5. Stewed Tuna with Sweet Potatoes, Kale, and Turmeric	25
6. Roasted Herring with Red Peppers, Onions and Thyme	25
7. Steamed Salmon with Broccoli, Quinoa, and Citrus Vinaigrette	26
8. Oven-Roasted Anchovies with Cherry Tomatoes and Garlic.....	26
9. Steamed Cod with Asparagus, Ginger, and Sesame-Lemon Dressing	27
10. Baked Mackerel with Rosemary, Zucchini, and Pumpkin Seeds.....	27

CHAPTER 7. APPETIZERS 28

1. Oven-Roasted Eggplant Bites with Tahini and Pomegranate Seeds	28
2. Steamed Zucchini Rolls with Avocado and Fresh Herbs	28
3. Baked Sweet Potato Wedges with Turmeric and Hemp Seed Dip	29
4. Steamed Asparagus Spears with Lemon-Garlic Olive Oil Drizzle	29
5. Roasted Red Pepper and Cauliflower Hummus with Cucumber Slices	30
6. Oven-Baked Broccoli Fritters with Almond Flour and Lemon Zest.....	30

CHAPTER 8. DESSERTS 31

1. Baked Apples with Cinnamon, Walnuts, and Maple Drizzle	31
2. Steamed Pears with Ginger and Turmeric Coconut Sauce	31
3. Oven-Roasted Blueberry and Oat Crumble with Almond Flour	32
4. Chia Seed Pudding with Almond Milk and Fresh Berries	32
5. Coconut Flour and Banana Muffins with Walnuts	33
6. Steamed Sweet Potato and Cinnamon Pudding with Coconut Cream	33
7. Oven-Baked Quinoa and Dark Chocolate Brownies.....	34
8. Baked Peaches with Honey and Hemp Seed Topping	35

2-WEEK MEAL PLAN 36

Week 1.....	36
Week 2	37

A BALANCED PLATE 38

CHAPTER 1. BREAKFAST

1. Savory Vegetable Egg Muffins with Zucchini and Bell Peppers

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 4 large eggs
- 4 oz [113 g] zucchini, grated
- 4 oz [113 g] bell pepper, finely diced [any color]
- 2 oz [57 g] onion, finely chopped
- 2 oz [57 g] cherry tomatoes, halved
- 2 tbsp fresh parsley, chopped
- 2 tbsp nutritional yeast [for a cheesy flavor]
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 oz [28 g] shredded low-fat cheese [optional]
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika

NUTRITIONAL VALUES: Calories: 140 kcal | Fat: 8 g | Protein: 9 g | Carbs: 6 g | Net carbs: 4 g | Fiber: 2 g | Cholesterol: 210 mg | Sodium: 160 mg | Potassium: 320 mg

DIRECTIONS:

1. Preheat the oven to 350°F [175°C] and lightly grease a muffin tin with olive oil.
2. In a skillet, heat olive oil over medium heat. Sauté onion and bell pepper until softened, about 3-4 minutes. Add zucchini and cherry tomatoes; cook for another 2 minutes.
3. In a bowl, whisk together eggs, parsley, nutritional yeast, garlic powder, smoked paprika, salt, and pepper. Stir in the sautéed vegetables.
4. Pour the egg mixture evenly into the muffin tin. If using, sprinkle cheese on top of each muffin.
5. Bake for 15-20 minutes or until the muffins are set and lightly golden.
6. Let cool slightly before removing from the tin. Serve warm.

TIPS: Store leftovers in the refrigerator for up to 3 days. Reheat in the oven or microwave.

2. Steamed Spinach and Mushroom Frittata with Fresh Herbs

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 4 large eggs
- 4 oz [113 g] fresh spinach, chopped
- 4 oz [113 g] mushrooms, sliced
- 1 oz [28 g] onion, finely chopped
- 1 oz [28 g] sun-dried tomatoes, chopped
- 2 tbsp fresh basil, chopped
- 2 tbsp low-fat cottage cheese
- 1 tbsp olive oil
- Salt and pepper to taste
- 1/2 tsp dried oregano
- 1/4 tsp turmeric [for anti-inflammatory benefits]

NUTRITIONAL VALUES: Calories: 170 kcal | Fat: 9 g | Protein: 12 g | Carbs: 6 g | Net carbs: 4 g | Fiber: 2 g | Cholesterol: 220 mg | Sodium: 180 mg | Potassium: 360 mg

DIRECTIONS:

1. In a skillet, heat olive oil over medium heat. Sauté onion and mushrooms until softened, about 5 minutes. Add spinach and sun-dried tomatoes, cooking until the spinach is wilted.
2. In a bowl, whisk together eggs, basil, cottage cheese, oregano, turmeric, salt, and pepper.
3. Pour the egg mixture over the sautéed vegetables in the skillet.
4. Cover the skillet and cook over low heat until the eggs are set, about 10 minutes.
5. Slide the frittata onto a cutting board, slice, and serve warm.

TIPS: For added flavor, you can sprinkle nutritional yeast on top before serving.

3. Baked Sweet Potato and Zucchini Breakfast Skillet

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 8 oz [227 g] sweet potato, peeled and diced
- 4 oz [113 g] zucchini, diced
- 4 oz [113 g] kale, chopped [or any leafy green]
- 2 large eggs
- 1 oz [28 g] onion, chopped
- 2 tbsp fresh chives, chopped
- 1 tbsp olive oil
- 1 tsp apple cider vinegar [for a tangy kick]
- Salt and pepper to taste
- 1/2 tsp thyme
- 1/4 tsp ground cumin [for warmth]

NUTRITIONAL VALUES: Calories: 230 kcal | Fat: 10 g | Protein: 10 g | Carbs: 27 g | Net carbs: 22 g | Fiber: 5 g | Cholesterol: 220 mg | Sodium: 180 mg | Potassium: 500 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C] and lightly grease a baking dish with olive oil.
2. In a skillet, heat olive oil over medium heat. Sauté onion until softened, about 3 minutes. Add sweet potato and cook for another 5 minutes until slightly tender.
3. Stir in zucchini, kale, chives, apple cider vinegar, thyme, cumin, salt, and pepper, and cook for an additional 2 minutes.
4. Transfer the vegetable mixture to the baking dish. Make two small wells in the mixture and crack an egg into each well.
5. Bake for 15 minutes or until the eggs are cooked to your liking.
6. Serve warm, garnished with additional chives if desired.

TIPS: Feel free to substitute other vegetables like bell peppers or spinach for variety.

4. Quinoa Porridge with Stewed Apples and Cinnamon

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 8 oz [227 g] quinoa, rinsed
- 16 oz [475 ml] water or low-sodium vegetable broth
- 2 medium apples, peeled and diced [about 8 oz or 227 g]
- 2 tbsp maple syrup [optional for sweetness]
- 1 tsp cinnamon, 1/2 tsp nutmeg
- 1/4 tsp sea salt
- 2 tbsp walnuts, chopped [optional, for added crunch]
- 1 tbsp chia seeds [for added fiber]
- 2 tbsp almond milk [or any non-dairy milk]
- 1 tbsp ground flaxseed [for added omega-3 fatty acids]
- 1/4 tsp vanilla extract [for flavor]
- Fresh berries for topping [optional]
- 1 tbsp pumpkin seeds [for added crunch and nutrients]

DIRECTIONS:

1. In a medium saucepan, combine 8 oz [227 g] quinoa and 16 oz [475 ml] water [or broth]. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes, or until the quinoa is fluffy and liquid is absorbed.
2. While the quinoa cooks, place 8 oz [227 g] diced apples in a small saucepan with 2 tbsp maple syrup, 1 tsp cinnamon, 1/2 tsp nutmeg, and 1/4 tsp sea salt. Cook over medium heat for about 5-7 minutes, until apples are tender.
3. Once quinoa is cooked, stir in 1 tbsp chia seeds, 1 tbsp ground flaxseed, 2 tbsp almond milk, and 1/4 tsp vanilla extract to achieve a creamy consistency.
4. Serve the quinoa porridge in bowls, topped with stewed apples, 2 tbsp chopped walnuts, 1 tbsp pumpkin seeds, and fresh berries if desired.

TIPS: For additional flavor, consider adding a sprinkle of ground ginger or a pinch of cardamom.

NUTRITIONAL VALUES: Calories: 260 kcal | Fat: 9 g | Protein: 8 g | Carbs: 42 g | Net carbs: 34 g | Fiber: 8 g | Cholesterol: 0 mg | Sodium: 50 mg | Potassium: 380 mg

5. Turmeric-Spiced Baked Eggs with Roasted Red Peppers

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 4 large eggs
- 6 oz [170 g] roasted red peppers, sliced
- 3 oz [85 g] onion, chopped
- 2 tbsp fresh cilantro, chopped
- 1 tbsp olive oil
- 1 tsp turmeric powder
- 1/2 tsp paprika
- Salt and pepper to taste
- 1/4 tsp black pepper [optional for flavor]
- 2 oz [60 ml] low-sodium vegetable broth
- 3 oz [85 g] baby spinach [for added greens]
- 1 oz [28 g] feta cheese, crumbled [optional, for flavor]
- 1 oz [28 g] avocado, sliced [for healthy fats]
- 1 tbsp nutritional yeast [for a cheesy flavor and added B vitamins]

NUTRITIONAL VALUES: Calories: 280 kcal | Fat: 20 g | Protein: 14 g | Carbs: 10 g | Net carbs: 8 g | Fiber: 3 g | Cholesterol: 375 mg | Sodium: 220 mg | Potassium: 450 mg

DIRECTIONS:

1. Preheat the oven to 375°F [190°C]. Grease a small baking dish with 1 tbsp olive oil.
2. In a skillet, heat 1 tbsp olive oil over medium heat. Sauté 3 oz [85 g] chopped onion until translucent, about 3-4 minutes.
3. Add 6 oz [170 g] roasted red peppers, 1 tsp turmeric, 1/2 tsp paprika, salt, and pepper to the skillet. Stir to combine and cook for another 2 minutes.
4. Stir in 3 oz [85 g] baby spinach and cook until wilted.
5. Transfer the pepper and spinach mixture to the greased baking dish. Make 4 small wells in the mixture and crack an egg into each well. Pour 2 oz [60 ml] vegetable broth around the eggs.
6. Sprinkle 1 oz [28 g] crumbled feta cheese and 1 tbsp nutritional yeast over the top.
7. Bake in the preheated oven for 15 minutes or until the egg whites are set but the yolks remain slightly runny [or to your preference].
8. Serve with 1 oz [28 g] avocado slices and sprinkle with 2 tbsp fresh cilantro before serving.

TIPS: Serve with a slice of whole-grain or gluten-free toast for a complete meal.

6. Steamed Broccoli and Avocado Toast with Lemon Drizzle

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 10 minutes

INGREDIENTS:

- 8 oz [227 g] fresh broccoli florets
- 8 oz [227 g] whole-grain or gluten-free bread, toasted
- 2 ripe avocados, peeled and pitted [about 12 oz or 340 g]
- 1 medium lemon, juiced
- 2 tbsp olive oil
- 1/4 tsp sea salt [or to taste]
- 1/4 tsp black pepper [optional for flavor]
- 1 oz [28 g] cherry tomatoes, halved [for garnish]

- 1 tbsp sesame seeds [for added crunch]
- 2 tbsp fresh parsley, chopped [for garnish]
- 1 tsp garlic powder [optional for flavor]
- 0,5 oz [15 g] arugula [for added peppery flavor]
- 1 oz [30 g] shredded carrots [for extra color and sweetness]
- 1 tbsp hemp seeds [for additional protein and omega-3 fatty acids]

NUTRITIONAL VALUES: Calories: 350 kcal | Fat: 23 g | Protein: 10 g | Carbs: 30 g | Net carbs: 25 g | Fiber: 12 g | Cholesterol: 0 mg | Sodium: 150 mg | Potassium: 680 mg

DIRECTIONS:

1. In a steamer basket over boiling water, steam 8 oz [227 g] broccoli florets for about 5-7 minutes until bright green and tender but still crisp. Remove from heat.
2. In a medium bowl, mash 2 ripe avocados with the juice of 1 medium lemon, 2 tbsp olive oil, 1/4 tsp sea salt, 1/4 tsp black pepper, 1 tsp garlic powder [if using], and 1 tbsp hemp seeds until smooth.

