

BETTER HEALTH MEALS



20 min



OPTIMAL
HEALTH & WELLNESS



ABOUT US

[Optimal Health & Wellness](#) is a premium natural nutrition brand that is focused on operating with the utmost commitment to:

1. Absolute honesty and integrity
2. Upholding high standards
3. Providing superior customer satisfaction

With these core values at the heart of all operations at Optimal Health, our already superior product quality, purity, level of potency, and overall effectiveness, are continually being improved upon in order to offer our customers the best possible experience.

Our team consists of a select group of devoted, enthusiastic and hard-working members, who consciously make decisions and choices based on the best interest of our customers and the core values of Optimal Health & Wellness.

We are proud to present this printable eBook of quick recipes using wholesome, healthy ingredients. We all love good food, but convenience is important—that is why we crafted these “Better Health” recipes, **most of which can be “Prepared” in 20 minutes or less.**

Bon Appetit!



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LOVE is the
best ingredient



Feta Avocado Dip



PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

SERVES: 4-6



INGREDIENTS:

1 diced avocado
5 ounces feta cheese
1 lemon juiced
3 chopped scallions
½ cup of parsley
A dash of black pepper for taste

DIRECTIONS:

1. Place all ingredients into a food processor and pulse until desired consistency is achieved.
2. Serve with your favorite chips or nan bread.

NUTRITIONAL INFORMATION:

Calories – 122.5 Fats - 10 g Carbohydrates – 5.7 g Proteins – 4.4 g Sugars – 1.4 g Fibre – 2.8 g Calcium – 132.9 mg
Iron – 1 mg Potassium – 234.4 mg Sodium – 266.1 mg Vitamin A - 598 IU Vitamin C – 14.3 mg Vitamin D – 3.6 mcg
Vitamin E - .8 mg Vitamin K - 96 mcg Biotin - .7 mcg Choline - 10 mg Vitamin B1 (Thiamin) - .3 mg Vitamin B2
(Riboflavin) - .2 mg Vitamin B3 (Niacin) - .9 mg Vitamin B5 (Pantothenic Acid) - .7 mg Vitamin B6 (Pyridoxine) - .2 mg
Vitamin B9 (Folic Acid) - 45 mcg Vitamin B12 - .4 mcg Magnesium – 18 mg Phosphorus – 102.3 mg Selenium – 3.8 mcg
Manganese - .1 mg Zinc - 1 mg Copper - .1 mg

Oven-Baked Salmon with Mango-Avocado Salsa



PREP TIME: 20 MINUTES

TOTAL TIME: 35 MINUTES

SERVES: 4



INGREDIENTS:

4 6oz salmon fillets
 ¾ teaspoon chili powder
 1 teaspoon paprika
 1 teaspoon ground cumin
 1 teaspoon onion powder
 3 tablespoons olive oil
 2 tablespoons lemon juice
 A dash of salt for taste
 ½ teaspoon black pepper

INGREDIENTS (SALSA):

2 ripe peeled and diced avocados
 1 ripe peeled and diced mango
 ¼ minced red onion
 ½ teaspoon ground cumin
 1 tablespoon fresh lemon or lime juice
 ½ cup halved cherry tomatoes
 A dash of salt
 ¼ teaspoon black pepper

DIRECTIONS:

1. Preheat the oven to 400°F.
2. In a bowl, combine paprika, cumin, chili powder, onion powder. Season with salt and pepper for taste.
3. Brush the salmon fillets with lemon or lime juice and drizzle with olive oil.
4. Place the fillets into a baking dish and sprinkle with spice mixture.
5. Cook for 12-15 minutes.

SALSA DIRECTIONS:

1. In a bowl, combine all salsa ingredients. Season with salt and pepper and stir gently until well mixed.
2. Serve the salmon with the mango-avocado salsa on the side or topped on the fillets.

NUTRITIONAL INFORMATION:

Calories – 205.1 Fats - 15 g Carbs – 19.8 g Proteins – 2.6 g Sugars – 27.5 g Fibre – 8.2 g Calcium – 26.1 mg Iron - 1 mg Potassium - 642 mg Sodium – 34.3 mg Vitamin A – 703.3 IU Vitamin C – 29.2 mg Vitamin D - 0 mcg Vitamin E – 2.8 mg Vitamin K – 25.6 mcg Biotin – 4.1mcg Choline – 20.3 mg Vitamin B1 (Thiamin) - .09 mg Vitamin B2 (Riboflavin) - .18 mg Vitamin B3 (Niacin) – 2.2 mg Vitamin B5 (Pantothenic Acid) – 1.5 mg Vitamin B6 (Pyridoxine) - .4 mg Vitamin B9 (Folic Acid) – 102.9 mcg Vitamin B12 - 0 mcg Magnesium – 38.9 mg Phosphorus – 67.4 mg Potassium - 642 mg Selenium - .8 mcg Manganese - .3 mg Zinc - .8 mg Copper - .3 mg

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Extra-Healthy Breakfast Egg Muffins



PREP TIME: 10 MINUTES

TOTAL TIME: 35 MINUTES

SERVING SIZE: 12 MUFFINS



INGREDIENTS:

- 12 large eggs
- ¼ cup fresh nonfat milk
- 1 cup hand-shredded spinach
- ¾ cup chopped tomatoes
- ½ cup chopped green onions
- ¾ cup feta cheese
- A dash of black pepper for taste

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Prepare a muffin pan and grease it with butter or a cooking spray.
3. Combine the eggs, fresh milk, and a dash of pepper in a bowl and whisk the ingredients together, then add the onions, spinach, feta cheese, and tomatoes.
4. Pour the mixture into the muffin pan cups equally and bake for 21-25 minutes.
5. Let muffins cool for about 6 minutes before removing them from the pan, then serve.

NUTRITIONAL INFORMATION:

Calories – 102.1 Fats - 7 g Carbs – 1.9 g Proteins - 8 g Sugars – 1.4 g Fibre - .4 g Calcium – 89.3 mg Iron – 1.2 mg Potassium – 146.4 mg Sodium – 180.7 mg Vitamin A – 809.2 IU Vitamin C – 4.3 mg Vitamin D – 21.1 mcg Vitamin E - .6 mg Vitamin K – 31.1 mcg Biotin – 9 mcg Choline – 130.2 mg Vitamin B1 (Thiamin) - .1 mg Vitamin B2 (Riboflavin) - .3 mg Vitamin B3 (Niacin) - .2 mg Vitamin B5 (Pantothenic Acid) - .8 mg Vitamin B6 (Pyridoxine) - .2 mg Vitamin B9 (Folic Acid) – 38.6 mcg Vitamin B12 - .8 mcg Magnesium – 13.5 mg Phosphorus - 140 mg Selenium – 17.4 mcg Manganese - .1 mgxs Zinc – 1 mg Copper - .01 mg

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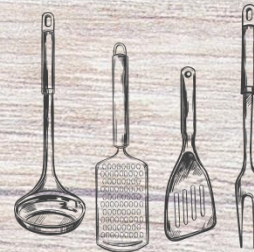
Loaded Zucchini Skins



