




















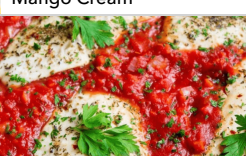

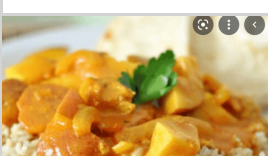

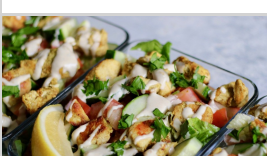


MELBOURNE  
FUNCTIONAL  
MEDICINE

Cardiometabolic Food Plan - Recipes

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Melbourne Functional Medicine

<https://www.melbournefunctionalmedicine.com.au/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chai Pomegranate Oatmeal	 Chocolate Mint Spinach Smoothie	 Protein Pancakes	 Strawberry Peach Kale Smoothie	 Vegetable Egg Scramble		
Snack 1	 Balsamic Roasted Beets	 Roasted Beets with Greens	 Blueberry Flax Muffin in a cup	 Roasted Brussels Sprouts			
Lunch	 Egg White Vegetable Frittata	 Fresh Spinach Quiche Cups	 Purple Cabbage Salad	 Chicken Pomegranate Quinoa Salad	 Cilantro Lime Cauliflower Rice	 Chicken Salad Bowls	 Roasted Root Vegetable Salad
Snack 2	 Fresh Berries with Coconut Mango Cream						
Dinner	 Poached Fish with Fire-Roasted Tomato Sauce	 Greek Lentil Stew	 Coconut Chicken with Brown Rice	 Portobello Veggie Burgers with Goat Cheese - lettuce...	 Chicken Salad Bowls	 Asian Turkey Cabbage Boats	 Mango & Chickpea Kale Salad v2

**Fruits**

- 1 Apple
- 1 Avocado
- 1/4 cup Blood Orange
- 1/4 cup Blueberries
- 2 cups Blueberries
- 1 cup Grapefruit
- 1/2 Green Apple
- 1 Lemon
- 3 2/3 tbsps Lemon Juice
- 3 tbsps Lime Juice
- 3 Tbs Lime Juice
- 1 Mango
- 1/2 cup Pomegranate
- 1 1/2 cups Pomegranate Seeds

**Breakfast**

- 1 tbsp Maple Syrup

**Seeds, Nuts & Spices**

- 1 2/3 tsps Black Pepper
- 1 pinch Black Peppercorns
- 2 tsps Chia Seeds
- 1/8 tsp Chili Flakes
- 3 tsps Cinnamon
- 2 tbsps Cumin
- 1 1/16 tbsps Curry Powder
- 1/2 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1 tbsp Pecans
- 1 1/2 tbsps Sea Salt
- 2 pinches Sea Salt
- 4 pinches Sea Salt & Black Pepper
- 1/4 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds
- 1 tsp Turmeric
- 2 tbsps Walnuts

**Frozen**

- 1 1/3 cups Frozen Mango
- 1 cup Frozen Peaches

**Vegetables**

- 1/4 cup Asparagus
- 3 1/4 cups Baby Spinach
- 188 grams Baby Spinach
- 1 tbsp Basil Leaves
- 2 bunches Beetroot
- 1 Beetroot
- 1 bunch Beetroot (4)
- 2 cups Broccoli Slaw
- 4 cups Brussels Sprouts
- 1 Butternut Squash
- 200 grams Canned Chopped Tomatoes
- 2 cups Carrot
- 4 Carrot
- 1 head Cauliflower
- 2 stalks Celery
- 1 cup Cherry Tomatoes
- 2/3 cup Cilantro
- 2 Tbs Cilantro
- 2 Cucumber
- 9 cloves Garlic
- 3 Garlic
- 1/4 Ginger
- 6 leaves Green Cabbage
- 1/3 cup Green Onion
- 3 stalks Green Onion
- 1 Jalapeno Pepper
- 4 cups Kale Leaves
- 1/4 cup Mint Leaves
- 1 Tbs Mint Leaves
- 4 Mint Leaves
- 1/4 cup Mushrooms
- 2 1/16 cups Parsley
- 340 grams Portobello Mushroom Caps
- 1 Purple Cabbage
- 1/2 cup Red Bell Pepper
- 1 1/4 Red Bell Pepper
- 1 1/4 cups Red Onion
- 4 slices Red Onion
- 2 Red Onion
- 16 leaves Romaine