3. While the broccoli is steaming, toast 8 oz [227 g] whole-grain or gluten-free bread until golden brown.
4. Spread the avocado mixture generously over each slice of toasted bread. Top with steamed broccoli, halved cherry tomatoes, shredded carrots, arugula, and sprinkle with sesame seeds and fresh parsley.
5. Drizzle with additional lemon juice if desired and serve immediately.

TIPS: Use fresh, ripe avocados for the best flavor and texture.

7. Oven-Roasted Butternut Squash with Thyme and Poached Egg

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 16 oz [450 g] butternut squash, peeled and cubed
- 2 tbsp olive oil
- 1 tsp dried thyme
- 1/2 tsp sea salt
- 1/4 tsp black pepper [optional for flavor]
- 4 large eggs
- 1 oz [28 g] baby spinach [for garnish]
- 1 oz [28 g] feta cheese, crumbled [optional for flavor]
- 1 tbsp balsamic vinegar [for drizzle]
- 2 tbsp pumpkin seeds [for garnish]
- 1 oz [40 g] red onion, diced [for sweetness]
- 1 oz [40 g] bell peppers, diced [for color and nutrients]
- 1 tsp turmeric powder [for added anti-inflammatory benefits]
- 1 tbsp chopped fresh basil [for flavor]

NUTRITIONAL VALUES: Calories: 380 kcal | Fat: 24 g | Protein: 16 g | Carbs: 28 g | Net carbs: 24 g | Fiber: 7 g | Cholesterol: 370 mg | Sodium: 200 mg | Potassium: 800 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. In a large bowl, toss 16 oz [450 g] cubed butternut squash with 2 tbsp olive oil, 1 tsp dried thyme, 1/2 tsp sea salt, 1/4 tsp black pepper, and 1 tsp turmeric powder. Spread evenly on a baking sheet and roast for 20 minutes, or until tender and slightly caramelized.
3. In a small pan, sauté 1/4 cup [40 g] diced red onion and 1/4 cup [40 g] diced bell peppers in a little olive oil until soft, about 5 minutes. Set aside.
4. While the squash is roasting, bring a pot of water to a gentle simmer. Crack 4 large eggs into the water one at a time, cooking for about 3-4 minutes until whites are set but yolks remain runny. Remove with a slotted spoon and drain on paper towels.
5. On a plate, arrange the roasted butternut squash and sautéed vegetables. Top each serving with a poached egg, a sprinkle of feta cheese [if using], a handful of baby spinach, and a drizzle of balsamic vinegar.
6. Finish with a sprinkle of pumpkin seeds and fresh basil for added flavor.

TIPS: Make sure to create a gentle simmer for poaching the eggs to prevent them from breaking.

CHAPTER 2. SALADS

1. Oven-Roasted Brussels Sprouts and Pomegranate Salad with Almonds and Hemp Seeds

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 10 oz [280 g] Brussels sprouts, trimmed and halved
- 2 tbsp olive oil
- 1/2 tsp dried thyme
- Salt and pepper to taste [low-sodium]
- 2 oz [57 g] pomegranate seeds
- 1 oz [28 g] sliced almonds [unsalted]
- 1 tbsp hemp seeds
- 1 tbsp lemon juice

NUTRITIONAL VALUES: Calories: 210 kcal | Fat: 14 g | Protein: 5 g | Carbs: 18 g | Net carbs: 15 g | Fiber: 4 g | Cholesterol: 0 mg | Sodium: 60 mg | Potassium: 380 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. Toss the halved Brussels sprouts with olive oil, thyme, salt, and pepper.
3. Spread the Brussels sprouts on a baking sheet and roast for 15-20 minutes, turning halfway through, until golden brown and crispy.
4. Once roasted, transfer the Brussels sprouts to a serving bowl.
5. Add the pomegranate seeds, almonds, and hemp seeds.
6. Drizzle with lemon juice and toss to combine. Serve warm or at room temperature.

TIPS:

- For added texture, sprinkle with a small amount of crumbled feta or goat cheese [optional].
- Pair this salad with a grilled protein like chicken or tofu for a complete meal.

2. Steamed Kale and Quinoa Salad with Lemon-Tahini Dressing and Avocado

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 7 oz [200 g] kale, stems removed, chopped
- 5 oz [140 g] quinoa, rinsed [gluten-free]
- 1 small avocado, sliced
- 1 tbsp lemon juice
- 1 tbsp tahini [sugar-free, low-sodium]
- 1 tbsp olive oil
- 1/4 tsp black pepper [low-sodium]
- Salt to taste [low-sodium]

NUTRITIONAL VALUES: Calories: 270 kcal | Fat: 16 g | Protein: 7 g | Carbs: 24 g | Net carbs: 20 g | Fiber: 6 g | Cholesterol: 0 mg | Sodium: 100 mg | Potassium: 620 mg

DIRECTIONS:

1. Steam the chopped kale for 5-7 minutes until tender but still bright green.
2. Meanwhile, cook the quinoa in a small pot with water according to the package instructions [about 15 minutes], until the quinoa is fluffy.
3. In a small bowl, whisk together the lemon juice, tahini, olive oil, black pepper, and a pinch of salt to create the dressing.
4. In a large mixing bowl, combine the steamed kale and cooked quinoa.
5. Drizzle with the lemon-tahini dressing and toss well.
6. Top the salad with sliced avocado. Serve immediately.

TIPS:

- Add some roasted chickpeas for extra crunch and protein.
- You can substitute spinach for kale if preferred.

3. Roasted Zucchini and Cherry Tomato Salad with Basil, Pine Nuts, and Olives

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 8 oz [225 g] zucchini, sliced into rounds
- 5 oz [140 g] cherry tomatoes, halved
- 2 tbsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper to taste [low-sodium]
- 1 oz [28 g] pine nuts, lightly toasted
- 10-12 black olives, pitted and halved [low-sodium]
- 1 tbsp fresh basil, chopped
- 1 tsp lemon juice

NUTRITIONAL VALUES: Calories: 220 kcal | Fat: 18 g | Protein: 4 g | Carbs: 10 g | Net carbs: 8 g | Fiber: 3 g | Cholesterol: 0 mg | Sodium: 120 mg | Potassium: 430 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. Toss zucchini slices and cherry tomatoes with olive oil, oregano, salt, and pepper.
3. Spread the vegetables on a baking sheet and roast for 15-20 minutes until tender and slightly golden.
4. Once roasted, transfer the zucchini and tomatoes to a serving bowl.
5. Add the toasted pine nuts, black olives, and fresh basil.
6. Drizzle with lemon juice and gently toss to combine.
7. Serve warm or at room temperature.

TIPS:

- For extra flavor, sprinkle with a few crumbles of feta cheese [optional].
- You can substitute yellow squash for zucchini for a different twist.

4. Warm Sweet Potato and Spinach Salad with Turmeric Vinaigrette and Pumpkin Seeds

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 10 oz [280 g] sweet potatoes, peeled and cubed
- 5 oz [140 g] fresh spinach, roughly chopped
- 1 tbsp olive oil
- 1 tbsp pumpkin seeds [unsalted]
- 1/2 tsp ground turmeric
- 1 tbsp lemon juice
- 1 tsp apple cider vinegar [sugar-free]
- Salt and pepper to taste [low-sodium]

NUTRITIONAL VALUES: Calories: 250 kcal | Fat: 10 g | Protein: 4 g | Carbs: 35 g | Net carbs: 30 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 90 mg | Potassium: 650 mg

DIRECTIONS:

1. Steam the cubed sweet potatoes for 10-12 minutes until tender.
2. In a small pan, lightly toast the pumpkin seeds over medium heat for 2-3 minutes. Set aside.
3. In a small bowl, whisk together olive oil, turmeric, lemon juice, apple cider vinegar, salt, and pepper to make the vinaigrette.
4. In a large mixing bowl, combine the steamed sweet potatoes and fresh spinach.
5. Drizzle with the turmeric vinaigrette and toss gently to coat.
6. Top with the toasted pumpkin seeds. Serve warm.

TIPS:

- For extra protein, add cooked chickpeas or quinoa.
- You can substitute kale for spinach if desired.

5. Steamed Broccoli and Avocado Salad with Pumpkin Seeds, Citrus Dressing, and Cucumber

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 10 minutes

INGREDIENTS:

- 10 oz [280 g] broccoli florets
- 1 ripe avocado, diced
- 4 oz [113 g] cucumber, thinly sliced
- 1 tbsp pumpkin seeds (unsalted)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp orange zest
- Salt and pepper to taste (low-sodium)

NUTRITIONAL VALUES: Calories: 210 kcal | Fat: 15 g | Protein: 5 g | Carbs: 12 g | Net carbs: 8 g | Fiber: 6 g | Cholesterol: 0 mg | Sodium: 60 mg | Potassium: 540 mg

DIRECTIONS:

1. Steam the broccoli florets for 5-7 minutes until tender but still vibrant green.
2. In a small bowl, whisk together olive oil, lemon juice, orange zest, salt, and pepper to make the citrus dressing.
3. In a large bowl, combine the steamed broccoli, diced avocado, and cucumber slices.
4. Drizzle the citrus dressing over the salad and toss gently to coat.
5. Sprinkle the pumpkin seeds on top. Serve immediately.

TIPS:

- For added texture, you can include thinly sliced radishes or grated carrots.
- Ensure the avocado is ripe to add a creamy element to the salad.

6. Roasted Carrot and Arugula Salad with Walnuts, Ginger Dressing, and Radishes

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 8 oz [225 g] carrots, peeled and sliced into rounds
- 4 oz [113 g] fresh arugula
- 2 oz [57 g] radishes, thinly sliced
- 1 oz [28 g] walnuts, roughly chopped (unsalted)
- 1 tbsp olive oil
- 1 tbsp fresh ginger, grated
- 1 tbsp apple cider vinegar (sugar-free)
- 1 tsp honey (optional)
- Salt and pepper to taste (low-sodium)

NUTRITIONAL VALUES: Calories: 240 kcal | Fat: 16 g | Protein: 5 g | Carbs: 20 g | Net carbs: 16 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 70 mg | Potassium: 570 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. Toss the carrot rounds in olive oil, salt, and pepper. Roast on a baking sheet for 15-20 minutes until tender and slightly caramelized.
3. In a small bowl, whisk together grated ginger, apple cider vinegar, honey (if using), salt, and pepper to make the ginger dressing.
4. In a large bowl, combine the roasted carrots, arugula, and radishes.
5. Drizzle the ginger dressing over the salad and toss gently to mix.
6. Top with chopped walnuts and serve warm.

TIPS:

- You can substitute baby spinach for arugula if desired.
- Add some cooked quinoa for a more filling meal.