PREP TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

SERVES: 4-6



INGREDIENTS:

½ pound bacon
 4 large zucchinis
 2 tablespoons extra virgin olive oil
 ¼ teaspoon cumin ½ teaspoon chili powder
 2 ¼ cups shredded cheddar cheese
 1 cup sour cream (optional)
 2 chopped green onions
 ¾ cup halved cherry tomatoes
 A dash of black pepper
 A dash of salt

DIRECTIONS:

1. Preheat oven to 450°F.
2. Warm a frying pan to medium heat and cook bacon for 8-10 minutes or until it becomes crispy. Transfer to a paper-towel lined tray to drain excess grease. After which, chop bacon into small pieces.
3. Slice zucchinis in half lengthwise. With a spoon, remove zucchini seeds. For smaller portion sizes, cut zucchini into three or four pieces.
4. Lay zucchinis on a baking sheet and coat with olive oil, chili powder, cumin, salt, and pepper.
5. Bake for 5 minutes or until zucchinis are moderately tender. Top with bacon, tomatoes, green onions, and cheese.
6. Place back into the oven until cheese is melted. This may take around 10 minutes.
7. Garnish with optional sour cream and serve.

NUTRITIONAL INFORMATION:

Calories – 313.2 Fats – 23.7 g Carbs – 9.2 g Proteins – 17.9 g Sugars – 4.5 g Fibre – 2.9 g Calcium – 346.9 mg Iron – 1.5 mg
 Potassium – 739.6 mg Sodium - 587 mg Vitamin A – 1119.9 IU Vitamin C – 39.9 mg Vitamin D – 10.2 mcg Vitamin E – 1.1 mg
 Vitamin K - 24 mcg Biotin – 9.2 mcg Choline – 44.28 mg Vitamin B1 (Thiamin) - .3 mg Vitamin B2 (Riboflavin) - .6 mg Vitamin
 B3 (Niacin) – 2.6 mg Vitamin B5 (Pantothenic Acid) - .6 mg Vitamin B6 (Pyridoxine) - .6 mg Vitamin B9 (Folic Acid) - 76 mcg
 Vitamin B12 - .4 mcg Magnesium – 56.8 mg Phosphorus – 9.47 mg Selenium – 13.8 mcg Manganese - .4 mg Zinc – 2.4 mg
 Copper - .3 mg

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Cajun-Shrimp Bacon-Potato Kebabs



PREP TIME: 10 MINUTES

TOTAL TIME: 15-20 MINUTES

SERVES: 3-4



INGREDIENTS:

- 1 ½ pounds raw, peeled, and deveined shrimp
- ½ pound bacon (slices cut in half or quarters)
- ¾ pound baby potatoes (or your favorite small potatoes chopped into quarters)
- 2 teaspoons Cajun seasoning
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon olive oil

DIRECTIONS:

1. Pierce potatoes with a fork and place them in a microwavable bowl.
2. Sprinkle with salt and pepper and drizzle olive oil over the potatoes. Stir until potatoes are well coated.
3. Microwave potatoes for about 3 to 4 minutes or until they are soft.
4. Let potatoes cool until they can be handled easily.
5. Combine shrimp, Cajun seasoning, paprika, cayenne pepper, salt, and pepper in a large zip-top plastic bag; seal bag and shake until shrimp is well coated.
6. Wrap potatoes in bacon slices, then skewer shrimp and potatoes by alternating the two.
7. Grill on medium-high heat for about 2-3 minutes on each side or until cooked.

NUTRITIONAL INFORMATION:

Calories – 371.8 Fats – 13.6 g Carbs – 17.1 g Proteins – 43.1 g Sugars – .6 g Fibre – 2.0 g Calcium - 109.6 mg Iron - 4.5 mg
 Potassium – 801.7 mg Sodium – 704.4 mg Vitamin A – 491.4 IU Vitamin C – 19.9 mg Vitamin D – 265.6 mcg Vitamin E – 2.3 mg
 Vitamin K – 4.2 mcg Biotin – 12.4 mcg Choline – 436.9 mg Vitamin B1 (Thiamin) – .3 mg Vitamin B2 (Riboflavin) – .2 mg
 Vitamin B3 (Niacin) – 7.2 mg Vitamin B5 (Pantothenic Acid) – .8 mg Vitamin B6 (Pyridoxine) – .7 mg Vitamin B9 (Folic Acid) – 20.2 mcg
 Vitamin B12 – 2.2 mcg Magnesium – 90.2 mg Phosphorus – 497.3 mg Selenium – 76.1 mcg Manganese – .1 mg
 Zinc – 2.7 mg Copper – .7 mg

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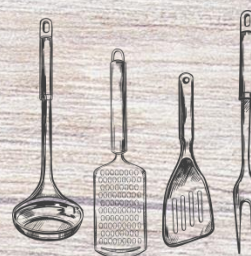
Strawberry, Lime, Mint and Cucumber Infused Water



PREP TIME: 10 MINUTES

TOTAL TIME: 40 MINUTES

SERVING SIZE: ½ GALLON



INGREDIENTS:

1 ½ cups sliced strawberries
1 cup sliced cucumbers
2 sliced limes
½ cup mint leaves
Water

DIRECTIONS:

1. Place all ingredients into a half-gallon pitcher. Fill the pitcher with cold water and chill in the fridge for a minimum of 30 minutes or longer for a desired stronger flavor.

If you are in a hurry, you can add ice cubes and take it to go!

NUTRITIONAL INFORMATION:

Calories – 15.9 Fats –.1 g Carbs – 4 g Proteins – .3 g Sugars – 1.9 g Fibre –.8 g Calcium – 13.1 mg Iron – .2 mg Potassium – 90.2 mg Sodium – 1.4 mg Vitamin A – 102.3 IU Vitamin C – 22.6 mg Vitamin D – 0 mcg Vitamin E – .1 mg Vitamin K – 2.8 mcg Biotin –.3 mcg Choline – 3.1 mg Vitamin B1 (Thiamin) – .01 mg Vitamin B2 (Riboflavin) – .01 mg Vitamin B3 (Niacin) – .2 mg Vitamin B5 (Pantothenic Acid) – .09 mg Vitamin B6 (Pyridoxine) – 0.03 mg Vitamin B9 (Folic Acid) – 11.5 mcg Vitamin B12 – 0 mcg Magnesium – 8.1 mg Phosphorus – 13.5 mg Selenium – .18 mcg Manganese – .16 mg Zinc – .07 mg Copper – 0.03 mg

Mexican Barbecue Inspired Chicken Tacos

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PREP TIME: 15 MINUTES

TOTAL TIME: 20 MINUTES

SERVES: 4



INGREDIENTS:

2 boneless, skinless chicken breasts
4 white or whole wheat tortillas
6 cups mixed greens
1 thickly sliced pineapple
1 peeled and chopped avocado
¼ cup banana peppers
½ cup diced tomatoes
¼ minced red onion
1 thickly sliced lemon or lime for serving
Salt and pepper

INGREDIENTS (DRESSING):

2 tablespoons apple cider vinegar
¼ cup fresh pineapple juice
¼ cup olive oil

DIRECTIONS:

1. Preheat grill to medium-high heat.
2. Season the chicken breasts with salt and pepper and grill for about 8-10 minutes per side or until chicken is no longer pink. Remove from heat and cool.
3. Grill pineapple up to three minutes per side and cool.
4. Slice pineapple and chicken to bite size pieces.
5. In a bowl, mix together chicken, pineapple, banana peppers, avocado, red onions, tomatoes and mixed greens.
6. Top the 4 tortillas with evenly divided mixture.