**Bread, Fish, Meat & Cheese**

- 1.3 kilograms Chicken Breast
- 450 grams Chicken Breast
- 350 grams Cod Fillet
- 500 grams Extra Lean Ground Turkey
- 1/2 cup Feta Cheese
- 30 grams Feta Cheese
- 1 tbsp Fresh Ginger
- 1/2 cup Goat Cheese
- 1/2 cup Ricotta Cheese

**Condiments & Oils**

- 1/4 cup Balsamic Vinegar
- 1/3 cup Coconut Aminos
- 3 1/8 tbsps Coconut Oil
- 1/2 tsp Dijon Mustard
- 1 1/4 cups Extra Virgin Olive Oil
- 1 1/2 tbsps Rice Vinegar
- 1 tsp Sesame Oil
- 1/2 cup Tahini

**Cold**

- 1/2 cup Cottage Cheese
- 8 Egg
- 1/2 cup Egg Whites
- 8 pieces Egg Whites
- 2 tsps Ghee
- 1/3 cup Plain Coconut Milk
- 4 cups Unsweetened Almond Milk

**Other**

- 1 1/4 cups Vanilla Protein Powder
- 1 serving Vanilla Protein Powder
- 4 1/2 cups Water
- 1 1/2 cups Water

- 1 cup Frozen Strawberries
- 1 1/2 cups Ice Cubes

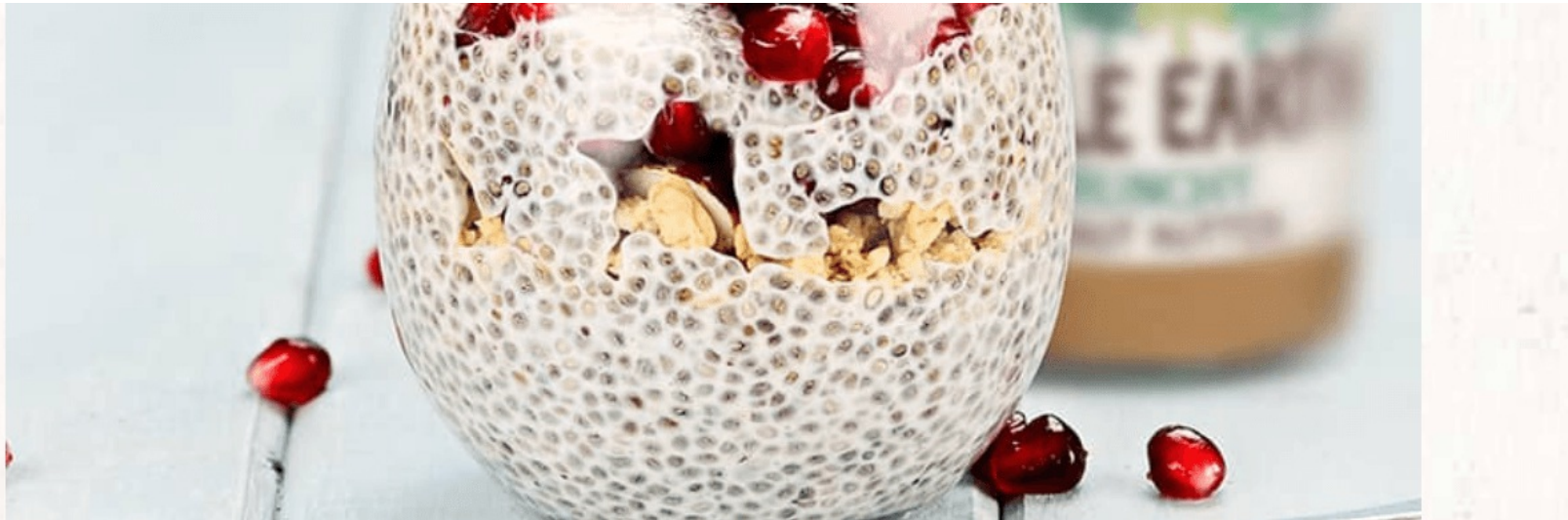
- 1 Sweet Potato
- 4 Tomato
- 1/2 cup White Onion
- 2 Yellow Bell Pepper
- 1/2 cup Yellow Onion
- 1/2 Yellow Onion
- 1 Yellow Potato
- 2 Zucchini