7. Steamed Asparagus and Mixed Greens Salad with Hemp Seed Pesto and Roasted Beets

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 8 oz [225 g] asparagus, trimmed
- 4 oz [113 g] mixed greens (spinach, arugula, etc.)
- 8 oz [225 g] beets, peeled and cubed
- 2 tbsp hemp seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp fresh basil leaves, chopped
- 1 small garlic clove, minced
- Salt and pepper to taste (low-sodium)

NUTRITIONAL VALUES: Calories: 230 kcal | Fat: 15 g | Protein: 6 g | Carbs: 19 g | Net carbs: 15 g | Fiber: 7 g | Cholesterol: 0 mg | Sodium: 50 mg | Potassium: 550 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. Toss the beet cubes in half of the olive oil, season with salt and pepper, and roast for 20 minutes or until tender.
3. Meanwhile, steam the asparagus for 5-7 minutes until tender but still crisp. Set aside.
4. To make the hemp seed pesto, combine hemp seeds, remaining olive oil, lemon juice, basil, garlic, salt, and pepper in a blender or food processor. Blend until smooth.
1. In a large bowl, arrange the mixed greens and top with steamed asparagus and roasted beets.
5. Drizzle the hemp seed pesto over the salad and toss gently to combine.

TIPS:

- For added texture, sprinkle more hemp seeds on top.
- You can substitute the asparagus with green beans if desired.

CHAPTER 3. SOUPS

1. Roasted Carrot and Ginger Soup with Turmeric and Coconut Milk

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 12 oz [340 g] carrots, peeled and chopped
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tbsp olive oil
- 1 tsp ground turmeric
- 13.5 oz [400 ml] can coconut milk [light, sugar-free]
- 16 oz [480 ml] vegetable broth [low-sodium]
- Salt and pepper to taste
- Fresh cilantro or parsley for garnish

NUTRITIONAL VALUES: Calories: 210 kcal | Fat: 14 g | Protein: 3 g | Carbs: 19 g | Net carbs: 15 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 60 mg | Potassium: 700 mg

DIRECTIONS:

1. Preheat the oven to 425°F [220°C].
2. Toss the chopped carrots and diced onion with olive oil, salt, and pepper. Spread them on a baking sheet and roast for 15–20 minutes until tender.
3. In a large pot, heat the remaining olive oil over medium heat. Add minced garlic and grated ginger; sauté for 1–2 minutes until fragrant.
4. Add the roasted carrots and onion to the pot. Stir in the turmeric and cook for another minute.
5. Pour in the coconut milk and vegetable broth, bring to a simmer, and cook for 5 minutes.
6. Blend the soup using an immersion blender or in batches until smooth. Adjust seasoning as needed.
7. Serve hot, garnished with fresh cilantro or parsley.

TIPS:

- For a spicier flavor, add a pinch of cayenne pepper.
- This soup pairs well with a slice of whole-grain or gluten-free bread.

2. Steamed Broccoli and Spinach Soup with Lemon and Hemp Seeds

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 8 oz [225 g] fresh broccoli florets
- 4 oz [113 g] fresh spinach
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 32 oz [960 ml] vegetable broth [low-sodium]
- 2 tbsp lemon juice
- 2 tbsp hemp seeds
- Salt and pepper to taste

NUTRITIONAL VALUES: Calories: 150 kcal | Fat: 8 g | Protein: 6 g | Carbs: 18 g | Net carbs: 13 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 50 mg | Potassium: 600 mg

DIRECTIONS:

1. In a pot, heat olive oil over medium heat. Add chopped onion and minced garlic; sauté until translucent, about 5 minutes.
2. Add broccoli florets and vegetable broth to the pot. Bring to a boil, then reduce heat and simmer for 5 minutes.
3. Add spinach and simmer for an additional 3 minutes until wilted.
4. Blend the soup until smooth using an immersion blender or in batches.
5. Stir in lemon juice, salt, and pepper to taste.
6. Serve hot, topped with hemp seeds for added crunch and nutrition.

TIPS:

- Adjust the consistency with additional broth if desired.
- Serve with a sprinkle of nutritional yeast for a cheesy flavor.

3. Oven-Roasted Butternut Squash Soup with Sage and Pumpkin Seeds

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 24 oz [680 g] butternut squash, peeled and cubed
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried sage
- 16 oz [480 ml] vegetable broth [low-sodium]
- 1 tbsp apple cider vinegar
- Salt and pepper to taste
- 2 oz [57 g] pumpkin seeds, toasted
- Fresh sage leaves for garnish

NUTRITIONAL VALUES: Calories: 210 kcal | Fat: 12 g | Protein: 5 g | Carbs: 25 g | Net carbs: 21 g | Fiber: 4 g | Cholesterol: 0 mg | Sodium: 80 mg | Potassium: 600 mg

DIRECTIONS:

1. Preheat the oven to 425°F [220°C].
2. Toss the butternut squash and diced onion with olive oil, dried sage, salt, and pepper on a baking sheet. Roast for 20 minutes until tender and caramelized.
3. In a large pot, heat a small amount of olive oil over medium heat. Sauté minced garlic for 1-2 minutes until fragrant.
4. Add the roasted butternut squash and onion to the pot. Pour in the vegetable broth and bring to a simmer. Cook for an additional 5 minutes.
5. Blend the soup using an immersion blender or in batches until smooth. Stir in apple cider vinegar and adjust seasoning as needed.
6. Serve hot, garnished with toasted pumpkin seeds and fresh sage leaves.

TIPS:

- Ensure the squash is evenly cubed for consistent roasting.
- Use a high-speed blender for an ultra-smooth texture.

4. Turmeric-Spiced Cauliflower and Red Lentil Stew

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 12 oz [340 g] cauliflower florets
- 8 oz [225 g] red lentils, rinsed
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 16 oz [480 ml] vegetable broth [low-sodium]
- 1 medium carrot, diced
- 1 tbsp lemon juice
- Fresh cilantro for garnish
- Salt and pepper to taste

NUTRITIONAL VALUES: Calories: 210 kcal | Fat: 5 g | Protein: 10 g | Carbs: 35 g | Net carbs: 30 g | Fiber: 10 g | Cholesterol: 0 mg | Sodium: 60 mg | Potassium: 550 mg

DIRECTIONS:

1. In a pot, heat olive oil over medium heat. Add chopped onion and minced garlic; sauté until translucent, about 5 minutes.
2. Add cauliflower florets, diced carrot, turmeric, and cumin to the pot. Cook for another 3-4 minutes, stirring occasionally.
3. Stir in the rinsed red lentils and vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes or until lentils and cauliflower are tender.
4. Remove from heat and stir in lemon juice, salt, and pepper to taste.
5. Serve hot, garnished with fresh cilantro.

TIPS:

- For added flavor, let the stew sit for a few minutes before serving to allow the spices to meld.
- This stew pairs well with a slice of whole-grain or gluten-free bread.

5. Steamed Zucchini and Leek Soup with Fresh Dill and Avocado

Serving: 4 Preparation time: 10 minutes Cooking time: 15 minutes

INGREDIENTS:

- 16 oz [450 g] zucchini, diced
- 8 oz [225 g] leek, white part only, sliced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 16 oz [480 ml] vegetable broth (low-sodium)
- 1 ripe avocado, diced
- 2 tbsp fresh dill, chopped
- Salt and pepper to taste
- Lemon juice, to taste

NUTRITIONAL VALUES: Calories: 210 kcal | Fat: 14 g | Protein: 4 g | Carbs: 22 g | Net carbs: 18 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 40 mg | Potassium: 600 mg

DIRECTIONS:

1. In a pot, heat olive oil over medium heat. Add minced garlic and sliced leek; sauté until tender, about 5 minutes.
2. Add diced zucchini and vegetable broth; bring to a boil. Reduce heat and simmer for 10 minutes until zucchini is tender.
3. Remove from heat and blend the soup until smooth using an immersion blender or a regular blender.
4. Stir in chopped dill, and season with salt, pepper, and lemon juice to taste.
5. Serve hot, garnished with diced avocado.

TIPS:

- Ensure the leeks are thoroughly washed to remove any grit.
- For extra creaminess, blend in a bit of the diced avocado before serving.

6. Roasted Tomato and Red Pepper Soup with Basil and Olive Oil

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 24 oz [680 g] ripe tomatoes, halved
- 1 large red bell pepper, seeded and chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 16 oz [480 ml] vegetable broth (low-sodium)
- 2 tbsp fresh basil, chopped
- Salt and pepper to taste

NUTRITIONAL VALUES: Calories: 190 kcal | Fat: 10 g | Protein: 4 g | Carbs: 24 g | Net carbs: 22 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 50 mg | Potassium: 550 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. Toss the halved tomatoes, chopped red bell pepper, onion, and minced garlic with olive oil, salt, and pepper on a baking sheet. Roast for 15-20 minutes until softened and slightly caramelized.
3. Transfer the roasted vegetables to a pot and add the vegetable broth. Bring to a simmer for about 5 minutes.
4. Blend the soup until smooth using an immersion blender or a regular blender.
5. Stir in chopped fresh basil and adjust seasoning as needed. Serve hot.

TIPS:

- For added depth, try roasting the vegetables a little longer until they're more caramelized.
- Garnish with additional basil and a drizzle of olive oil before serving.

7. Steamed Asparagus and Pea Soup with Mint and Lemon Zest

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 12 oz [340 g] asparagus, trimmed and cut into pieces
- 8 oz [225 g] frozen peas
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 16 oz [480 ml] vegetable broth [low-sodium]
- 2 tbsp fresh mint, chopped
- Zest of 1 lemon
- Salt and pepper to taste

NUTRITIONAL VALUES: Calories: 160 kcal | Fat: 7 g | Protein: 5 g | Carbs: 21 g | Net carbs: 18 g | Fiber: 6 g | Cholesterol: 0 mg | Sodium: 60 mg | Potassium: 550 mg

DIRECTIONS:

1. In a pot, heat olive oil over medium heat. Add chopped onion and minced garlic; sauté until translucent, about 5 minutes.
2. Add asparagus and vegetable broth. Bring to a boil, then reduce heat and simmer for 5 minutes.
3. Add frozen peas and continue cooking for another 5 minutes until asparagus is tender.
4. Blend the soup until smooth using an immersion blender or a regular blender.
5. Stir in chopped mint, lemon zest, and season with salt and pepper to taste. Serve hot.

TIPS:

- For a creamier texture, add a small amount of cooked potato when blending.
- Garnish with extra mint and a twist of lemon zest before serving.

CHAPTER 4. VEGAN AND VEGETARIAN RECIPES

1. Oven-Roasted Sweet Potato and Chickpea Bowls with Tahini-Lemon Drizzle

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 16 oz [450 g] sweet potatoes, peeled and diced
- 15 oz [425 g] canned chickpeas, rinsed and drained
- 2 tbsp olive oil
- 1 tsp ground cumin
- Salt and pepper to taste
- 4 oz [113 g] spinach, fresh
- 2 tbsp tahini
- 1 tbsp lemon juice
- Water, as needed for consistency
- 1 tbsp fresh parsley, chopped [for garnish]

NUTRITIONAL VALUES: Calories: 340 kcal | Fat: 15 g | Protein: 10 g | Carbs: 46 g | Net carbs: 40 g | Fiber: 12 g | Cholesterol: 0 mg | Sodium: 150 mg | Potassium: 800 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. In a bowl, toss diced sweet potatoes and chickpeas with olive oil, cumin, salt, and pepper. Spread them on a baking sheet in a single layer.
3. Roast in the oven for 20 minutes or until sweet potatoes are tender and lightly browned, stirring halfway through.
4. While the vegetables are roasting, prepare the tahini-lemon drizzle by whisking together tahini, lemon juice, and enough water to reach a drizzleable consistency.
5. In a skillet, lightly sauté fresh spinach in a small amount of water or olive oil until wilted, about 2-3 minutes.
6. To serve, divide the roasted sweet potatoes and chickpeas into bowls. Top with sautéed spinach and drizzle with tahini-lemon sauce. Garnish with chopped parsley.