DRESSING DIRECTIONS:

1. In a dressing jar, combine apple cider vinegar, pineapple juice, and olive oil. Season with salt and pepper to taste.
2. Drizzle the dressing over the mixture on the tortillas. Serve with a lemon or lime wedge for additional flavoring.

NUTRITIONAL INFORMATION:

Calories – 738.4 Fats – 28.2 g Carbs – 82.7 g Proteins – 38.1 g Sugars – 25.4 g Fibre - 11 g Calcium – 153.8 mg Iron – 5.6 mg Potassium – 1290.3 mg Sodium – 494.5 mg Vitamin A – 8070.2 IU Vitamin C – 175.7 mg Vitamin D - 6 mcg Vitamin E – 4.1 mg Vitamin K – 518.3 mcg Biotin – 3.3 mcg Choline – 115.1 mg Vitamin B1 (Thiamin) – .8 mg Vitamin B2 (Riboflavin) – .6 mg Vitamin B3 (Niacin) – 18.4 mg Vitamin B5 (Pantothenic Acid) – 2.7 mg Vitamin B6 (Pyridoxine) – .9 mg Vitamin B9 (Folic Acid) – 225.7 mcg Vitamin B12 – .4 mcg Magnesium – 138.2 mg Phosphorus – 408.4 mg Selenium – 38.9 mcg Manganese - 3 mg Zinc – 2.4 mg Copper – .8 mg

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Yogurt and Fresh Fruit Cereal Tarts

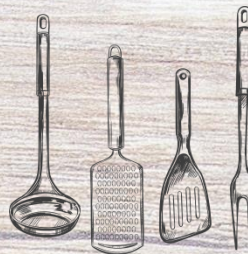
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PREP TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

SERVING SIZE: 8 TARTS



INGREDIENTS:

5 and ¼ cups cornflakes cereal
1 cup pecans
5 tablespoons melted unsalted butter
5 tablespoons maple syrup
16 ounces vanilla yogurt
16 ounces plain yogurt 3 cups fresh fruits – We chose strawberries, blueberries, and blackberries

TART SHELL DIRECTIONS:

1. Preheat the oven to 350°F.
2. Prepare eight 4-inch circular tart pans with removable bottoms on a baking sheet and set aside.
3. Place cornflakes and pecans into a food processor and pulse until both are completely combined.
4. Gently add in the melted butter and maple syrup, pulse another 10 times.
5. Divide the mixture evenly into the pans and gently press the sides and bottoms to form sturdy tart shells.
6. Bake for 10-12 minutes then let cool.

TART ASSEMBLY:

1. Mix the plain and vanilla yogurt together.
2. Evenly disperse about 4 tablespoons of the yogurt mixture into the tart shells and top with fresh fruits. Serve immediately.

NUTRITIONAL INFORMATION:

Calories – 361.1 Fats – 19.8 g Carbohydrates – 42.6 g Proteins – 7.8 g Sugars – 23.9 g Fibre – 3.5 g Calcium – 193.7 mg Iron - 6 mg Potassium – 379.9 mg Sodium – 206.4 mg Vitamin A – 685.9 IU Vitamin C – 21.5 mg Vitamin D – 35.7 mcg Vitamin E - .7 mg Vitamin K – 8.8 mcg Biotin - 5 mcg Choline – 28.9 mg Vitamin B1 (Thiamin) – .7 mg Vitamin B2 (Riboflavin) – 1 mg Vitamin B3 (Niacin) – 4.8 mg Vitamin B5 (Pantothenic Acid) – .8 mg Vitamin B6 (Pyridoxine) – .8 mg Vitamin B9 (Folic Acid) – 111.5 mcg Vitamin B12 – 2.1 mcg Magnesium – 43 mg Phosphorus – 186.5 mg Selenium – 6.3 mcg Manganese – 1.3 mg Zinc – 2.1 mg Copper – .2 mg

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Scrambled Eggs with Spinach & Sun-dried Tomatoes

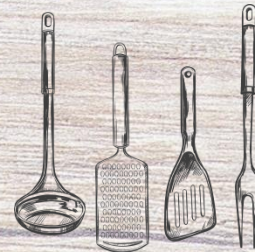
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PREP TIME: 5 MINUTES

TOTAL TIME: 10 MINUTES

SERVES: 1



INGREDIENTS:

3 large eggs
Salt for taste
1 tablespoon olive oil
½ teaspoon red pepper flakes
½ cup hand shredded spinach
1 sun-dried tomato, chopped
2 tablespoons chopped bell pepper
1 ½ tablespoons sliced fresh mushrooms
2 tablespoons grated parmesan cheese
Black pepper for taste Toast for serving (optional)

DIRECTIONS:

1. Beat the eggs and salt in a mixing bowl until frothy.
2. Add the olive oil to a medium nonstick pan and heat for about 1 minute over medium-high heat. Add the shredded spinach and red pepper flakes, cook for about 1.5 minutes or until spinach becomes soft and limp. Stirring occasionally, add the bell pepper, mushrooms, and sun-dried tomatoes. Cook for another 30-60 seconds while stirring.
3. Add the egg-salt mixture and stir occasionally until the egg is cooked. Remove from heat and add the parmesan cheese, stir until combined.
4. Transfer eggs to a plate and finish with black pepper. You may garnish the dish with parsley, or sprinkle with additional red pepper flakes. Serve with toast.