### Boxed & Canned

- 3/4 cup Brown Rice
- 2/3 cup Canned Coconut Milk
- 2 cups Chickpeas
- 1 can Diced Tomatoes
- 2 cups Lentils
- 3/4 cup Quinoa
- 2 tbsps Salsa
- 1 tbsp Tomato Paste
- 2 1/2 cups Vegetable Broth

### Baking

- 1 tsp Baking Powder
- 1 tbsp Cacao Powder
- 1 Tbs Cornmeal
- 2/3 cup Oats
- 1 tsp Peppermint Extract
- 1 tsp Stevia Powder
- 2 1/2 tsps Vanilla Extract



## Chai Pomegranate Oatmeal

2 servings

10 minutes

### Ingredients

- 1 1/3 cups Water
- 2/3 cup Oats
- 1/2 cup Egg Whites
- 1/2 tsp Cinnamon
- 2 tsps Chia Seeds
- 1/2 cup Pomegranate Seeds

### Directions

- 1 Put water in a small sauce pan, and bring to boil. Add in rolled oats and pinch of salt. Return to boil, and reduce heat to simmer for 5 minutes. Rolled oats should thicken as they cook.
- 2 When oats reach desired consistency, add liquid egg whites
- 3 When ready to serve, stir in cinnamon, chia seeds and pomegranate seeds



## Chocolate Mint Spinach Smoothie

2 servings

5 minutes

### Ingredients

2 cups Unsweetened Almond Milk  
1 cup Vanilla Protein Powder  
1 1/2 cups Ice Cubes  
1 tsp Peppermint Extract (or a handful of fresh mint)  
3 cups Baby Spinach  
1 tbsp Cacao Powder

### Directions

- 1 Put almond milk in a Vitamix or powerful blender
- 2 Add protein powder, cacao powder, ice, and peppermint extract (or fresh mint)
- 3 Add the baby spinach on top and start blender on low speed, and gradually work up to high speed for approximately 1 minute until smooth and well-blended.
- 4 Add more or less ice to desired consistency.



## Protein Pancakes

6 servings

10 minutes

### Ingredients

2 Egg  
1/2 cup Ricotta Cheese  
1/4 cup Vanilla Protein Powder  
1/2 tsp Baking Powder  
1/8 tsp Sea Salt  
1/2 tsp Vanilla Extract (and/or maple syrup)

### Directions

- 1 Whisk the eggs and ricotta together until smooth. Add the rest of the ingredients and mix until smooth.
- 2 Heat a griddle or skillet, and coat surface with butter or coconut oil. Drop tablespoon size amounts of batter onto the griddle to make small pancakes.
- 3 Flip pancakes when bubbles on the surface of the pancake have broken and stay broken. Cook pancakes on the other side.
- 4 \* Tip: This recipe can be doubled, as these pancakes keep well in the refrigerator.



## Strawberry Peach Kale Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Unsweetened Almond Milk
- 1 cup Frozen Strawberries
- 1 cup Frozen Peaches
- 2 cups Kale Leaves
- 1 tsp Vanilla Extract
- 1 serving Vanilla Protein Powder

### Directions

1

Put all in a blender, and mix well. Add ice to make smoothie more slushy, if desired.

### Notes

**NOTE:** Healthy options include adding 1 tablespoon ground flax or chia seed to add omega-3 fats and/or substituting organic baby spinach for the kale.