TIPS:

- Adjust the tahini sauce by adding more water for a thinner consistency or more tahini for a richer flavor.
- This bowl can be served warm or at room temperature.

2. Steamed Cauliflower and Spinach Stir-Fry with Turmeric and Coconut

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 12 oz [340 g] cauliflower florets
- 4 oz [113 g] fresh spinach
- 1 medium onion, sliced
- 2 cloves garlic, minced
- 1 tbsp coconut oil
- 1 tsp ground turmeric
- 4 oz [120 ml] coconut milk [light, low-fat]
- Salt and pepper to taste
- 1 tbsp fresh cilantro, chopped [for garnish]

DIRECTIONS:

1. In a large skillet, heat coconut oil over medium heat. Add sliced onion and minced garlic; sauté until softened, about 5 minutes.
2. Stir in turmeric and cook for an additional minute until fragrant.
3. Add cauliflower florets and coconut milk. Cover and steam for 8-10 minutes until cauliflower is tender.
4. Stir in fresh spinach and cook for an additional 2-3 minutes until wilted.
5. Season with salt and pepper to taste. Serve hot, garnished with chopped cilantro.

NUTRITIONAL VALUES: Calories: 200 kcal | Fat: 12 g | Protein: 5 g | Carbs: 22 g | Net carbs: 17 g | Fiber: 6 g | Cholesterol: 0 mg | Sodium: 90 mg | Potassium: 500 mg

TIPS:

- For added texture, you can toss in some chopped nuts, like almonds or cashews, if desired.
- Ensure to use fresh ingredients for the best flavor and nutrition.

3. Roasted Eggplant and Zucchini Stacks with Fresh Basil and Pine Nuts

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 16 oz [450 g] eggplant, sliced into 1/2-inch rounds
- 16 oz [450 g] zucchini, sliced into 1/2-inch rounds
- 2 tbsp olive oil
- Salt and pepper to taste
- 4 oz [113 g] fresh basil leaves
- 2 oz [57 g] pine nuts, toasted
- 8 oz [227 g] low-sodium marinara sauce [for serving]
- 1 tbsp balsamic vinegar [optional, for drizzling]

NUTRITIONAL VALUES: Calories: 290 kcal | Fat: 18 g | Protein: 7 g | Carbs: 26 g | Net carbs: 22 g | Fiber: 8 g | Cholesterol: 0 mg | Sodium: 150 mg | Potassium: 600 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. On a baking sheet, arrange the eggplant and zucchini slices. Drizzle with olive oil and season with salt and pepper.
3. Roast in the oven for 20 minutes, turning halfway through, until tender and slightly golden.
4. While the vegetables are roasting, toast the pine nuts in a dry skillet over medium heat for about 3-4 minutes, stirring frequently, until golden brown.
5. To assemble, layer roasted eggplant and zucchini slices with fresh basil leaves and toasted pine nuts on a plate.
6. Serve with warm marinara sauce on the side and a drizzle of balsamic vinegar, if desired.

TIPS:

- You can add layers of fresh mozzarella or vegan cheese for a creamier texture, if desired.
- Ensure the vegetables are evenly sliced for uniform cooking.

4. Steamed Quinoa and Kale Pilaf with Avocado and Sunflower Seeds

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 8 oz [227 g] quinoa, rinsed
- 16 oz [450 g] kale, stems removed and chopped
- 2 tbsp olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 avocado, diced
- 4 oz [113 g] sunflower seeds, toasted
- 1 tbsp lemon juice
- Salt and pepper to taste

DIRECTIONS:

1. In a medium saucepan, bring 2 cups [480 ml] of water to a boil. Add rinsed quinoa and a pinch of salt. Reduce heat to low, cover, and simmer for 15 minutes, or until water is absorbed.
2. In a large skillet, heat olive oil over medium heat. Add diced onion and minced garlic; sauté until softened, about 5 minutes.
3. Add chopped kale to the skillet and sauté for 3-4 minutes until wilted.
4. Fluff the cooked quinoa with a fork and add it to the skillet with the kale mixture. Stir to combine and season with salt, pepper, and lemon juice.
5. Serve warm, topped with diced avocado and toasted sunflower seeds.

NUTRITIONAL VALUES: Calories: 360 kcal | Fat: 22 g | Protein: 12 g | Carbs: 30 g | Net carbs: 26 g | Fiber: 10 g | Cholesterol: 0 mg | Sodium: 90 mg | Potassium: 700 mg

TIPS:

- For added flavor, consider including herbs like parsley or dill.
- Ensure to rinse quinoa thoroughly to remove any bitterness.

5. Oven-Baked Stuffed Bell Peppers with Lentils and Fresh Parsley

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 4 medium bell peppers [any color], halved and seeded
- 8 oz [227 g] cooked lentils [canned or pre-cooked]
- 2 tbsp olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 4 oz [113 g] cherry tomatoes, halved
- 2 tbsp fresh parsley, chopped
- 1 tsp dried oregano
- Salt and pepper to taste
- 4 oz [113 g] low-sodium vegetable broth

NUTRITIONAL VALUES: Calories: 260 kcal | Fat: 10 g | Protein: 12 g | Carbs: 32 g | Net carbs: 28 g | Fiber: 9 g | Cholesterol: 0 mg | Sodium: 220 mg | Potassium: 600 mg

DIRECTIONS:

1. Preheat the oven to 375°F [190°C].
2. In a skillet, heat olive oil over medium heat. Sauté onion and garlic until softened, about 4–5 minutes.
3. In a large bowl, combine cooked lentils, cherry tomatoes, parsley, oregano, salt, and pepper. Mix well.
4. Spoon the lentil mixture into each bell pepper half and place them in a baking dish.
5. Pour vegetable broth into the bottom of the baking dish. Cover with foil and bake for 20 minutes.
6. Serve warm, garnished with additional parsley if desired.

TIPS:

- Use various colored bell peppers for a visually appealing dish.
- Leftover stuffing can be used in salads or wraps.

6. Steamed Broccoli and Asparagus with Ginger-Sesame Dressing

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 10 minutes

INGREDIENTS:

- 8 oz [227 g] broccoli florets
- 8 oz [227 g] asparagus, trimmed
- 2 tbsp sesame oil
- 1 tbsp fresh ginger, grated
- 2 tbsp low-sodium soy sauce [or tamari for gluten-free]
- 1 tbsp rice vinegar
- 1 tbsp sesame seeds, toasted

NUTRITIONAL VALUES: Calories: 180 kcal | Fat: 14 g | Protein: 4 g | Carbs: 12 g | Net carbs: 10 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 240 mg | Potassium: 500 mg

DIRECTIONS:

1. In a steamer basket, steam broccoli and asparagus for about 5–7 minutes until tender but still vibrant.
2. In a small bowl, whisk together sesame oil, grated ginger, soy sauce, and rice vinegar.
3. Drizzle the ginger-sesame dressing over the steamed vegetables and toss to coat.
4. Sprinkle with toasted sesame seeds before serving.

TIPS:

- You can add other vegetables like snap peas or green beans for variety.
- Adjust the amount of ginger according to your preference.

7. Roasted Butternut Squash and Brussels Sprouts with Hemp Seed Pesto

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 16 oz [450 g] butternut squash, peeled and cubed
- 16 oz [450 g] Brussels sprouts, halved
- 2 tbsp olive oil
- Salt and pepper to taste

Hemp Seed Pesto:

- 4 oz [113 g] hemp seeds
- 1,5 oz [45 g] fresh basil leaves
- 2 tbsp lemon juice
- 2 tbsp nutritional yeast [optional]
- 2 tbsp water [or as needed]
- Salt to taste

NUTRITIONAL VALUES: Calories: 350 kcal | Fat: 25 g | Protein: 10 g | Carbs: 30 g | Net carbs: 25 g | Fiber: 8 g | Cholesterol: 0 mg | Sodium: 100 mg | Potassium: 800 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. On a baking sheet, toss butternut squash and Brussels sprouts with olive oil, salt, and pepper. Roast for 20 minutes until tender and caramelized, flipping halfway through.
3. Meanwhile, prepare the hemp seed pesto by blending hemp seeds, basil leaves, lemon juice, nutritional yeast, and water in a food processor until smooth. Season with salt to taste.
4. Serve the roasted vegetables drizzled with hemp seed pesto.

TIPS:

- Store leftover pesto in an airtight container in the fridge for up to a week.
- This dish can be served warm or at room temperature.

CHAPTER 5. POULTRY RECIPES

1. Oven-Baked Lemon-Herb Chicken with Roasted Brussels Sprouts and Sweet Potatoes

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 4 boneless, skinless chicken breasts [about 6 oz / 170 g each]
- 3 tbsp olive oil
- 1 lemon, zested and juiced
- 2 tsp dried oregano
- 1 tsp dried thyme
- Salt and pepper to taste
- 8 oz [227 g] Brussels sprouts, halved
- 12 oz [340 g] sweet potatoes, cubed
- 1 tbsp fresh parsley, chopped (for garnish)

NUTRITIONAL VALUES: Calories: 350 kcal | Fat: 16 g | Protein: 32 g | Carbs: 30 g | Net carbs: 26 g | Fiber: 6 g | Cholesterol: 70 mg | Sodium: 250 mg | Potassium: 800 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. In a bowl, whisk together olive oil, lemon juice, lemon zest, oregano, thyme, salt, and pepper.
3. Place the chicken breasts in a baking dish and pour the marinade over them. Let marinate for 5 minutes.
4. On a separate baking sheet, toss Brussels sprouts and sweet potatoes with remaining olive oil, salt, and pepper.
5. Place both the chicken and the vegetables in the oven. Bake for 20 minutes, or until the chicken is cooked through [internal temperature of 165°F / 74°C] and vegetables are tender.
6. Serve the chicken hot, garnished with fresh parsley alongside the roasted Brussels sprouts and sweet potatoes.

TIPS:

- For extra flavor, you can add minced garlic to the marinade.
- Ensure sweet potatoes are cut uniformly for even roasting.

2. Steamed Chicken Breast with Quinoa, Spinach, and Turmeric Vinaigrette

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 4 boneless, skinless chicken breasts [about 6 oz / 170 g each]
- 7 oz [200 g] quinoa, rinsed
- 16 oz [480 ml] water or low-sodium vegetable broth
- 4 oz [113 g] fresh spinach, chopped
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp ground turmeric
- Salt and pepper to taste

NUTRITIONAL VALUES: Calories: 320 kcal | Fat: 12 g | Protein: 36 g | Carbs: 20 g | Net carbs: 18 g | Fiber: 4 g | Cholesterol: 70 mg | Sodium: 150 mg | Potassium: 700 mg

DIRECTIONS:

1. In a pot, combine quinoa and water [or vegetable broth]. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes until the quinoa is cooked and water is absorbed.
2. While quinoa is cooking, steam chicken breasts until fully cooked, about 15 minutes.
3. In a bowl, whisk together olive oil, apple cider vinegar, turmeric, salt, and pepper to create the vinaigrette.
4. In the last few minutes of cooking the quinoa, stir in chopped spinach until wilted.
5. Serve the steamed chicken breasts over a bed of quinoa and spinach, drizzled with the turmeric vinaigrette.

TIPS:

- Allow the quinoa to rest for 5 minutes before fluffing it with a fork.
- Add a sprinkle of sesame seeds for added texture and flavor.