NUTRITIONAL INFORMATION:

Calories - 531.7 Fats - 37.35 g Carbs - 17 g Proteins - 29.1 g Sugars - 10.65 g Fibre - 3.9 g Calcium - 278.7 mg Iron - 4.1 mg Potassium - 1054.1 mg Sodium - 852.9 mg Vitamin A - 2917.2 IU Vitamin C - 104.9 mg Vitamin D - 76.9 mcg Vitamin E - 4.7 mg Vitamin K - 100.9 mcg Biotin - 50.1 mcg Choline - 379.3 mg Vitamin B1 (Thiamin) - 0.3 mg Vitamin B2 (Riboflavin) - 1.4 mg Vitamin B3 (Niacin) - 4 mg Vitamin B5 (Pantothenic Acid) - 2.9 mg Vitamin B6 (Pyridoxine) - 0.75 mg Vitamin B9 (Folic Acid) - 113.7 mcg Vitamin B12 - 1.7 mcg Magnesium - 71.4 mg Phosphorus - 504.8 mg Selenium - 49.95 mcg Manganese - 0.35 mg Zinc - 2.9 mg Copper - 0.35 mg

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Mango Steak Salad with Jalapeño Vinaigrette



PREP TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

SERVES: 4



INGREDIENTS:

2 boneless beef top loin (strip) steaks,
cut 3/4-inch thick (about 8 ounces each)
Salt and black pepper for seasoning
Steak spice of your choice (optional)
6 cups of arugula or mixed greens
2 sliced mangoes
½ thinly sliced white onion
½ cup unsalted peanuts

INGREDIENTS (JALAPEÑO VINAIGRETTE):

2 to 3 jalapeño peppers
½ cup finely chopped cilantro
2 tablespoons fresh lime juice
¼ cup white wine vinegar
3 tablespoons extra-virgin olive oil
1 tablespoon water
¼ teaspoon salt

DIRECTIONS:

1. Preheat a medium sized non-stick pan at medium-high heat.
2. Place jalapeño peppers in heated pan and roast until the skins char. Turn off heat, cover the pan, and set aside. Jalapeño peppers may also be grilled on outdoor grill if available.
3. Heat outdoor grill to medium heat. Press salt, pepper, and steak spice evenly onto beef steaks and grill 10-15 minutes, turning occasionally. Remove from grill and let stand while preparing vinaigrette.
4. Preparing the vinaigrette. First remove and discard the skins, seeds, and membranes from roasted jalapeño peppers. Place peppers, cilantro, lime juice, vinegar, water, and salt into a food processor. Pulse until combined. With the motor running, slowly add the olive oil until well blended.
5. In a bowl, mix arugula, mangoes, onion, peanuts, and dressing. Toss until combined.
6. Carve steaks into slices and arrange over salad. Top with additional salt and pepper and serve.

Note: If an outdoor grill is not available, use the broiler, or an indoor grill.

NUTRITIONAL INFORMATION:

Calories – 497.8 Fats – 32.2 g Carbohydrates – 25.8 g Proteins – 29.9 g Sugars – 18.3 g Fibre – 4.9 g Calcium – 112.8 mg
Iron – 3.1 mg Potassium – 844.9 mg Sodium – 99.7 mg Vitamin A – 1726.4 IU Vitamin C – 42.7 mg Vitamin D – 9.7 mcg
Vitamin E – 4.6 mg Vitamin K – 52.1 mcg Biotin – 5.5 mcg Choline – 122 mg Vitamin B1 (Thiamin) – .6 mg Vitamin B2
(Riboflavin) – .8 mg Vitamin B3 (Niacin) – 9 mg Vitamin B5 (Pantothenic Acid) – 1.3 mg Vitamin B6 (Pyridoxine) – 1.1 mg
Vitamin B9 (Folic Acid) – 112.1 mcg Vitamin B12 – 1.2 mcg Magnesium – 84.4 mg Phosphorus – 327.1 mg Selenium – 29 mcg
Manganese – .7 mg Zinc – 4.7 mg Copper – .7 mg

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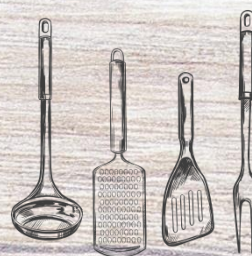
Smoky Mustard-Maple Salmon



PREP TIME: 5 MINUTES

TOTAL TIME: 15 MINUTES

SERVES: 2



NOTE: Be aware that wild-caught salmon from the Pacific (preferably Alaskan) is the best choice for our environment because it is more sustainably fished and has a larger, more stable population. Atlantic salmon and even farmed salmon, should be avoided, as it endangers the wild salmon population.

INGREDIENTS:

- 1½ tablespoons whole-grain or Dijon mustard
- 1½ teaspoons pure maple syrup
- ⅛ teaspoon smoked paprika
- ⅛ teaspoon freshly ground pepper
- A pinch of salt
- 2 4-ounce skinless center-cut wild-caught salmon fillets

DIRECTIONS:

1. Preheat oven to 450°F.
2. Line a small baking sheet or baking pan with foil and coat with cooking spray.
3. Combine mustard, maple syrup, paprika, pepper and salt in a small bowl.
4. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on both sides of the salmon. Roast until fish is cooked through, about 8 to 12 minutes.

NUTRITIONAL INFORMATION:

Calories - 456.8 Fats - 20.6 g Carbs - 16 g Proteins - 49.5 g Sugars - 12.3 g Fibre - 1.6 g Vitamin A - 1510.9 IU Vitamin C - 1.8 mg Vitamin E - 2.3 mg Vitamin K - 2.9 mcg Biotin - 5 mcg Choline - 221.2 mg Vitamin B1 (Thiamin) - 1 mg Vitamin B2 (Riboflavin) - 0.6 mg Vitamin B3 (Niacin) - 13.2 mg Vitamin B5 (Pantothenic Acid) - 1.7 mg Vitamin B6 (Pyridoxine) - 1 mg Vitamin B9 (Folic Acid) - 12.9 mcg Vitamin B12 - 11.2 mcg Calcium - 46.7 mg Magnesium - 74.6 mg Iron - 1.9 mg Phosphorus - 522.6 mg Potassium - 1006.3 mg Selenium - 85.4 mcg Manganese - 0.9 mg Zinc - 2.7 mg Sodium - 426.9 mg Copper - 1.1 mg

Mediterranean Grilled Chicken Breasts



PREP TIME: 20 MINUTES

TOTAL TIME: 15 MINUTES

SERVES: 4



INGREDIENTS:

4 pieces 1lb. boneless skinless chicken breast halves
 3 tablespoons lemon juice
 3 tablespoons olive oil
 3 tablespoons chopped fresh parsley
 3 garlic cloves crushed in garlic press or finely chopped
 1 teaspoon paprika
 1/2 teaspoon dried oregano
 1/2 teaspoon salt
 1/2 teaspoon pepper

DIRECTIONS:

1. In a large plastic food storage bag, combine lemon juice, olive oil, parsley, garlic, paprika, and oregano.
2. Pierce chicken with fork several times and sprinkle with some salt and pepper. Add to bag and coat with dressing.
3. Marinate chicken for at least 20 minutes or up to two days in the fridge.
4. Remove chicken pieces from bag.
5. Grill or broil for about 5-6 minutes per side. Alternatively, you can also cook in a grill pan over medium-high heat, 5 to 6 minutes per side, or until cooked all the way through.
6. Serve with optional grilled veggies. Enjoy!

