



Heart Health Recipe Collection

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LIFESCAPE PREMIER, LLC

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

GROCERY LIST TIPS

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the “List” tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

LEFTOVERS

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Strawberry & Flax Seed Chia Pudding

1 SERVING 2 HOURS 10 MINUTES



INGREDIENTS

2 tbsps Chia Seeds
2 tsps Ground Flax Seed
1/2 cup Unsweetened Almond Milk
1/2 tsp Vanilla Extract
2 tbsps Sunflower Seed Butter
1/3 cup Strawberries (chopped)
1 tbsp Almonds (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	422	Calcium	438mg
Fat	32g	Iron	4mg
Saturated	3g	Vitamin D	50IU
Trans	0g	Vitamin E	10mg
Polyunsat...	12g	Vitamin K	1µg
Monouns...	17g	Thiamine	0mg
Carbs	25g	Riboflavin	0.2mg
Fiber	13g	Niacin	3mg
Sugar	6g	Vitamin B6	0.2mg
Protein	13g	Folate	91µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	85mg	Phosphoro...	268mg
Potassium	444mg	Magnesium	139mg
Vitamin A	272IU	Zinc	2mg
Vitamin C	29mg	Selenium	34µg

DIRECTIONS

- 01 In a bowl, stir together the chia seeds, flax seeds, milk, vanilla, and sunflower seed butter. Refrigerate for at least two hours or until chilled and the chia seeds have set.
- 02 Serve the chia pudding topped with strawberries and almonds. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/4 cups.

MORE FLAVOR

Add maple syrup and/or cinnamon.

NO ALMOND MILK

Use any other milk of choice.

Yogurt & Berry Stuffed Sweet Potato

2 SERVINGS 55 MINUTES



INGREDIENTS

2 Sweet Potato (medium)
2/3 cup Blueberries
1/2 cup Strawberries (chopped)
1/2 cup Unsweetened Coconut Yogurt
1/4 cup Almond Butter
2 tsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	389	Calcium	283mg
Fat	21g	Iron	3mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	8mg
Polyunsat...	6g	Vitamin K	13µg
Monouns...	10g	Thiamine	0.2mg
Carbs	45g	Riboflavin	0.4mg
Fiber	10g	Niacin	2mg
Sugar	14g	Vitamin B6	0.4mg
Protein	10g	Folate	46µg
Cholester...	0mg	Vitamin B12	0.7µg
Sodium	87mg	Phosphoro...	289mg
Potassium	805mg	Magnesium	151mg
Vitamin A	18475IU	Zinc	2mg
Vitamin C	29mg	Selenium	2µg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Pierce the sweet potatoes with a fork in a few spots then place them on the baking sheet. Bake for 45 to 50 minutes or until cooked through and fork-tender.
- 02 Slice the sweet potatoes down the middle, but not all the way through. Use a fork to lightly mash the cooked potatoes before adding the toppings.
- 03 Evenly divide the blueberries, strawberries, coconut yogurt, almond butter, and hemp seeds onto each potato. Enjoy!

NOTES

LEFTOVERS

Refrigerate the sweet potato in an airtight container for up to three days. Reheat then add the toppings when ready to eat.

SERVING SIZE

One serving is one potato with toppings.

NO ALMOND BUTTER

Use other nut or seed butter of choice.

LIKES IT SWEET

Top with maple syrup or honey.

NO COCONUT YOGURT

Use any other yogurt instead.

Chocolate Quinoa Flake Bowl

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Quinoa Flakes
1 cup Unsweetened Almond Milk
2 tbsps Cocoa Powder
1/4 tsp Cinnamon
1/2 Banana
3/4 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	177	Calcium	249mg
Fat	4g	Iron	2mg
Saturated	0g	Vitamin D	50IU
Trans	0g	Vitamin E	0mg
Polyunsat...	0g	Vitamin K	4µg
Monouns...	1g	Thiamine	0mg
Carbs	34g	Riboflavin	0.7mg
Fiber	8g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	6g	Folate	17µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	84mg	Phosphoro...	196mg
Potassium	277mg	Magnesium	54mg
Vitamin A	285IU	Zinc	1mg
Vitamin C	15mg	Selenium	1µg

DIRECTIONS

- 01 In a small saucepan, over medium heat, combine the quinoa flakes, almond milk, cocoa powder, and cinnamon. Add the banana and mash with a fork to incorporate.
- 02 Bring to a boil and then reduce the heat to low and simmer for three minutes.
- 03 Divide into bowls and top with raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

LIKES IT SWEET

Add some maple syrup.