3. Roasted Chicken Thighs with Carrots, Zucchini, and Ginger-Orange Glaze

Serving: 4 Preparation time: 10 minutes Cooking time: 25 minutes

INGREDIENTS:

- 24 oz [680 g] bone-in, skin-on chicken thighs
- 2 tbsp olive oil
- 3 oz [85 g] carrots, sliced
- 6 oz [170 g] zucchini, sliced
- Zest and juice of 1 orange
- 1 tbsp fresh ginger, grated
- 1 tsp dried thyme
- Salt and pepper to taste
- 1 tbsp fresh parsley, chopped [for garnish]

NUTRITIONAL VALUES: Calories: 380 kcal | Fat: 24 g | Protein: 30 g | Carbs: 15 g | Net carbs: 12 g | Fiber: 3 g | Cholesterol: 120 mg | Sodium: 280 mg | Potassium: 750 mg

DIRECTIONS:

1. Preheat the oven to 425°F [220°C].
2. In a large bowl, mix olive oil, orange zest, orange juice, ginger, thyme, salt, and pepper.
3. Add chicken thighs to the bowl and coat them with the marinade.
4. Arrange the chicken thighs on a baking sheet and scatter the carrots and zucchini around them.
5. Roast in the oven for 25 minutes, or until the chicken reaches an internal temperature of 165°F [74°C] and the vegetables are tender.
6. Serve hot, garnished with fresh parsley.

TIPS:

- Allow chicken to marinate for at least 10 minutes before cooking for enhanced flavor.
- Adjust vegetable portions based on preference; broccoli or bell peppers can also be added.

4. Stewed Chicken with Butternut Squash, Kale, and Garlic-Infused Olive Oil

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 24 oz [680 g] boneless, skinless chicken thighs, diced
- 2 tbsp garlic-infused olive oil
- 8 oz [227 g] butternut squash, cubed
- 4 oz [113 g] kale, chopped
- 16 oz [480 ml] low-sodium vegetable broth
- 1 tsp dried rosemary
- Salt and pepper to taste
- 1 tbsp fresh basil, chopped [for garnish]

NUTRITIONAL VALUES: Calories: 320 kcal | Fat: 10 g | Protein: 36 g | Carbs: 22 g | Net carbs: 20 g | Fiber: 4 g | Cholesterol: 90 mg | Sodium: 200 mg | Potassium: 850 mg

DIRECTIONS:

1. In a large pot, heat garlic-infused olive oil over medium heat.
2. Add diced chicken thighs and sauté until browned, about 5 minutes.
3. Stir in butternut squash and vegetable broth; bring to a simmer.
4. Cook for 10 minutes, then add chopped kale and rosemary.
5. Simmer for another 5 minutes until the chicken is cooked through and the vegetables are tender.
6. Serve hot, garnished with fresh basil.

TIPS:

- Ensure to chop kale into bite-sized pieces for even cooking.
- For added flavor, consider adding a squeeze of lemon juice before serving.

5. Oven-Baked Chicken with Rosemary, Red Bell Peppers, and Quinoa Pilaf

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 24 oz (680 g) boneless, skinless chicken breasts
- 3 tbsp olive oil
- 2 oz (57 g) fresh rosemary, chopped
- 2 red bell peppers, sliced
- 6 oz (170 g) quinoa, rinsed
- 12 oz (340 ml) low-sodium vegetable broth
- Salt and pepper to taste
- 1 tbsp fresh parsley, chopped (for garnish)

NUTRITIONAL VALUES: Calories: 360 kcal | Fat: 14 g | Protein: 38 g | Carbs: 22 g | Net carbs: 20 g | Fiber: 5 g | Cholesterol: 80 mg | Sodium: 220 mg | Potassium: 700 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. In a bowl, mix olive oil, rosemary, salt, and pepper.
3. Coat the chicken breasts with the oil mixture and place them on a baking sheet.
4. Scatter the sliced red bell peppers around the chicken.
5. Bake for 20 minutes, or until the chicken reaches an internal temperature of 165°F [74°C].
6. While the chicken is baking, cook quinoa in vegetable broth according to package instructions (approximately 15 minutes).
7. Serve the chicken over a bed of quinoa pilaf, garnished with fresh parsley.

TIPS:

- You can substitute quinoa with brown rice or farro if preferred.
- For extra crunch, add toasted seeds or nuts on top of the quinoa before serving.

CHAPTER 6. FISH AND SEAFOOD RECIPES

1. Oven-Baked Salmon with Lemon, Dill, and Roasted Asparagus

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 24 oz [680 g] salmon fillets
- 12 oz [340 g] asparagus, trimmed
- 8 oz [227 g] cherry tomatoes, halved
- 1 medium zucchini, sliced
- 1 medium red bell pepper, sliced
- 2 tbsp olive oil
- Zest and juice of 1 lemon
- 2 tbsp fresh dill, chopped
- Salt and pepper to taste
- 1 tsp garlic powder
- 1 tbsp fresh parsley, chopped (for garnish)

NUTRITIONAL VALUES: Calories: 360 kcal | Fat: 20 g | Protein: 34 g | Carbs: 12 g | Net carbs: 10 g | Fiber: 3 g | Cholesterol: 90 mg | Sodium: 250 mg | Potassium: 900 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. In a baking dish, arrange the salmon fillets, asparagus, cherry tomatoes, zucchini, and red bell pepper.
3. Drizzle olive oil over the salmon and vegetables.
4. In a small bowl, mix lemon juice, lemon zest, dill, garlic powder, salt, and pepper. Pour the mixture over the salmon.
5. Bake for 20 minutes or until the salmon is cooked through and flakes easily with a fork.
6. Serve hot, garnished with fresh parsley.

TIPS:

- Choose wild-caught salmon for higher omega-3 content.
- Ensure vegetables are tender yet crisp for the best texture.

2. Steamed Mackerel with Ginger, Garlic, and Wilted Spinach

Serving: 4 Preparation time: 10 minutes Cooking time: 15 minutes

INGREDIENTS:

- 24 oz [680 g] mackerel fillets
- 4 oz [113 g] fresh spinach, chopped
- 1 medium carrot, julienned
- 1 red bell pepper, sliced
- 2 tbsp garlic-infused olive oil
- 1 tbsp fresh ginger, grated
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 tbsp lemon juice
- 1 tbsp sesame seeds (for garnish)

NUTRITIONAL VALUES: Calories: 340 kcal | Fat: 22 g | Protein: 26 g | Carbs: 6 g | Net carbs: 4 g | Fiber: 2 g | Cholesterol: 85 mg | Sodium: 200 mg | Potassium: 750 mg

DIRECTIONS:

1. In a steamer basket, place mackerel fillets.
2. In a small bowl, mix garlic-infused olive oil, grated ginger, minced garlic, salt, and pepper. Rub the mixture over the mackerel.
3. Steam mackerel for 10-12 minutes until cooked through.
4. Meanwhile, in a non-stick skillet, wilt spinach with carrot and red bell pepper over medium heat until tender, about 3-4 minutes. Add lemon juice and mix well.
5. Serve the mackerel over wilted spinach and vegetables, garnished with sesame seeds.

TIPS:

- Adjust steaming time based on fillet thickness for optimal doneness.
- Serve with a side of brown rice for additional fiber.

3. Roasted Cod with Cherry Tomatoes, Basil, and Olive Oil

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 24 oz [680 g] cod fillets
- 8 oz [227 g] cherry tomatoes, halved
- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- 1 medium red onion, sliced
- 2 tbsp olive oil
- 2 tbsp fresh basil, chopped
- Zest and juice of 1 lemon
- Salt and pepper to taste
- 1 tsp dried oregano
- 1 tbsp balsamic vinegar

NUTRITIONAL VALUES: Calories: 300 kcal | Fat: 10 g | Protein: 36 g | Carbs: 12 g | Net carbs: 9 g | Fiber: 3 g | Cholesterol: 80 mg | Sodium: 180 mg | Potassium: 700 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. In a baking dish, place cod fillets and cherry tomatoes, zucchini, yellow squash, and red onion.
3. Drizzle with olive oil and balsamic vinegar.
4. Sprinkle with lemon zest, lemon juice, basil, oregano, salt, and pepper.
5. Roast for 20 minutes or until cod flakes easily with a fork and vegetables are tender.
6. Serve hot with a side of steamed broccoli or brown rice.

TIPS:

- Balsamic vinegar adds a sweet and tangy flavor that complements the fish.
- Experiment with other herbs like thyme or parsley for variety.

4. Oven-Baked Sardines with Fresh Herbs, Lemon, Zucchini

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 24 oz [680 g] fresh sardines, cleaned
- 2 medium zucchini [about 8 oz / 227 g], sliced
- 1 medium red onion [about 8 oz / 227 g], sliced
- 1 medium yellow bell pepper [about 6 oz / 170 g], sliced
- 1 medium green bell pepper [about 6 oz / 170 g], sliced
- 2 tbsp olive oil
- Zest and juice of 1 lemon
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh dill, chopped
- Salt and pepper to taste
- 1 tsp garlic powder
- 1 tbsp balsamic vinegar

NUTRITIONAL VALUES: Calories: 330 kcal | Fat: 18 g | Protein: 30 g | Carbs: 11 g | Net carbs: 9 g | Fiber: 3 g | Cholesterol: 70 mg | Sodium: 180 mg | Potassium: 800 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. In a baking dish, arrange sardines, zucchini, red onion, and bell peppers.
3. Drizzle with olive oil and balsamic vinegar.
4. In a small bowl, mix lemon zest, lemon juice, parsley, dill, garlic powder, salt, and pepper. Pour this mixture over the sardines and vegetables.
5. Bake for 20 minutes or until sardines are cooked through and the vegetables are tender.
6. Serve hot, garnished with additional fresh herbs if desired.

TIPS:

- Mixing different bell peppers adds color and sweetness to the dish.

5. Stewed Tuna with Sweet Potatoes, Kale, and Turmeric

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 24 oz [680 g] canned tuna in water, drained
- 12 oz [340 g] sweet potatoes, diced
- 4 oz [113 g] kale, chopped
- 1 medium carrot [about 4 oz / 113 g], diced
- 8 oz [227 g] green beans, trimmed and cut into pieces
- 1 medium yellow onion [about 8 oz / 227 g], diced
- 2 tbsp olive oil
- 16 oz [480 ml] low-sodium vegetable broth
- 1 tbsp fresh ginger, grated
- 1 tsp turmeric powder
- Salt and pepper to taste
- 1 tbsp lemon juice

DIRECTIONS:

1. In a large pot, heat olive oil over medium heat. Add diced onion and carrot; sauté until softened, about 5 minutes.
2. Add diced sweet potatoes, green beans, ginger, turmeric, and vegetable broth; bring to a boil.
3. Reduce heat and simmer for 10 minutes, or until sweet potatoes are tender.
4. Stir in kale and tuna; cook for an additional 5 minutes until heated through.
5. Season with salt, pepper, and lemon juice before serving.

TIPS:

- Green beans provide crunch and additional nutrients, enhancing the dish's overall health benefits.

NUTRITIONAL VALUES: Calories: 310 kcal | Fat: 10 g | Protein: 30 g | Carbs: 25 g | Net carbs: 22 g | Fiber: 5 g | Cholesterol: 60 mg | Sodium: 210 mg | Potassium: 850 mg

6. Roasted Herring with Red Peppers, Onions and Thyme

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 24 oz [680 g] herring fillets, cleaned
- 2 medium red bell peppers [about 6 oz / 170 g each], sliced
- 1 medium yellow onion [about 8 oz / 227 g], sliced
- 8 oz [227 g] broccoli florets
- 2 tbsp olive oil
- 2 tbsp fresh thyme, chopped
- Zest and juice of 1 lemon
- Salt and pepper to taste
- 1 tsp smoked paprika

NUTRITIONAL VALUES: Calories: 340 kcal | Fat: 22 g | Protein: 26 g | Carbs: 12 g | Net carbs: 9 g | Fiber: 3 g | Cholesterol: 85 mg | Sodium: 190 mg | Potassium: 600 mg

DIRECTIONS:

1. Preheat the oven to 425°F [220°C].
2. In a baking dish, arrange herring fillets, red bell peppers, onions, and broccoli florets.
3. Drizzle with olive oil and sprinkle with smoked paprika, thyme, salt, and pepper.
4. Squeeze lemon juice and add lemon zest over the top.
5. Roast for 20 minutes or until herring is cooked through and vegetables are tender.
6. Serve hot, drizzled with additional olive oil if desired.