NUTRITIONAL INFORMATION:

Calories - 907.4 Fats - 46.9 g Carbs - 6.8 g Proteins - 110.1 g Sugars - 0.6 g Fibre - 1.6 g Vitamin A - 2176.4 IU Vitamin C - 33.5 mg Vitamin E - 7.8 mg Vitamin K - 217.8 mcg Biotin - 1.1 mcg Choline - 352.2 mg Vitamin B1 (Thiamin) - 0.6 mg Vitamin B2 (Riboflavin) - 0.7 mg Vitamin B3 (Niacin) - 53.3 mg Vitamin B5 (Pantothenic Acid) - 4.1 mg Vitamin B6 (Pyridoxine) - 2.7 mg Vitamin B9 (Folic Acid) - 43.1 mcg Vitamin B12 - 1.7 mcg Calcium - 104.7 mg Magnesium - 147.2 mg Iron - 5.2 mg Phosphorus - 954.2 mg Potassium - 1393.7 mg Selenium - 85.5 mcg Manganese - 0.5 mg Zinc - 3.8 mg Sodium - 462.1 mg Copper - 0.2 mg

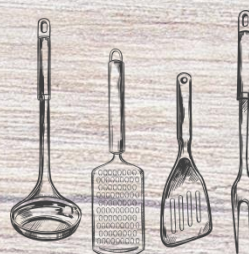
Garlic & Herb Steak



PREP TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

SERVES: 2



INGREDIENTS:

2 steaks, your preferred cut
 1 tablespoon avocado oil
 1/4 cup ghee
 4 garlic cloves, minced
 1 teaspoon fresh thyme, chopped
 1 teaspoon fresh rosemary, chopped
 1/2 teaspoon dried oregano
 1 teaspoon fresh parsley (plus more for garnish)
 Sea salt and freshly ground black pepper

DIRECTIONS:

1. Over medium-high heat, heat oil in a skillet.
2. Season the steaks to taste with sea salt and freshly ground black pepper.
3. Depending on their thickness, grill the steaks 2 to 3 minutes per side. Turn when half-way cooked through.
4. Turn heat down to medium, then add the garlic, ghee, and herbs to the skillet.
5. Cook steaks continuously while basting with the herb-butter sauce.
6. Cook for 3-4 more minutes, until steaks are cooked to your desired doneness.
7. Serve the steaks topped with more fresh parsley.

NUTRITIONAL INFORMATION:

Calories - 1766.2 kJ Fats - 142 g Carbs - 5.6 g Proteins - 111.1 g Sugars - 0.1 g Fibre - 1.4 g Vitamin A - 1888.4 IU
 Vitamin C - 10.8 mg Vitamin D - 35 mcg Vitamin E - 3.6 mg Vitamin K - 85.4 mcg Biotin - 0 mcg Choline - 472.5 mg Vitamin B1
 (Thiamin) - 0.4 mg Vitamin B2 (Riboflavin) - 0.8 mg Vitamin B3 (Niacin) - 32.5 mg Vitamin B5 (Pantothenic Acid) - 3.2 mg
 Vitamin B6 (Pyridoxine) - 3.5 mg Vitamin B9 (Folic Acid) - 71.9 mcg Vitamin B12 - 5.8 mcg Calcium - 200 mg Magnesium -
 124.1 mg Iron - 9.3 mg Phosphorus - 1028.6 mg Potassium - 1785.3 mg Selenium - 123.7 mcg Manganese - 0.8 mg Zinc - 18.9
 mg Sodium - 376.8 mg Copper - 0.5 mg

Jamaican Jerk Pork with Mango Salsa



PREP TIME: 25 MINUTES

TOTAL TIME: 40 MINUTES

SERVES: 4



INGREDIENTS:

4 to 6 pork chops
4 fresh scallions, minced
4 garlic cloves, minced
2 habañero peppers, stemmed and chopped
1/4 cup coconut aminos
1/4 cup olive oil
1/4 cup lime juice
1/4 cup coconut milk
1 tablespoon Jamaican allspice
2 teaspoon ground ginger
2 teaspoon ground cinnamon

2 teaspoon ground nutmeg
1/2 teaspoon ground cloves
2 tablespoon dried thyme
Sea salt & freshly ground black pepper

INGREDIENTS (MANGO SALSA):

2 mangoes, diced
1/2 red onion, diced
1 hot pepper, seeded and diced
1/4 cup fresh cilantro, chopped

DIRECTIONS:

1. Combine all the ingredients for the mango salsa in a bowl and toss until well combined. Cover and refrigerate until ready to serve.
2. Add all the ingredients in a food processor, minus the pork chops, to make the jerk-style marinade.
3. Pulse the ingredients until you get a smooth paste, adding more coconut milk if you prefer a smoother consistency.
4. Place the pork chops in a marinating container and season to taste. Pour the jerk marinade over and gently toss until everything is well covered. Refrigerate, and marinate for 2 to 12 hours.
5. Preheat grill to medium-high heat.
6. Grill the pork chops 4 to 5 minutes per side or until nicely charred and cooked through.
7. Let the pork chops rest 2 to 3 minutes, and serve with the mango salsa.

NUTRITIONAL INFORMATION:

Calories - 336.3 kJ Fats - 1.5 g Carbs - 85.7 g Proteins - 4.3 g Sugars - 71 g Fibre - 9.5 g Vitamin A - 3867.5 IU Vitamin C - 187.5 mg Vitamin D - 0 mcg Vitamin E - 5 mg Vitamin K - 36.5 mcg Biotin - 8 mcg Choline - 44.7 mg Vitamin B1 (Thiamin) - 0.4 mg Vitamin B2 (Riboflavin) - 0.4 mg Vitamin B3 (Niacin) - 3.2 mg Vitamin B5 (Pantothenic Acid) - 0.8 mg Vitamin B6 (Pyridoxine) - 1 mg Vitamin B9 (Folic Acid) - 104.9 mcg Vitamin B12 - 0 mcg Calcium - 50 mg Magnesium - 61.9 mg Iron - 1.6 mg Phosphorus - 106.9 mg Potassium - 987.8 mg Selenium - 3.3 mcg Manganese - 0.5 mg Zinc - 0.5 mg Sodium - 25.8 mg Copper - 0.6 mg

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Thai Steamed Mussels



PREP TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

SERVES: 4



INGREDIENTS:

4 to 5 lbs. scrubbed and debearded fresh mussels
 2 garlic cloves, minced
 2 green onions, sliced
 1/2 cup fresh lime juice
 1 cup coconut milk
 1/4 cup dry white wine or fish stock
 2 tablespoon red curry paste
 1 tablespoon fish sauce
 2 tablespoon coconut oil
 1/2 cup fresh cilantro, minced (plus more for garnish)
 Hot pepper, to taste

DIRECTIONS:

1. In a large skillet, heat the coconut oil over medium heat.
2. Add the garlic and green onions and cook until fragrant.
3. Pour in the white wine and cook until dissolved by half.
4. Pour in the lime juice, fish sauce, and coconut milk.
5. Add in the curry paste, hot pepper, and cilantro; stirring everything together.
6. Bring to a light boil then add the mussels.
7. Cover and cook 6 to 8 minutes, stirring every few minutes.
8. Serve mussels with the sauce and extra cilantro.