## Vegetable Egg Scramble

1 serving

10 minutes

### Ingredients

- 2 Egg
- 1 tbsp Water
- 1 tsp Extra Virgin Olive Oil
- 1/4 cup Mushrooms
- 1/4 cup Baby Spinach
- 1/4 Red Bell Pepper
- 1/4 cup Asparagus
- 2 pinches Sea Salt & Black Pepper
- 2 tbsps Salsa

### Directions

- 1 In a small bowl, whisk together the eggs and water until well-mixed.
- 2 In a small cast iron pan, heat the oil over medium heat, and add the vegetables. Sauté until the vegetables are tender but still crisp (about 2-3 minutes).
- 3 Add the eggs by pouring over the vegetables. Cook, stirring constantly, until the eggs are scrambled and set.
- 4 Season with sea salt and black pepper, and top with the salsa.

### Notes

**Vegetables:** Use any 1 cup of any vegetables you have in the fridge: onions, red bell peppers, tomatoes, broccoli, zucchini, summer squash, asparagus, mushrooms are some options



## Balsamic Roasted Beets

2 servings

1 hour

### Ingredients

- 1 bunch Beetroot (4) (washed and trimmed)
- 1 tbsp Balsamic Vinegar
- 2 pinches Sea Salt & Black Pepper

### Directions

- 1 Preheat oven to 200 degrees celsius
- 2 Gently scrub beets, and pat dry. Wrap in foil, and roast until tender (about 1 hour). Let cool, then peel and dice.
- 3 Place beets in a medium bowl, toss with balsamic vinegar, sea salt and pepper, and serve.



## Roasted Beets with Greens

4 servings

1 hour

### Ingredients

2 bunches Beetroot (trimmed)  
1 1/2 tbsps Extra Virgin Olive Oil  
3 tbsps Lemon Juice  
2 tpsps Coconut Aminos  
1 clove Garlic (mined)  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
4 cups Baby Spinach  
1 cup Parsley (fresh)  
4 slices Red Onion

### Directions

- 1 Preheat oven to 200° C.  
:
- 2 Rinse beets, dry, and wrap individually in foil.  
:
- 3 Roast until tender (about 1 hour). Let cool, then peel and dice.  
:
- 4 Whisk together olive oil, lemon juice, coconut aminos, garlic, sea salt and pepper. Toss with beets.  
:
- 5 For each serving, toss ≈ 1/2 cup dressed beets with 1 cup spinach or spring mix and 1/4 cup parsley. Top with onion.



## Blueberry Flax Muffin in a cup

1 serving  
15 minutes

### Ingredients

- 1/2 tsp Coconut Oil
- 1 Egg
- 2 tbsps Ground Flax Seed
- 1/2 tsp Baking Powder
- 1 tsp Stevia Powder (optional or replace with coconut sugar)
- 1/4 tsp Cinnamon
- 1 pinch Sea Salt
- 1/4 cup Blueberries
- 1 tbsp Pecans (chopped)
- 2 tps Ghee (or coconut oil)

### Directions

- 1 Grease an oven safe 10-12 ounce ramekin with 1/2 teaspoon coconut oil or ghee.
- 2 In a separate small bowl or mug, whisk the egg with a fork. Add ground flax, baking powder, stevia, cinnamon, and sea salt. Mix until all ingredients are moistened. Add berries and pecans, and stir to mix.
- 3 Pour mixture into a greased ramekin. Bake in a preheated 180° C oven for 7-10 minutes. (Muffin should puff up and be firm to the touch when done, or when a tooth pick inserted comes out clean.)
- 4 Let cool slightly. Use a knife to loosen the muffin from the sides, and invert ramekin onto a small plate.
- 5 Cut in half to cool before eating. Add a small smear of grass-fed butter, ghee, or coconut oil for a bit more flavor.
- 6 NOTE: This also makes a great pancake batter. It can be poured into an oiled skillet to make 1-2 small pancakes.



## Roasted Brussels Sprouts

4 servings

25 minutes

### Ingredients

4 cups Brussels Sprouts (cleaned and halved or quartered)  
2 cloves Garlic (mined)  
1 Apple (small, peeled, cored and cut into eighths)  
1 tbsp Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper

### Directions

- 1 Preheat oven to 185° C.
- 2 In a large bowl, toss together all ingredients.
- 3 Pour out into a cookie sheet lined with parchment paper, and spread mixture evenly in a single layer.
- 4 Roast uncovered for 20 minutes.