TIPS:

- Broccoli adds fiber and vitamin C, complementing the rich flavor of herring.

7. Steamed Salmon with Broccoli, Quinoa, and Citrus Vinaigrette

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 24 oz (680 g) salmon fillets
- 12 oz (340 g) broccoli florets
- 8 oz (227 g) quinoa, rinsed
- 16 oz (480 ml) low-sodium vegetable broth (or water)
- 4 oz (113 g) carrots, sliced
- 4 oz (113 g) zucchini, diced
- 2 oz (60 g) fresh spinach, chopped
- 4 tbsp olive oil
- Zest and juice of 1 orange
- Zest and juice of 1 lemon
- 1 tsp honey (optional)
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste

NUTRITIONAL VALUES: Calories: 450 kcal | Fat: 22 g | Protein: 40 g | Carbs: 25 g | Net carbs: 23 g | Fiber: 5 g | Cholesterol: 70 mg | Sodium: 150 mg | Potassium: 950 mg

DIRECTIONS:

1. In a saucepan, bring vegetable broth to a boil. Add quinoa, cover, and reduce heat to low. Cook for 15 minutes or until liquid is absorbed. Fluff with a fork.
2. While quinoa is cooking, steam salmon, broccoli, carrots, zucchini, and spinach over boiling water for about 10 minutes or until the salmon flakes easily with a fork and vegetables are tender but still vibrant.
3. In a small bowl, whisk together olive oil, orange juice, lemon juice, honey (if using), zest of orange and lemon, parsley, salt, and pepper.
4. Serve the salmon and vegetables over a bed of quinoa, drizzling with citrus vinaigrette.

TIPS:

- Make sure to rinse quinoa before cooking to remove any bitterness.

8. Oven-Roasted Anchovies with Cherry Tomatoes and Garlic

Serving: 4 Preparation time: 10 minutes Cooking time: 15 minutes

INGREDIENTS:

- 24 oz (680 g) fresh anchovies, cleaned
- 8 oz (227 g) cherry tomatoes, halved
- 8 oz (227 g) red bell peppers, sliced
- 4 oz (113 g) zucchini, sliced
- 4 cloves garlic, thinly sliced
- 4 tbsp olive oil
- 2 tbsp fresh basil, chopped
- Zest and juice of 1 lemon
- Salt and pepper to taste

NUTRITIONAL VALUES: Calories: 320 kcal | Fat: 18 g | Protein: 30 g | Carbs: 10 g | Net carbs: 8 g | Fiber: 3 g | Cholesterol: 70 mg | Sodium: 250 mg | Potassium: 600 mg

DIRECTIONS:

1. Preheat the oven to 425°F (220°C).
2. In a baking dish, arrange the cleaned anchovies and scatter cherry tomatoes, bell peppers, zucchini, and garlic around them.
3. Drizzle with olive oil, and season with lemon zest, lemon juice, salt, and pepper. Toss gently to combine.
4. Roast in the oven for 15 minutes or until the anchovies are cooked through and vegetables are tender.
5. Garnish with fresh basil before serving.

TIPS:

- Ensure anchovies are cleaned properly for the best flavor.

9. Steamed Cod with Asparagus, Ginger, and Sesame-Lemon Dressing

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 24 oz [680 g] cod fillets
- 12 oz [340 g] asparagus, trimmed
- 4 oz [113 g] carrots, julienned
- 4 oz [113 g] snap peas, trimmed
- 2 tbsp fresh ginger, grated
- 4 tbsp low-sodium soy sauce [or tamari for gluten-free]
- 2 tbsp sesame oil
- Zest and juice of 1 lemon
- 2 tsp sesame seeds
- Salt and pepper to taste

NUTRITIONAL VALUES: Calories: 340 kcal | Fat: 16 g | Protein: 32 g | Carbs: 10 g | Net carbs: 8 g | Fiber: 4 g | Cholesterol: 70 mg | Sodium: 220 mg | Potassium: 800 mg

DIRECTIONS:

1. Steam the cod fillets, asparagus, carrots, and snap peas together for about 12 minutes or until the fish flakes easily and vegetables are tender but crisp.
2. In a small bowl, mix grated ginger, soy sauce, sesame oil, lemon zest, lemon juice, and sesame seeds.
3. Drizzle the sesame-lemon dressing over the cod and vegetables before serving.

TIPS:

- Adjust the amount of ginger based on your preference for flavor intensity.

10. Baked Mackerel with Rosemary, Zucchini, and Pumpkin Seeds

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 24 oz [680 g] mackerel fillets, cleaned
- 8 oz [227 g] zucchini, sliced
- 4 oz [113 g] red bell pepper, sliced
- 4 oz [113 g] yellow squash, sliced
- 2 oz [57 g] pumpkin seeds [pepitas]
- 4 tbsp olive oil
- 2 tbsp fresh rosemary, chopped
- Zest and juice of 1 lemon
- 2 cloves garlic, minced
- Salt and pepper to taste

NUTRITIONAL VALUES: Calories: 400 kcal | Fat: 28 g | Protein: 35 g | Carbs: 10 g | Net carbs: 8 g | Fiber: 2 g | Cholesterol: 90 mg | Sodium: 180 mg | Potassium: 800 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. In a large mixing bowl, combine zucchini, red bell pepper, yellow squash, pumpkin seeds, olive oil, rosemary, lemon zest, garlic, salt, and pepper. Toss until the vegetables are well coated.
3. Place the seasoned vegetables in a single layer on a baking sheet.
4. Lay the mackerel fillets on top of the vegetables. Drizzle with additional olive oil and lemon juice, and season with salt and pepper.
5. Bake in the preheated oven for 15-20 minutes, or until the mackerel is cooked through and flakes easily with a fork, and the vegetables are tender.
6. Serve immediately, garnished with extra rosemary if desired.

TIPS:

- Ensure that the mackerel is fresh for the best flavor and nutritional benefits.

CHAPTER 7. APPETIZERS

1. Oven-Roasted Eggplant Bites with Tahini and Pomegranate Seeds

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 16 oz [454 g] eggplant, cut into bite-sized cubes
- 3 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste
- 4 tbsp tahini
- 2 tbsp lemon juice
- 2 oz [57 g] pomegranate seeds
- 1 tbsp fresh parsley, chopped [for garnish]

NUTRITIONAL VALUES: Calories: 250 kcal | Fat: 18 g | Protein: 6 g | Carbs: 20 g | Net carbs: 16 g | Fiber: 4 g | Cholesterol: 0 mg | Sodium: 220 mg | Potassium: 650 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. In a large bowl, toss the eggplant cubes with olive oil, garlic powder, salt, and pepper until evenly coated.
3. Spread the eggplant on a baking sheet in a single layer.
4. Roast for 20 minutes, turning halfway through, until golden and tender.
5. In a small bowl, whisk together tahini and lemon juice until smooth.
6. Serve roasted eggplant drizzled with tahini and topped with pomegranate seeds and parsley.

TIPS:

- Allow the eggplant to cool slightly before serving for enhanced flavor.

2. Steamed Zucchini Rolls with Avocado and Fresh Herbs

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 2 medium zucchinis, thinly sliced lengthwise
- 1 ripe avocado, mashed
- 2 oz [57 g] fresh basil leaves, chopped
- 1 oz [28 g] fresh mint leaves, chopped
- 1 tbsp lemon juice
- Salt and pepper to taste
- 2 oz [57 g] cherry tomatoes, quartered [for garnish]

NUTRITIONAL VALUES: Calories: 180 kcal | Fat: 14 g | Protein: 3 g | Carbs: 12 g | Net carbs: 10 g | Fiber: 3 g | Cholesterol: 0 mg | Sodium: 50 mg | Potassium: 550 mg

DIRECTIONS:

1. Steam zucchini slices for 5–7 minutes until slightly tender but still firm.
2. In a bowl, mix mashed avocado, chopped basil, mint, lemon juice, salt, and pepper until well combined.
3. Once cooled, spread about 1 tablespoon of the avocado mixture onto each zucchini slice.
4. Roll up each slice and secure with a toothpick if needed.
5. Garnish with cherry tomatoes before serving.

TIPS:

- Choose firm zucchinis for easier rolling.

3. Baked Sweet Potato Wedges with Turmeric and Hemp Seed Dip

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 16 oz [454 g] sweet potatoes, cut into wedges
- 2 tbsp olive oil
- 1 tsp ground turmeric
- Salt and pepper to taste
- 2 oz [57 g] hemp seeds
- 2 tbsp lemon juice
- 1 tbsp water [more if needed]
- 1 tbsp fresh chives, chopped [for garnish]

NUTRITIONAL VALUES: Calories: 300 kcal | Fat: 18 g | Protein: 8 g | Carbs: 32 g | Net carbs: 30 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 200 mg | Potassium: 750 mg

DIRECTIONS:

1. Preheat the oven to 425°F [220°C].
2. In a bowl, toss sweet potato wedges with olive oil, turmeric, salt, and pepper until well coated.
3. Arrange the wedges on a baking sheet in a single layer.
4. Bake for 20 minutes, flipping halfway through, until golden and crispy.
5. Meanwhile, in a blender, combine hemp seeds, lemon juice, water, salt, and pepper. Blend until smooth, adding more water if necessary to achieve desired consistency.
6. Serve sweet potato wedges with hemp seed dip, garnished with chives.

TIPS:

- Adjust the thickness of the dip by adding more water as needed.

4. Steamed Asparagus Spears with Lemon-Garlic Olive Oil Drizzle

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 10 minutes

INGREDIENTS:

- 16 oz [454 g] fresh asparagus spears, trimmed
- 3 tbsp olive oil
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- Zest of 1 lemon
- Salt and pepper to taste
- 1 oz [28 g] toasted pine nuts [optional, for garnish]

NUTRITIONAL VALUES: Calories: 180 kcal | Fat: 16 g | Protein: 4 g | Carbs: 9 g | Net carbs: 8 g | Fiber: 4 g | Cholesterol: 0 mg | Sodium: 100 mg | Potassium: 420 mg

DIRECTIONS:

1. In a steamer basket, steam asparagus for about 6-8 minutes until tender but still crisp.
2. While asparagus is steaming, heat olive oil in a small saucepan over low heat. Add minced garlic and sauté for 1-2 minutes until fragrant [do not brown].
3. Remove the saucepan from heat and stir in lemon juice and lemon zest. Season with salt and pepper to taste.
4. Once asparagus is cooked, arrange on a serving platter and drizzle with the lemon-garlic olive oil.
5. Garnish with toasted pine nuts if using.

TIPS:

- Ensure asparagus is fresh and vibrant for the best flavor.

5. Roasted Red Pepper and Cauliflower Hummus with Cucumber Slices

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 8 oz [227 g] cauliflower florets
- 1 jar [12 oz / 340 g] roasted red peppers, drained
- 3 tbsp tahini
- 2 tbsp lemon juice
- 1 clove garlic, minced
- Salt to taste
- 8 oz [227 g] cucumber, sliced [for serving]

NUTRITIONAL VALUES: Calories: 220 kcal | Fat: 14 g | Protein: 5 g | Carbs: 19 g | Net carbs: 15 g | Fiber: 4 g | Cholesterol: 0 mg | Sodium: 150 mg | Potassium: 450 mg

DIRECTIONS:

1. Preheat the oven to 400°F [200°C].
2. Place cauliflower florets on a baking sheet and roast for 15-20 minutes until tender and slightly golden.
3. In a food processor, combine roasted cauliflower, roasted red peppers, tahini, lemon juice, minced garlic, and salt. Blend until smooth.
4. Adjust seasoning if needed.
5. Serve hummus with cucumber slices for dipping.