NUTRITIONAL INFORMATION:

Calories - 2627.4 kJ Fats - 109.1 g Carbs - 117.3 g Proteins - 283.9 g Sugars - 13.4 g Fibre - 8.8 g Vitamin A - 5198.8 IU
 Vitamin C - 239.6 mg Vitamin D - 8100 mcg Vitamin E - 14.5 mg Vitamin K - 44.1 mcg Biotin - 8 mcg Choline - 1528.8 mg
 Vitamin B1 (Thiamin) - 3.2 mg Vitamin B2 (Riboflavin) - 5.9 mg Vitamin B3 (Niacin) - 41.2 mg Vitamin B5 (Pantothenic Acid) -
 11.6 mg Vitamin B6 (Pyridoxine) - 3.2 mg Vitamin B9 (Folic Acid) - 1028.4 mcg Vitamin B12 - 275.9mcg Calcium - 687.2 mg
 Magnesium - 920.6 mg Iron - 97.7 mg Phosphorus - 4817.5 mg Potassium - 8340.2 mg Selenium - 1046.9 mcg Manganese -
 81.2 mg Zinc - 39.8 mg Sodium - 9581.4 mg Copper - 3.5 mg

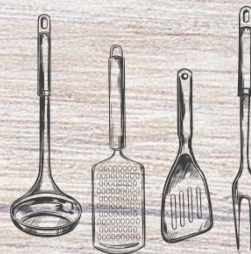
Mediterranean Cod with Roasted Tomatoes



PREP TIME: 5 MINUTES

TOTAL TIME: 15 MINUTES

SERVES: 4



INGREDIENTS:

4 (4 ounce) fresh or frozen skinless cod fillets, $\frac{3}{4}$ - to 1-inch thick
 2 teaspoons snipped fresh oregano
 1 teaspoon snipped fresh thyme
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon paprika
 $\frac{1}{4}$ teaspoon black pepper

Nonstick cooking spray
 3 cups cherry tomatoes
 2 cloves garlic, sliced
 1 tablespoon olive oil
 2 tablespoons sliced pitted ripe olives
 2 teaspoons capers
 Fresh oregano and/or thyme leaves

DIRECTIONS:

1. Thaw fish, if frozen. Preheat oven to 450°F and rinse fish and pat dry with paper towels.
2. In a small bowl combine shredded oregano, shredded thyme, salt, garlic powder, paprika and black pepper. Sprinkle about half of the oregano mixture over both sides of each fish fillet.
3. Line a 15x10x1-inch baking pan with foil. Coat foil with cooking spray. Place fish on one side of the foil-lined pan.
4. Add tomatoes and garlic slices to the other side of the foil-lined pan. Combine remaining oregano mixture with oil. Drizzle oil mixture over tomatoes; toss to coat.
5. Bake for 8 to 12 minutes or until the fish flakes easily when tested with a fork, stirring tomato mixture once. Stir olives and capers into cooked tomato mixture.
6. Divide the fish and roasted tomato mixture evenly among four serving plates. Garnish with fresh oregano and/or thyme leaves.

NUTRITIONAL INFORMATION:

157 calories; 5 g fat(1 g sat); 2 g fiber; 7 g carbohydrates; 22 g protein; 29 mcg folate; 49 mg cholesterol; 4 g sugars; 1,268 IU Vitamin A; 21 mg vitamin C; 41 mg calcium; 1 mg iron; 429 mg sodium; 807 mg potassium

Brussels Sprouts and Goat Cheese Flatbread



PREP TIME: 10 MINUTES

TOTAL TIME: 25 MINUTES

SERVES: 2



INGREDIENTS:

- 1 Thin Pizza Crust
- 1 ounce soft goat cheese (chèvre)
- ½ cup thinly sliced Brussels sprouts
- 3 tablespoons snipped dried apricots
- 2 tablespoons chopped walnuts, toasted
- ½ teaspoon honey
- ½ teaspoon lime zest

DIRECTIONS:

1. Preheat oven to 425°F.
2. Bake crust on oven rack 4 to 6 minutes or until golden and crisp.
3. Spread with cheese and top with the remaining ingredients.

NUTRITIONAL INFORMATION:

Per serving: 255 calories; 13 g fat(5 g sat); 4 g fiber; 34 g carbohydrates; 10 g protein; 13 mg cholesterol; 11 g sugars; 333 mg sodium

Chickpea Curry (Chhole)



PREP TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

SERVES: 6



INGREDIENTS:

1 medium serrano pepper, cut into thirds
 4 large cloves garlic
 1 2-inch piece fresh ginger, peeled and coarsely chopped
 1 medium yellow onion, chopped (1-inch)
 6 tablespoons canola oil or grapeseed oil
 2 teaspoons ground coriander
 2 teaspoons ground cumin
 ½ teaspoon ground turmeric
 2¼ cups no-salt-added
 canned diced tomatoes with their juice (from a 28-ounce can)

¾ teaspoon kosher salt
 2 15-ounce cans chickpeas, rinsed
 2 teaspoons garam masala
 Fresh cilantro for garnish

DIRECTIONS:

1. In a food processor pulse serrano pepper, garlic and ginger until minced. Scrape down the sides and pulse again. Add onion; pulse until finely chopped, but not watery.
2. Heat oil in a large saucepan over medium-high heat. Add the onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes. Add coriander, cumin and turmeric and cook, stirring, for 2 minutes.
3. Pulse tomatoes in the food processor until finely chopped. Add to the pan along with salt.
4. Reduce heat to maintain a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 minutes more.
5. Serve topped with cilantro, if desired.

NUTRITIONAL INFORMATION:

Per serving: 278 calories; 15 g fat(1 g sat); 6 g fiber; 30 g carbohydrates; 6 g protein; 75 mcg folate; 0 mg cholesterol; 3 g sugars; 0 g added sugars; 260 IU vitamin A; 18 mg vitamin C; 65 mg calcium; 2 mg iron; 354 mg sodium; 356 mg potassium

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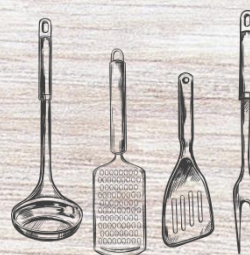
No-Bake Oatmeal/Blueberry Energy Balls



PREP TIME: 30 MINUTES

TOTAL TIME: 45 MINUTES

SERVES: 12-14



INGREDIENTS:

- 1 cup gluten free oat flakes
- 1/4 cup almond butter
- 1/4 cup raw honey
- 1/2 cup dried wild blueberries (you can sub any dried fruit, cranberries, goji berries, etc.)
- 1/4 cup chia seeds
- 1/4 teaspoon cinnamon
- 1/2 teaspoon vanilla (optional)
- a pinch of sea salt

DIRECTIONS:

1. Add all of the ingredients into a medium sized bowl and stir well to combine the mixture. It should get sticky.
2. Refrigerate the mix, covered, for at least 30 minutes.
3. Once refrigerated, use a spoon to scoop about a tablespoon of the mixture into your hand and roll into a ball. Repeat this process with the rest of the mixture. It should make roughly 12 to 14 Energy Balls
4. Store the Energy Balls in an air sealed container in the fridge for up to a week, or in a sealed freezer bag in the freezer where they will last much longer.
5. Enjoy as a snack before or after a workout for added benefits.