## Egg White Vegetable Frittata

6 servings

30 minutes

### Ingredients

8 pieces Egg Whites (approx 1 cup of egg whites, beaten with a little bit of water)

1/2 tsp Sea Salt

3 tbsps Extra Virgin Olive Oil

1/2 cup Yellow Onion

1 cup Cherry Tomatoes

180 grams Baby Spinach

### Directions

- 1 Preheat oven to 190° C. In a medium bowl, beat together the egg whites with a little water, sea salt, and pepper, and set aside.
- 2 In a nonstick skillet, heat oil over medium heat. Add onions, and sauté for 10 minutes or until translucent.
- 3 Add tomatoes, and cook until they begin to get soft and release their juices. Add spinach, and cook to wilt leaves. Remove from heat
- 4 Pour beaten egg whites into skillet, and stir to combine sautéed vegetables. Place skillet in the oven (or transfer to a greased glass pie pan if skillet is not oven safe), for about 20 minutes or until the eggs have set.
- 5 Gently place spatula under all sides of the skillet to loosen the edges. Transfer to a plate and serve immediately.
- 6 Once cooled, cut into 6 portions.
- 7 \*\* Can be stored in the fridge for up to 3 days or in the freezer for up to 3 months



## Fresh Spinach Quiche Cups

6 servings

30 minutes

### Ingredients

- 3 Egg
- 1/2 cup Cottage Cheese
- 1/4 cup Feta Cheese
- 2 cups Baby Spinach
- 1/2 cup Red Bell Pepper (chopped)
- 1/4 cup Red Onion (chopped)
- 1/8 tsp Chili Flakes (optional)
- 1/2 tsp Garlic Powder (or 1 minced garlic clove)
- 1 pinch Sea Salt
- 1 pinch Black Peppercorns

### Directions

- 1 Line a muffin pan with baking cups. Spray the cups with cooking spray.
- 2 Whisk eggs, and mix with cottage cheese, feta, spinach, bell peppers, chopped onion, chilli flakes (optional), garlic, sea salt, and pepper. Mix well.
- 3 Pour evenly into 12 muffin cups. Bake at 170° C for 20 minutes or until a knife inserted in the centre comes out clean.
- 4 \* Tips: May be frozen and reheated in the microwave, if desired (remove foil muffin cup if microwaving). Also note, any combination of vegetables may be used.



## Purple Cabbage Salad

4 servings

10 minutes

### Ingredients

- 1 Purple Cabbage (small head )
- 3 Carrot (Shredded)
- 1 1/2 tbsps Rice Vinegar
- 1 tbsp Water
- 1 tbsp Balsamic Vinegar
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Slivered Almonds
- 1 Avocado (whole, ripe and cut into chunks)
- 1 cup Grapefruit (Pink, cut sections in half)

### Directions

- 1 Core the cabbage, and process through the slicing disc of a food processor (or slice thinly to make strips). Shred carrots by hand or food processor. In a large bowl, toss together cabbage and carrots.
- 2 In a small bowl, whisk together both vinegars, water, sea salt and pepper. Slowly drizzle the oil in while whisking to emulsify. Pour over cabbage and carrots, and toss. Allow dressing to marinate salad for 30-60 minutes before serving.
- 3 Just before serving, toss the cabbage mixture with the almonds, grapefruit sections and fresh avocado.
- 4 \*Note: can be used as a side for good quality protein such as fish, chicken or beef





## Chicken Pomegranate Quinoa Salad

6 servings

40 minutes

### Ingredients

1/3 cup Quinoa  
1 3/4 cups Water  
3/4 tsp Sea Salt (divided)  
1/2 Green Apple (finley chopped)  
1/2 cup Pomegranate Seeds  
1/3 cup Cilantro (corriander, finely chopped)  
1/4 cup Mint Leaves  
1/4 cup Parsley (flat leaf, finely chopped)  
1/3 cup Green Onion (spring onion, green and white parts, finely chopped)  
1/4 cup Slivered Almonds  
250 grams Chicken Breast (boneless skinless, cooked, chopped & shredded)  
2 cups Baby Spinach  
1/4 cup Blood Orange (juice or regular orange juice plus 1 tsp lemon juice)  
1/4 tsp Black Pepper  
2 tps Extra Virgin Olive Oil