TIPS:

- You can add a splash of water to the hummus if it's too thick.

6. Oven-Baked Broccoli Fritters with Almond Flour and Lemon Zest

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 8 oz [227 g] broccoli florets, finely chopped
- 1 large egg
- 3 oz [85 g] almond flour [gluten-free]
- 2 tbsp nutritional yeast [optional]
- 1 tbsp lemon zest
- Salt and pepper to taste
- 1 tbsp olive oil [for greasing]

NUTRITIONAL VALUES: Calories: 190 kcal | Fat: 14 g | Protein: 8 g | Carbs: 9 g | Net carbs: 6 g | Fiber: 3 g | Cholesterol: 70 mg | Sodium: 200 mg | Potassium: 450 mg

DIRECTIONS:

1. Preheat the oven to 425°F [220°C] and line a baking sheet with parchment paper.
2. In a bowl, combine chopped broccoli, egg, almond flour, nutritional yeast, lemon zest, salt, and pepper. Mix until well combined.
3. Scoop tablespoon-sized portions of the mixture onto the prepared baking sheet, flattening slightly to form fritters.
4. Lightly grease the fritters with olive oil.
5. Bake for 15-20 minutes, flipping halfway through, until golden brown.

TIPS:

- For extra flavor, add herbs like parsley or dill to the fritter mixture.

CHAPTER 8. DESSERTS

1. Baked Apples with Cinnamon, Walnuts, and Maple Drizzle

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 4 medium apples, cored
- 4 oz [113 g] walnuts, chopped
- 1.8 oz [50 g] dried cranberries [unsweetened]
- 1 tsp ground cinnamon
- 1/2 tsp nutmeg
- 2 tbsp maple syrup [sugar-free]
- 1 tbsp coconut oil, melted
- 2.1 oz [60 ml] water
- 1 tbsp lemon juice

NUTRITIONAL VALUES: Calories: 230 kcal | Fat: 12 g | Protein: 3 g | Carbs: 30 g | Net carbs: 26 g | Fiber: 4 g | Cholesterol: 0 mg | Sodium: 2 mg | Potassium: 300 mg

DIRECTIONS:

1. Preheat the oven to 350°F [175°C].
2. In a bowl, mix chopped walnuts, dried cranberries, ground cinnamon, nutmeg, and melted coconut oil.
3. Stuff each apple with the walnut mixture, pressing gently to fill. Drizzle lemon juice over the stuffed apples to enhance flavor.
4. Place the apples in a baking dish and pour water into the bottom of the dish to create steam.
5. Bake for 20 minutes, or until the apples are tender.
6. Drizzle maple syrup over the baked apples before serving.

TIPS:

- Choose firm apples like Honeycrisp or Granny Smith for better baking results.

2. Steamed Pears with Ginger and Turmeric Coconut Sauce

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 4 ripe pears, halved and cored
- 2.1 oz [60 ml] almond milk [unsweetened]
- 3.4 oz [100 ml] coconut milk [light]
- 1 tsp fresh ginger, grated
- 1 tsp ground turmeric
- 1 tbsp maple syrup [sugar-free]
- 1/2 tsp vanilla extract
- 1/2 tsp cardamom [optional]
- 1/4 oz [7 g] chia seeds

NUTRITIONAL VALUES: Calories: 180 kcal | Fat: 7 g | Protein: 3 g | Carbs: 30 g | Net carbs: 26 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 10 mg | Potassium: 280 mg

DIRECTIONS:

1. Place pear halves in a steamer basket over boiling water and steam for about 10 minutes until tender.
2. Meanwhile, in a small saucepan, combine almond milk, coconut milk, grated ginger, ground turmeric, maple syrup, vanilla extract, and cardamom.
3. Heat the sauce over low heat, stirring until warmed through [about 3-5 minutes].
4. Stir in chia seeds for added texture and nutrition.
5. Serve the steamed pears drizzled with the ginger and turmeric coconut sauce.

TIPS:

- Ensure pears are ripe for easier steaming and better flavor.

3. Oven-Roasted Blueberry and Oat Crumble with Almond Flour

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 10.6 oz [300 g] fresh blueberries
- 3.2 oz [90 g] rolled oats [gluten-free]
- 3.5 oz [100 g] almond flour
- 2.1 oz [60 ml] maple syrup [sugar-free]
- 2 tbsp coconut oil, melted
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1 oz [30 g] sliced almonds
- 1 oz [30 g] unsweetened shredded coconut
- 1/4 tsp sea salt

NUTRITIONAL VALUES: Calories: 250 kcal | Fat: 14 g | Protein: 6 g | Carbs: 32 g | Net carbs: 28 g | Fiber: 6 g | Cholesterol: 0 mg | Sodium: 5 mg | Potassium: 200 mg

DIRECTIONS:

1. Preheat the oven to 350°F [175°C] and lightly grease an 8-inch baking dish.
2. In a bowl, combine rolled oats, almond flour, sliced almonds, shredded coconut, melted coconut oil, maple syrup, ground cinnamon, vanilla extract, and sea salt. Mix until crumbly.
3. Spread blueberries evenly in the prepared baking dish, then top with the oat crumble mixture.
4. Bake for 20 minutes, or until the top is golden brown and blueberries are bubbling.
5. Allow to cool slightly before serving.

TIPS:

- For extra flavor, add a handful of chopped walnuts or pecans to the crumble mixture.

4. Chia Seed Pudding with Almond Milk and Fresh Berries

Serving: 4 Preparation time: 10 minutes Cooking time: 20 minutes

INGREDIENTS:

- 4 oz [113 g] chia seeds
- 16 oz [480 ml] unsweetened almond milk
- 1.5 oz [42 g] maple syrup [sugar-free]
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 6 oz [170 g] mixed fresh berries [strawberries, blueberries, raspberries]
- 2 oz [57 g] sliced almonds [optional, for topping]
- 2 oz [57 g] unsweetened coconut yogurt [for creaminess]
- 1 oz [30 g] pumpkin seeds [for crunch and nutrition]
- Fresh mint leaves for garnish [optional]

DIRECTIONS:

1. In a bowl, whisk together chia seeds, almond milk, maple syrup, vanilla extract, ground cinnamon, and ground ginger until well combined.
2. Let the mixture sit for about 5 minutes, then whisk again to prevent clumping.
3. Cover the bowl and refrigerate for at least 20 minutes or until the mixture thickens to a pudding-like consistency.
4. Once set, stir the pudding before serving and divide into four bowls.
5. Top each bowl with fresh berries, sliced almonds, a dollop of coconut yogurt, pumpkin seeds, and mint leaves if desired.

TIPS:

- Adjust sweetness by adding more or less maple syrup according to taste.
- You can use any combination of berries for variety.

NUTRITIONAL VALUES: Calories: 220 kcal | Fat: 11 g | Protein: 8 g | Carbs: 29 g | Net carbs: 24 g | Fiber: 12 g | Cholesterol: 0 mg | Sodium: 60 mg | Potassium: 480 mg

5. Coconut Flour and Banana Muffins with Walnuts

Serving: 12 muffins

Preparation time: 10 minutes

Cooking time: 20 minutes

INGREDIENTS:

- 4 oz [113 g] coconut flour
- 1 ripe banana, mashed [about 4.4 oz or 125 g]
- 4 large eggs
- 4 oz [113 g] unsweetened applesauce
- 2 oz [57 g] walnuts, chopped
- 1.5 oz [42 g] maple syrup [sugar-free]
- 1 tsp baking powder [gluten-free]
- 1/2 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 2 oz [57 g] unsweetened shredded coconut [optional]
- 1 oz [30 g] ground flaxseeds [for added fiber]
- 1 oz [30 g] dried cranberries or raisins [sugar-free, for natural sweetness]
- 1/2 tsp ground nutmeg [for extra flavor]

DIRECTIONS:

1. Preheat the oven to 350°F [175°C] and line a muffin tin with paper liners.
2. In a large bowl, mix together coconut flour, baking powder, baking soda, sea salt, ground flaxseeds, and ground nutmeg.
3. In another bowl, combine mashed banana, eggs, applesauce, maple syrup, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and mix until well combined.
5. Fold in chopped walnuts, shredded coconut if using, and dried cranberries or raisins.
6. Fill each muffin cup about 3/4 full with batter.
7. Bake for 20 minutes or until a toothpick inserted into the center comes out clean.
8. Let cool before serving.

TIPS:

- Store leftovers in an airtight container for up to three days.
- These muffins freeze well for longer storage.

NUTRITIONAL VALUES: Calories: 180 kcal | Fat: 10 g | Protein: 6 g | Carbs: 17 g | Net carbs: 12 g | Fiber: 6 g | Cholesterol: 60 mg | Sodium: 150 mg | Potassium: 200 mg

6. Steamed Sweet Potato and Cinnamon Pudding with Coconut Cream

Serving: 4

Preparation time: 10 minutes

Cooking time: 15 minutes

INGREDIENTS:

- 16 oz [450 g] sweet potatoes, peeled and cubed
- 4 oz [113 g] coconut cream [light]
- 2 oz [57 g] maple syrup [sugar-free]
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1/2 tsp ground turmeric [for anti-inflammatory properties]
- Pinch of sea salt
- 1 oz [30 g] walnuts, chopped [for garnish]
- 1 oz [30 g] dried apricots, chopped [optional for sweetness]
- Fresh coconut flakes for garnish [optional]
- 1/4 cup [60 ml] unsweetened almond milk [to adjust consistency]

DIRECTIONS:

1. In a steamer basket, steam the sweet potato cubes for about 15 minutes or until tender.
2. Once cooked, transfer the sweet potatoes to a bowl and mash until smooth.
3. Stir in coconut cream, maple syrup, ground cinnamon, vanilla extract, ground turmeric, almond milk, and a pinch of sea salt until well combined.
4. Divide the pudding into four bowls and garnish with chopped walnuts, dried apricots, and fresh coconut flakes before serving.

TIPS:

- Adjust sweetness by adding more maple syrup if desired.
- This pudding can also be served warm or chilled.

NUTRITIONAL VALUES: Calories: 230 kcal | Fat: 10 g | Protein: 2 g | Carbs: 36 g | Net carbs: 32 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 40 mg | Potassium: 450 mg

7. Oven-Baked Quinoa and Dark Chocolate Brownies

Serving: 12 **Preparation time:** 10 minutes **Cooking time:** 20 minutes

INGREDIENTS:

- 8 oz [227 g] cooked quinoa
- 4 oz [113 g] unsweetened dark chocolate [70% cacao or higher], melted
- 2 oz [57 g] coconut oil, melted
- 2 large eggs
- 4 oz [113 g] maple syrup [sugar-free]
- 1/2 tsp vanilla extract
- 1/2 tsp baking powder [gluten-free]
- 1/4 tsp sea salt
- 2 oz [57 g] unsweetened cocoa powder
- 2 oz [57 g] chopped walnuts or pecans [optional for crunch]
- 1 oz [30 g] chia seeds [for added texture and nutrition]
- 2 oz [57 g] shredded unsweetened coconut [optional for extra flavor]
- 1 oz [30 g] dried cranberries or goji berries [for natural sweetness and color]
- 1 oz [30 g] almond flour [for added moisture and richness]
- 1 tsp cinnamon [for warmth and flavor]
- 2 oz [57 g] dark chocolate chips [for extra fudginess]

DIRECTIONS:

1. Preheat the oven to 350°F [175°C] and line an 8x8-inch [20x20 cm] baking pan with parchment paper.
2. In a large bowl, combine cooked quinoa, melted dark chocolate, and melted coconut oil, mixing until smooth.
3. Add eggs, maple syrup, and vanilla extract, stirring until well combined.
4. In another bowl, whisk together baking powder, sea salt, cocoa powder, almond flour, chia seeds, and cinnamon.
5. Gradually add the dry ingredients to the wet mixture, stirring until just combined.
6. Fold in chopped walnuts or pecans, shredded coconut, dried cranberries or goji berries, and dark chocolate chips.
7. Pour the batter into the prepared baking pan and spread evenly.
8. Bake for 20 minutes or until a toothpick inserted in the center comes out clean.
9. Let cool in the pan before cutting into squares.