NUTRITIONAL INFORMATION:

Per serving: Calories – 124.5 kJ Fats – 4.9 g Carbs – 17.7 g Proteins – 3.7 g Sugars – 6.5 g Fibre – 2.7 g Vitamin A – 5.1 IU Vitamin C - .6 mg Vitamin D - .8 mcg Vitamin E – 3.6 mg Vitamin K – 30.3 mcg Biotin – 5.9 mcg Choline – 1.5 mg Vitamin B1 (Thiamin) - .4 mg Vitamin B2 (Riboflavin) - .08 mg Vitamin B3 (Niacin) - .3 mg Vitamin B5 (Pantothenic Acid) - .2 mg Vitamin B6 (Pyridoxine) - .05 mg Vitamin B9 (Folic Acid) – 11.2 mcg Vitamin B12 - 0 mcg Calcium – 42.2 mg Magnesium – 49.8 mg Iron – 1.1 mg Phosphorus – 123.2 mg Potassium – 116.8 mg Selenium – 2.0 mcg Manganese - .8 mg Zinc - .8 mg Sodium – 1.7 mg Copper - .2 mg

Carrot, Apple, and Ginger Soup



PREP TIME: 15 MINUTES

TOTAL TIME: 1 HOUR, 30 MINUTES

SERVES: 2



INGREDIENTS:

2 medium organic carrots (orange or heirloom (purple, yellow, white) carrot can be used)
 1 medium ginger root
 1 large organic apple (choice is yours ... honey crisp, gala, granny smith, etc.)
 2 cups organic chicken bone broth (can substitute beef broth, or vegetable broth)
 1 small organic onion
 4 cloves of organic garlic
 pinch of sea salt, black pepper, and nutmeg

DIRECTIONS:

1. Chop up carrots, ginger, apple, onion, and garlic.
2. Pour 2 cups of bone broth into a medium to large pot and add all chopped up ingredients. Bring to a boil while stirring contents. Once the bone broth is boiling, lower heat to a low/medium setting and let simmer for 25 minutes.
3. Transfer all contents in the pot to a blender, add the salt, pepper, and nutmeg, and blend until all contents are pureed. If you do not have a blender, go back to step 2 and simmer contents for 35 minutes. Also, make sure ingredients are well chopped if not using a blender.
4. Once soup is ready, transfer to a bowl and add a splash of nut or coconut milk (almond, cashew), as well as garnish with some more black pepper, parsley, and/or basil.

NUTRITIONAL INFORMATION:

Per serving: Calories - 189.4 kJ Fats - 2.2 g Carbs - 39.3 g Proteins - 7.5 g Sugars - 17.6 g Fibre - 6.5 g Vitamin A - 12,136.3 IU
 Vitamin C - 13.8 mg Vitamin D - 0 mcg Vitamin E - .8 mg Vitamin K - 12.5 mcg Biotin - 9 mcg Choline - 35.4 mg
 Vitamin B1 (Thiamin) - .2 mg Vitamin B2 (Riboflavin) - .3 mg Vitamin B3 (Niacin) - 4.5 mg Vitamin B5 (Pantothenic Acid) - .4 mg
 Vitamin B6 (Pyridoxine) - .4 mg Vitamin B9 (Folic Acid) - 29.4 mcg Vitamin B12 - .2 mcg Calcium - 66.9 mg Magnesium - 43 mg
 Iron - 1.4 mg Phosphorus - 145.8 mg Potassium - 838 mg Selenium - 1.4 mcg Manganese - .5 mg Zinc - .6 mg Sodium - 131.9 mg
 Copper - .3 mg

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Sweet Potato, Chickpea, Spinach & Coconut Chicken Curry

25



PREP TIME: 8 MINUTES

TOTAL TIME: 35 MINUTES

SERVES: 6



INGREDIENTS:

2 tablespoons of grape seed oil (or another cooking oil with high smoke point: sesame, avocado, etc.)
1 tablespoon of cumin seeds
1 medium onion (diced and chopped)
4 cloves of garlic (diced and chopped)
1 small ginger root (diced and chopped or grated)
1 teaspoon ground turmeric
1 teaspoon ground coriander
¼ teaspoon red pepper flakes (optional for heat and spice)

1 medium sweet potato (cut up into small cubes)
1 can chickpeas (drain and rinse)
1 can diced tomatoes
1 can coconut milk
1 whole package of spinach
a pinch of sea salt and black pepper

DIRECTIONS:

1. In a large sauce pan, heat the oil on medium heat. Throw in the cumin seeds and let them heat up in the pan for about 1 minute. Now add in the diced onion and let that fry up for about 3 to 5 minutes.
2. Add the garlic, ginger, turmeric, coriander, and red pepper flakes to the pan. Stir continually, allowing everything to mix up and sizzle for about another 2 minutes.
3. Add the sweet potato, chickpeas, tomatoes with the juice, and coconut milk. Stir everything up until it is blended, then cover the pan with a lid and let the mixture simmer on medium heat for 25 minutes. Stir the mixture around 2 to 3 times over the course of the 25 minutes.
4. Add the spinach and then season the mix with the sea salt and black pepper. The spinach will begin to almost disappear because spinach shrinks significantly when cooking in a pan. Once the spinach is beginning to look less and wilting, remove the pan from the heat, stirring up the contents.
5. The curry mix can be eaten as is, or layered over top of a grain (rice, quinoa, millet, or your choice). Squeezing lime juice over the dish adds wonderful flavor to the taste.

NUTRITIONAL INFORMATION:

Per serving: Calories – 334.7 kJ Fats – 20.3 g Carbs – 34.6 g Proteins – 8.6 g Sugars – 4.5 g Fibre – 8.7 g Vitamin A – 9072.6 IU
Vitamin C – 29.0 mg Vitamin D – 0 mcg Vitamin E – 3.4 mg Vitamin K – 281.5 mcg Biotin – 4.5 mcg Choline – 51.8 mg
Vitamin B1 (Thiamin) – .2 mg Vitamin B2 (Riboflavin) – .2 mg Vitamin B3 (Niacin) – 2.0 mg Vitamin B5 (Pantothenic Acid) – .8 mg
Vitamin B6 (Pyridoxine) – .8 mg Vitamin B9 (Folic Acid) – 181 mcg Vitamin B12 – 0 mcg Calcium – 141.7 mg Magnesium – 128.9 mg
Iron – 6.6 mg Phosphorus – 205.5 mg Potassium – 987.3 mg Selenium – 3.6 mcg Manganese – 1.8 mg Zinc – 1.8 mg
Sodium – 358.9 mg Copper – .6 mg

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Avocado Chocolate Pudding



PREP TIME: 15 MINUTES

TOTAL TIME: 20 MINUTES

SERVES: 4



INGREDIENTS:

2 ripe avocados (peeled and pitted)
 ½ cup unsweetened raw cocoa powder
 1/3 cup pure maple syrup
 ½ cup unsweetened coconut milk
 1 teaspoon vanilla extract

DIRECTIONS:

1. Add all the ingredients into a blender and blend until creamy and smooth.
2. Pour pudding into serving dishes. Pudding can be refrigerated for 1 - 2 days or can be put in freezer bags and frozen. Will last up to 2 months in freezer.
3. When serving the pudding, garnish with nuts, seeds, or fruit.