### Directions

- 1 Rinsing quinoa in a strainer, drain well, and place moist grain in a heavy, medium saucepan. Cook over medium-high heat, stirring constantly with a wooden spatula until grains stick to the bottom of the pot and then start to move freely and smell toasty, about 5 minutes.
- 2 When grains of quinoa start to pop, move the pot off heat and pour in 1 3/4 cups water, being cautious, as it will splatter. Immediately return the pot to heat and reduce heat to medium. Add 1/4 teaspoon salt, cover and simmer for 15 minutes, or until quinoa is almost tender. Remove from heat and let sit covered, for about 10 minutes. Using a fork, fluff quinoa, and transfer it to a medium to large mixing bowl.
- 3 After quinoa is at room temperature, add apple, pomegranate seeds, cilantro, mint, parsley, scallions, almonds, chicken, and fresh spinach. Mix.
- 4 In a small bowl, whisk together orange juice (or the two citrus juices) with remaining 1/2 teaspoon salt until it dissolves. Add pepper, then whisk in oil. Pour dressing over salad and toss with a fork to distribute it evenly. Serve within 2 hours.
- 5 **Tips:** The quinoa and dressing parts of this salad can be made up to 8 hours ahead, then covered and refrigerated separately and combined shortly before serving.



## Cilantro Lime Cauliflower Rice

6 servings

10 minutes

### Ingredients

- 1 head Cauliflower
- 1 tbsp Extra Virgin Olive Oil
- 2 bulbs Garlic
- 2 stalks Green Onion (spring onion, diced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 3 tbsps Lime Juice
- 1/4 cup Cilantro (fresh coriander, chopped)

### Directions

- 1 Rinsed cauliflower, and pat dry. Chop into florets, and grate in food processor. If you don't have a food processor, leave cauliflower whole, and grate with box grater. The cauliflower should resemble the size of rice or couscous.
- 2 Heat a large pan on medium heat, and add olive oil, garlic, and scallions. Sauté 3-4 minutes.
- 3 Increase heat to medium-high, and add cauliflower. Sauté for 5-6 minutes; remove from heat and transfer to a large bowl (before cauliflower gets mushy).
- 4 Toss with sea salt, pepper, lime juice, and cilantro.
- 5 Tips: serve with protein or choice, stir fried vegetables or curry



## Chicken Salad Bowls

4 servings

30 minutes

### Ingredients

500 grams Chicken Breast (diced into cubes)  
1/2 tsp Sea Salt  
1/2 tsp Cinnamon  
1/2 tsp Turmeric  
1 tsp Cumin  
2 tbsps Extra Virgin Olive Oil  
1/4 cup Tahini  
2 tbsps Water  
1/2 Lemon (juiced)  
8 leaves Romaine (chopped)  
2 Tomato (diced)  
1 Cucumber (diced)  
1/4 cup Parsley (chopped)

### Directions

- 1 Combine the diced chicken breast, sea salt, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 2 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 3 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 4 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

### Notes

**Garlic Lover:** Serve with hummus or add minced garlic to the tahini dressing.

**Leftovers:** Store in the fridge for up to three days.

**Vegan & Vegetarian:** Omit the chicken and used cooked chickpeas instead.



## Roasted Root Vegetable Salad

4 servings

1 hour

### Ingredients

- 1 Sweet Potato (medium sized, cut into small cubes)
- 1 Yellow Potato (medium, cut into small cubes)
- 1 Carrot (medium, cut into small cubes)
- 1 Red Onion (small, cut into wedges)
- 2 stalks Celery (sliced)
- 1 Beetroot (medium, cut into small cubes)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1/4 Sea Salt & Black Pepper
- 1 tsp Balsamic Vinegar
- 2 tsps Lemon Juice
- 1/2 tsp Dijon Mustard
- 1 tbsp Parsley (fresh, chopped)
- 1 tbsp Cilantro (fresh, chopped)
- 2 tbsps Walnuts (chopped)
- 30 grams Feta Cheese (crumbed - optional)

### Directions

- 1 Preheat oven to 160° C.
- 2 In large bowl, toss together potatoes (sweet and yellow), carrot, red onion, celery, beet, and 1/2 tablespoon of the oil, coating well. Season with sea salt and pepper
- 3 Arrange vegetables on a cookie sheet, and spread mixture evenly in a single layer. Roast, stirring several times, until tender and beginning to brown, about 50 minutes.
- 4 In small bowl, whisk together vinegar, lemon juice, and Dijon mustard with remaining 1 tablespoon oil, and stir in parsley and cilantro. Drizzle dressing over vegetables, add walnuts, and gently toss.
- 5 Top with crumbled feta. Serve warm or at room temperature.