TIPS:

- Store brownies in an airtight container for up to five days.
- You can serve these brownies warm or chilled, topped with fresh berries or a sprinkle of powdered erythritol for added sweetness.

NUTRITIONAL VALUES: Calories: 190 kcal | Fat: 12 g | Protein: 5 g | Carbs: 18 g | Net carbs: 15 g | Fiber: 4 g | Cholesterol: 30 mg | Sodium: 80 mg | Potassium: 160 mg

8. Baked Peaches with Honey and Hemp Seed Topping

Serving: 4 **Preparation time:** 10 minutes **Cooking time:** 15 minutes

INGREDIENTS:

- 4 medium peaches, halved and pitted [about 12 oz or 340 g total]
- 2 oz [57 g] raw honey [or sugar-free syrup]
- 1 oz [30 g] hemp seeds [for added protein and omega-3s]
- 1 oz [30 g] rolled oats [gluten-free]
- 2 oz [57 g] unsweetened almond butter [for creaminess]
- 1 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1/4 tsp sea salt
- 2 oz [57 g] chopped pecans or almonds [optional for crunch]
- 2 oz [57 g] chopped fresh mint leaves [for garnish]
- 2 oz [57 g] Greek yogurt [for creaminess and protein]
- 1 oz [30 g] sunflower seeds [for added texture and crunch]
- 1 oz [30 g] shredded unsweetened coconut [optional for flavor]
- 1 oz [30 g] finely chopped fresh basil or thyme [for an herbal twist]

DIRECTIONS:

1. Preheat the oven to 375°F [190°C].
2. Place the halved peaches in a baking dish, cut side up.
3. In a small bowl, combine honey, hemp seeds, rolled oats, almond butter, ground cinnamon, vanilla extract, and sea salt until well mixed.
4. Spoon the topping evenly over the peach halves.
5. If using, sprinkle chopped pecans or almonds, sunflower seeds, and shredded coconut on top of each peach.
6. Bake in the preheated oven for 15 minutes or until the peaches are tender and the topping is golden brown.
7. Serve warm, garnished with fresh mint leaves and a dollop of Greek yogurt.

TIPS:

- These baked peaches can be served on their own or with a dollop of unsweetened coconut yogurt for extra creaminess.
- Adjust sweetness by using more or less honey according to taste.

NUTRITIONAL VALUES: Calories: 220 kcal | Fat: 11 g | Protein: 6 g | Carbs: 30 g | Net carbs: 25 g | Fiber: 5 g | Cholesterol: 0 mg | Sodium: 50 mg | Potassium: 280 mg

2-WEEK MEAL PLAN

Week 1

DAY	BREAKFAST	LUNCH	SNACK	DINNER
Monday	Savory Vegetable Egg Muffins with Zucchini and Bell Peppers	Oven-Baked Lemon-Herb Chicken with Roasted Brussels Sprouts and Sweet Potatoes	Oven-Roasted Brussels Sprouts and Pomegranate Salad with Almonds and Hemp Seeds	Stewed Chicken with Butternut Squash, Kale, and Garlic-Infused Olive Oil
Tuesday	Steamed Spinach and Mushroom Frittata with Fresh Herbs	Steamed Chicken Breast with Quinoa, Spinach, and Turmeric Vinaigrette	Steamed Kale and Quinoa Salad with Lemon-Tahini Dressing and Avocado	Roasted Herring with Red Peppers, Onions, and Thyme
Wednesday	Baked Sweet Potato and Zucchini Breakfast Skillet	Roasted Chicken Thighs with Carrots, Zucchini, and Ginger-Orange Glaze	Roasted Zucchini and Cherry Tomato Salad with Basil, Pine Nuts, and Olives	Steamed Salmon with Broccoli, Quinoa, and Citrus Vinaigrette
Thursday	Quinoa Porridge with Stewed Apples and Cinnamon	Oven-Baked Chicken with Rosemary, Red Bell Peppers, and Quinoa Pilaf	Warm Sweet Potato and Spinach Salad with Turmeric Vinaigrette and Pumpkin Seeds	Steamed Mackerel with Ginger, Garlic, and Wilted Spinach
Friday	Turmeric-Spiced Baked Eggs with Roasted Red Peppers	Oven-Baked Salmon with Lemon, Dill, and Roasted Asparagus	Steamed Broccoli and Avocado Salad with Pumpkin Seeds, Citrus Dressing, and Cucumber	Roasted Cod with Cherry Tomatoes, Basil, and Olive Oil
Saturday	Steamed Broccoli and Avocado Toast with Lemon Drizzle	Stewed Tuna with Sweet Potatoes, Kale, and Turmeric	Oven-Baked Broccoli Fritters with Almond Flour and Lemon Zest	Oven-Roasted Anchovies with Cherry Tomatoes and Garlic
Sunday	Oven-Roasted Butternut Squash with Thyme and Poached Egg	Oven-Baked Sardines with Fresh Herbs, Lemon, and Zucchini	Baked Sweet Potato Wedges with Turmeric and Hemp Seed Dip	Steamed Cod with Asparagus, Ginger, and Sesame-Lemon Dressing

Week 2

DAY	BREAKFAST	LUNCH	SNACK	DINNER
Monday	Savory Vegetable Egg Muffins with Zucchini and Bell Peppers	Oven-Baked Lemon-Herb Chicken with Roasted Brussels Sprouts and Sweet Potatoes	Steamed Asparagus Spears with Lemon-Garlic Olive Oil Drizzle	Roasted Carrot and Ginger Soup with Turmeric and Coconut Milk
Tuesday	Steamed Spinach and Mushroom Frittata with Fresh Herbs	Roasted Chicken Thighs with Carrots, Zucchini, and Ginger-Orange Glaze	Roasted Carrot and Arugula Salad with Walnuts, Ginger Dressing, and Radishes	Steamed Zucchini and Leek Soup with Fresh Dill and Avocado
Wednesday	Baked Sweet Potato and Zucchini Breakfast Skillet	Steamed Chicken Breast with Quinoa, Spinach, and Turmeric Vinaigrette	Oven-Roasted Eggplant Bites with Tahini and Pomegranate Seeds	Oven-Roasted Butternut Squash Soup with Sage and Pumpkin Seeds
Thursday	Quinoa Porridge with Stewed Apples and Cinnamon	Oven-Baked Salmon with Lemon, Dill, and Roasted Asparagus	Roasted Red Pepper and Cauliflower Hummus with Cucumber Slices	Turmeric-Spiced Cauliflower and Red Lentil Stew
Friday	Turmeric-Spiced Baked Eggs with Roasted Red Peppers	Stewed Tuna with Sweet Potatoes, Kale, and Turmeric	Steamed Zucchini Rolls with Avocado and Fresh Herbs	Steamed Broccoli and Spinach Soup with Lemon and Hemp Seeds
Saturday	Steamed Broccoli and Avocado Toast with Lemon Drizzle	Oven-Baked Chicken with Rosemary, Red Bell Peppers, and Quinoa Pilaf	Baked Sweet Potato Wedges with Turmeric and Hemp Seed Dip	Steamed Salmon with Broccoli, Quinoa, and Citrus Vinaigrette
Sunday	Oven-Roasted Butternut Squash with Thyme and Poached Egg	Oven-Baked Sardines with Fresh Herbs, Lemon, and Zucchini	Warm Sweet Potato and Spinach Salad with Turmeric Vinaigrette and Pumpkin Seeds	Roasted Cod with Cherry Tomatoes, Basil, and Olive Oil

NOTES:

- **Hydration:** Encourage drinking plenty of water throughout the day. Herbal teas or anti-inflammatory drinks [like ginger or turmeric tea] can also be beneficial.
- **Portion Control:** Adjust portion sizes according to individual dietary needs and preferences.
- **Preparation:** Many of these meals can be prepped in advance to save time during the week.

A BALANCED PLATE

FOOD GROUP	RECOMMENDED PORTION	EXAMPLES	NUTRITIONAL BENEFITS	TIPS FOR INCORPORATION
Vegetables	50% of the plate	Leafy greens, carrots, bell peppers, broccoli	Rich in vitamins, minerals, and fiber; low in calories	Aim for a variety of colors; include raw, steamed, or roasted options.
Proteins	25% of the plate	Lean meats, poultry, fish, legumes, tofu	Supports muscle health, repair, and overall bodily function	Choose grilled, baked, or steamed options; consider plant-based proteins for variety.
Whole Grains	25% of the plate	Brown rice, quinoa, whole grain bread, oats	Provides sustained energy, fiber, and essential nutrients	Opt for whole grains instead of refined options; experiment with different grains.
Healthy Fats	1-2 tablespoons	Olive oil, avocado, nuts, seeds	Supports brain health, hormone production, and nutrient absorption	Use healthy fats in cooking or as dressings; add nuts or seeds to salads and snacks.
Dairy or Dairy Alternatives	1 serving	Low-fat yogurt, almond milk, cheese	Provides calcium and vitamin D for bone health	Choose low-fat or fortified options; incorporate into meals or as snacks.
Fruits	1-2 servings per day	Berries, apples, bananas, oranges	High in vitamins, antioxidants, and fiber; aids digestion	Incorporate fruits into breakfast, snacks, or desserts; try to eat whole fruits rather than juices.
Hydration	8-10 cups of water daily	Water, herbal teas, infused water	Essential for hydration, digestion, and overall health	Keep a water bottle nearby; add lemon or herbs for flavor.
Mindful Eating	Focus on portion sizes and pace	Use smaller plates and take time to chew	Enhances digestion, promotes satisfaction, and prevents overeating	Practice eating slowly, savoring each bite, and listening to hunger cues.

Copyright © 2025 By Sophy Harrington. All rights reserved.

This publication, including its contents, is protected by copyright law. No part of this work may be reproduced, distributed, or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without prior written permission from the publisher.

Limitation of Liability / Disclaimer of Warranty:

The publisher and the author of this work are not medical professionals and do not provide medical counseling, treatments, or diagnoses. The contents of this work are provided for informational purposes only. They should not be considered a substitute for professional medical advice. The publisher and the author make no warranties or representations regarding the information's accuracy or completeness. The U.S. Food and Drug Administration has not evaluated the information in this work, and it is not intended to diagnose, treat, cure, or prevent any disease. It is recommended that individuals seek full medical clearance from a licensed physician before initiating any diet or health-related practices. The advice and strategies presented in this work may not be suitable for everyone. The publisher and the author disclaim any responsibility for any adverse effects or consequences resulting from the use, application, or interpretation of the information provided.

Nutritional Information:

The nutritional information provided in this work is based on specific brands, measurements, and ingredients used in the recipes. It is intended for informational purposes only and should not be considered a guarantee of the nutritional value of the reader's prepared recipe. The publisher and the author are not responsible for any damages or losses resulting from reliance on the provided nutritional information.