NUTRITIONAL INFORMATION:

Per serving: Calories – 327.8 kJ Fats – 23.5 g Carbs – 34.6 g Proteins – 4.8 g Sugars – 17.9 g Fibre – 11.0 g Vitamin A – 146.5 IU
 Vitamin C – 10.9 mg Vitamin D - 0 mcg Vitamin E – 1.8 mg Vitamin K – 21.4 mcg Biotin - 3 mcg Choline – 18.6 mg
 Vitamin B1 (Thiamin) - .1 mg Vitamin B2 (Riboflavin) - .2 mg Vitamin B3 (Niacin) – 2.5 mg Vitamin B5 (Pantothenic Acid) – 1.5 mg
 Vitamin B6 (Pyridoxine) - .3 mg Vitamin B9 (Folic Acid) – 89.8 mcg Vitamin B12 - 0 mcg Calcium – 48.7 mg Magnesium – 98.0 mg
 Iron – 2.8 mg Phosphorus – 162.0 mg Potassium – 786.7 mg Selenium – 4.0 mcg Manganese – 1.7 mg Zinc – 2.7 mg Sodium – 16.3 mg Copper - .7 mg

Strawberry & Mango Sorbét



PREP TIME: 10 MINUTES

TOTAL TIME: 1 HOUR 10 MINUTES

SERVES: 4



INGREDIENTS:

4 cups mango, frozen
4 cups strawberries, frozen, chopped
½ to 1 cup water
2-3 tablespoons raw wild honey

DIRECTIONS:

1. Combine strawberries, mango and honey in a blender with water (start with half a cup and simply add more if needed). Pulse and blend until smooth in consistency.
2. Transfer shake to freezer-safe container and freeze for an hour or so.
3. Serve with fresh mint leaves if desired.

NUTRITIONAL INFORMATION:

Per serving: Fats - 2 g Carbs - 218.7 g Proteins - 5.9 g Sugars - 176.4 g Fibre - 24.4 g Vitamin A - 5316 IU Vitamin C - 428.7 mg Vitamin E - 8.8 mg Vitamin K - 40.8 mcg Biotin - 0 mcg Choline - 85.5 mg Vitamin B1 (Thiamin) - 0.8 mg Vitamin B2 (Riboflavin) - 0.8 mg Vitamin B3 (Niacin) - 6.8 mg Vitamin B5 (Pantothenic Acid) - 2 mg Vitamin B6 (Pyridoxine) - 1.2 mg Vitamin B9 (Folic Acid) - 194.8 mcg Vitamin B12 - 0 mcg Calcium - 165.1 mg Magnesium - 126 mg Iron - 5.5 mg Phosphorus - 152.8 mg Potassium - 1944.7 mg Selenium - 8.6 mcg Manganese - 2.3 mg Zinc - 1.2 mg Sodium - 27.6 mg Copper - 1.2 mg

Coco-Strawberry Lemonade



PREP TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

SERVES: 2



INGREDIENTS:

2 cups coconut water
6 strawberries, sliced
6 mint leaves
2 lemon slices
2 lime slices
2 tablespoon fresh lemon juice
2 tablespoon fresh lime juice
raw wild honey

DIRECTIONS:

1. Using a mortar and pestle, mash the lime & lemon slices and mint leaves.
2. Scoop up the mashed-up ingredients and place into a pitcher. Add the coconut water, lemon and lime juice next, and finally, the remaining ingredients. Stir and chill in the fridge.
3. Best served on the rocks!

NUTRITIONAL INFORMATION:

Per serving: Fats - 1.5 g Carbs - 54 g Proteins - 4.9 g Sugars - 36.4 g Fibre - 9.2 g Vitamin A - 55.5 IU
Vitamin C - 121.7 mg Vitamin E - 0.5 mg Vitamin K - 2.6 mcg Biotin - 0 mcg Choline - 14.6 mg Vitamin B1 (Thiamin) - 0.7 mg
Vitamin B2 (Riboflavin) - 0.4 mg Vitamin B3 (Niacin) - 1 mg Vitamin B5 (Pantothenic Acid) - 0.5 mg
Vitamin B6 (Pyridoxine) - 0.7 mg Vitamin B9 (Folic Acid) - 47.9 mcg Vitamin B12 - 0 mcg Calcium - 163.9 mg
Magnesium - 142.2 mg Iron - 2.2 mg Phosphorus - 135.9 mg Potassium - 1500.7 mg Selenium - 5.5 mcg
Manganese - 1.1 mg Zinc - 0.5 mg Sodium - 507.7 mg Copper - 0.5 mg

Quickest Avocado Toast



PREP TIME: 3 MINUTES

TOTAL TIME: 5 MINUTES

SERVES: 2



INGREDIENTS:

1 avocado, peeled, seeded
 2 tablespoons cilantro, chopped
 juice of ½ lime
 2 slices whole grain bread
 sea salt, to taste
 black pepper, ground, to taste
 ½ teaspoon black sesame seeds (optional)
 2 eggs, fried, scrambled, or poached (optional)

DIRECTIONS:

1. Toast bread in a toaster until crispy or until golden-brown.
2. In a small bowl, mash the avocado. Add and combine cilantro and lime to mashed avocado. Season with salt & pepper to taste.
3. Spread half of the mixture on each slice of toast. Top with black sesame seeds and fried, scrambled, or poached egg if desired.

NUTRITIONAL INFORMATION:

Per serving: Fats – 47 g Carbs – 44.6 g Proteins – 24.8 g Sugars – 6.2 g Fibre – 18.8 g Vitamin A – 2866.3 IU
 Vitamin C – 36.1 mg Vitamin E – 6.4 mg Vitamin K – 135.2 mcg Biotin - 27 mcg Choline – 297.3 mg Vitamin B1 (Thiamin) - 0.7 mg
 Vitamin B2 (Riboflavin) - 1.2 mg Vitamin B3 (Niacin) - 6.2 mg Vitamin B5 (Pantothenic Acid) - 4.6 mg
 Vitamin B6 (Pyridoxine) - 1.2 mg Vitamin B9 (Folic Acid) - 273 mcg Vitamin B12 - 2 mcg Calcium – 179.6 mg
 Magnesium – 129.3 mg Iron – 5.4 mg Phosphorus – 448.3 mg Potassium – 1420.5 mg Selenium – 49.9 mcg Manganese – 1.7 mg
 Zinc – 3.6 mg Sodium – 530.4 mg Copper – 1 mg



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