## Fresh Berries with Coconut Mango Cream

4 servings

5 minutes

### Ingredients

- 2/3 cup Canned Coconut Milk
- 1 1/3 cups Frozen Mango (diced)
- 1 tsp Vanilla Extract
- 2 cups Blueberries (or berry of choice)
- 4 Mint Leaves (optional)

### Directions

- 1 To a blender, add coconut milk and frozen mango. Blend on high until smooth.  
;
- 2 Add vanilla and blend again for several seconds.  
;
- 3 Evenly divide berries among four dishes. Top with mango coconut cream  
;
- 4 Garnish with a mint leaf, if desired.



## Poached Fish with Fire-Roasted Tomato Sauce

2 servings

40 minutes

### Ingredients

2 tbsps Extra Virgin Olive Oil  
1/2 Yellow Onion (chopped)  
1 Garlic (clove)  
1/4 Ginger (inch of fresh, peeled and grated)  
200 grams Canned Chopped Tomatoes  
1/4 tsp Sea Salt  
1/8 tsp Black Pepper  
1/4 tsp Curry Powder  
350 grams Cod Fillet (firm fish eg halibut, haddock, chopped into 3 inch pieces)  
1/4 cup Parsley (for garnish)

### Directions

- 1 Heat the olive oil in a large saucepan over medium-low heat.
- 2 Sauté the onion until translucent, 5-7 minutes. Add the garlic, ginger, tomatoes (with juices), sea salt, pepper, and curry powder. Simmer for 20 minutes, stirring occasionally.
- 3 Nestle the fish in the sauce, cover, and cook until opaque (about 8-10 minutes). Be careful not to overcook. The fish will add its own liquid to the dish.
- 4 Serve sprinkled with fresh parsley.
- 5 \*\*This is great served over a bed of lightly sautéed kale. Leftover fish in tomato sauce can be refrigerated for up to 2 days.



## Greek Lentil Stew

4 servings

1 hour

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Red Onion (small and chopped)
- 1 Yellow Bell Pepper (medium, chopped)
- 2 Garlic (cloves, finely chopped)
- 1 cup Lentils (dried)
- 1 tsp Cinnamon
- 2 1/2 cups Vegetable Broth (low sodium)
- 1 Zucchini (medium, chopped)
- 1 Butternut Squash (small, chopped)
- 1 tbsp Tomato Paste
- 1/2 cup Pomegranate (unsweetened juice)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Feta Cheese (crumbled)

### Directions

- 1 In small Dutch oven, heat oil over medium-high heat. Add onion and bell pepper, and sauté for 1 minute. Cover pot tightly and cook over medium heat for 4 minutes. Add garlic and cook for 1 minute longer.
- 2 Stir in lentils, oregano, and cinnamon, and cook until seasoning is fragrant, 30 seconds.
- 3 Add 2 cups of broth. Bring to a boil, reduce heat and cover. Simmer lentils for 25 minutes.
- 4 Add zucchini and yellow squash, tomato paste, pomegranate juice, remaining broth, sea salt and pepper. Simmer for 15 minutes, or until lentils are done to your taste.
- 5 Let stew sit, uncovered, for 15 minutes. Serve warm or at room temperature, divided among soup bowls, with 1 tablespoon of feta sprinkled over each serving.



## Coconut Chicken with Brown Rice

6 servings

1 hour

### Ingredients

- 1 1/2 cups Water
- 3/4 cup Brown Rice
- 1/2 tsp Sea Salt
- 1/2 cup White Onion (chopped)
- 2 tbsps Coconut Oil
- 2 bulbs Garlic (cloves)
- 1 can Diced Tomatoes
- 450 grams Chicken Breast (skinless, boneless & cut into strips)
- 1 tbsp Curry Powder
- 1/3 cup Plain Coconut Milk (combined with 1/3 cup of water)
- 1/8 tsp Cinnamon (ground)
- 1 tbsp Basil Leaves (chopped)

### Directions

- 1 In a medium saucepan, bring to a boil 1 1/2 cups water. Add rice and sea salt. Reduce heat to low, cover and allow to simmer for about 45 minutes, until rice is cooked.
- 2 While rice is cooking, heat coconut oil over medium heat in a large skillet. Add onions and cook, stirring, until softened.
- 3 Add garlic and cook for 1 more minute.
- 4 Add canned tomatoes (with their juices), chicken, and curry powder. Cook over low heat, stirring, for about 15-20 minutes, until chicken is thoroughly cooked and mixture is thick.
- 5 Stir in coconut milk (mixed with water) and cook for 5 more minutes.
- 6 Serve immediately with rice, topped with a sprinkle of cinnamon and garnished with basil.
- 7 TIP: this could be eaten with the cauliflower, cilantro and lime recipe instead of the brown rice \* Red rice can be used in replacement of brown rice





## Portobello Veggie Burgers with Goat Cheese - lettuce free

2 servings

25 minutes

### Ingredients

1 cup Red Onion (sliced)  
1 Zucchini (sliced into rounds)  
1 Yellow Bell Pepper (sliced into strips)  
1 tbsp Extra Virgin Olive Oil  
Sea Salt (to taste)  
340 grams Portobello Mushroom Caps  
1 cup Lentils (cooked, drained and rinsed)  
1/2 cup Goat Cheese (or feta)

### Directions

- 1 Preheat the grill to medium-high heat.
- 2 In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
- 3 Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.
- 4 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

### Notes

**Vegan:** Skip the goat cheese and use pesto instead.

**Meat Lover:** Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.



## Asian Turkey Cabbage Boats

6 servings

20 minutes

### Ingredients

3 Tbs Lime Juice  
1 Tbs Cornmeal  
1/4 cup Coconut Aminos  
1 tsp Sesame Oil  
1 tbsp Coconut Oil  
500 grams Extra Lean Ground Turkey  
1 tbsp Fresh Ginger (grated)  
2 cloves Garlic (minced)  
1 stalk Green Onion (thinly sliced)  
1 Jalapeno Pepper (small, finely chopped)  
1 Red Bell Pepper (sliced into strips)  
2 cups Carrot (shredded)  
2 cups Broccoli Slaw  
1 Tbs Mint Leaves (chopped)  
2 Tbs Cilantro (chopped)  
6 leaves Green Cabbage (chinese, steamed for 1-2 minutes)

### Directions

- 1 In a small bowl, mix together fresh lime juice, cornstarch, coconut aminos, and sesame oil, and set aside.
- 2 In a large skillet or wok, heat coconut oil over medium-high heat. Add ground turkey breast, ginger, and garlic, and cook. Stir often until turkey is browned and cooked through, about 6-8 minutes.
- 3 Add green onions, jalapeño, bell peppers, shredded carrots, and broccoli slaw, and stir-fry until vegetables are crisp, but tender.
- 4 Add the lime juice-cornstarch mixture to the meat and vegetables. Mix thoroughly, and turn down heat to low setting. Fold in chopped mint and cilantro.
- 5 Arrange steamed Chinese cabbage leaves on a serving platter. Spoon about 3/4-1 cup of mixture onto each leaf. Top with chopped almonds



## Mango & Chickpea Kale Salad v2

4 servings

20 minutes

### Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tbsp Maple Syrup
- Sea Salt (to taste)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Pomegranate Seeds
- 1 Mango (peeled and thinly sliced)

### Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 2 Meanwhile, prepare dressing by combining olive oil, balsamic vinegar, maple syrup and sea salt.
- 3 Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

### Notes

**No Mango:** Use peach, nectarine, orange or clementine slices instead.

**Leftovers:** Store in an airtight container in the fridge up to 3 to 4 days.