MORE PROTEIN

Add chocolate protein powder.

Cherry Blaster Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
2 cups Baby Spinach
1 cup Cherries (fresh or frozen)
1 Banana (frozen)
2 tbsps Chia Seeds
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	249	Calcium	578mg
Fat	12g	Iron	3mg
Saturated	1g	Vitamin D	101IU
Trans	0g	Vitamin E	1mg
Polyunsat...	7g	Vitamin K	147µg
Monouns...	2g	Thiamine	0.2mg
Carbs	34g	Riboflavin	0.2mg
Fiber	9g	Niacin	2mg
Sugar	17g	Vitamin B6	0.4mg
Protein	8g	Folate	84µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	187mg	Phosphoro...	209mg
Potassium	756mg	Magnesium	135mg
Vitamin A	3400IU	Zinc	1mg
Vitamin C	19mg	Selenium	1µg

DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LIKES IT SWEET

Add honey or pitted dates.

MORE PROTEIN

Add vanilla protein powder.

Cozy Tofu Shakshuka

4 SERVINGS 30 MINUTES



INGREDIENTS

14 ozs Tofu (firm, pat dry)
1/4 cup Water
1 Red Bell Pepper (chopped)
2 tsps Paprika
1 tsp Cumin
2 1/2 cups Fire Roasted Diced Tomatoes (from the can with juices)
3/4 cup Parsley (finely chopped, divided)
Sea Salt & Black Pepper (to taste)
1 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	217	Calcium	388mg
Fat	13g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	203µg
Monouns...	6g	Thiamine	0.1mg
Carbs	16g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	8g	Vitamin B6	0.3mg
Protein	13g	Folate	81µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	366mg	Phosphoro...	157mg
Potassium	797mg	Magnesium	63mg

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Take 3/4 of the tofu and slice into even pieces. Take the remaining 1/4 of the tofu and crumble it. Set both aside, separately.
- 02 Heat the water in an oven-safe skillet over medium heat. Sauté the red bell pepper until slightly tender, about 3 to 4 minutes.
- 03 Stir in the paprika and cumin for 1 minute. Stir in the diced tomatoes, 3/4 of the parsley, salt and pepper. Place the tofu slices on top and cover with a lid. Simmer for 10 minutes.
- 04 Remove the lid and transfer the skillet to the oven. Bake for 10 minutes uncovered or until the tofu has crisped on top.
- 05 Garnish with the crumbled tofu, remaining parsley and avocado. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 1 1/4 cups.

MORE FLAVOR

Use oil or broth instead of water. Add onion, garlic and/or chili powder.

Vitamin A	3163IU	Zinc	2mg
Vitamin C	66mg	Selenium	13µg

Pomegranate Avocado Toast

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado (medium)
1/4 Lime (juiced)
Sea Salt & Black Pepper (to taste)
1 3/4 ozs Sourdough Bread (toasted)
2 tbsps Pomegranate Seeds
1 tbsp Feta Cheese (crumbled)
1/4 tsp Chili Flakes (optional)

NUTRITION

AMOUNT PER SERVING

Calories	327	Calcium	62mg
Fat	17g	Iron	2mg
Saturated	3g	Vitamin D	2IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	21µg
Monouns...	10g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.2mg
Fiber	8g	Niacin	2mg
Sugar	3g	Vitamin B6	0.3mg
Protein	8g	Folate	86µg
Cholesterol	8mg	Vitamin B12	0.2µg
Sodium	353mg	Phosphoro...	85mg
Potassium	547mg	Magnesium	32mg
Vitamin A	192IU	Zinc	1mg
Vitamin C	16mg	Selenium	2µg

DIRECTIONS

- 01 In a bowl, add the avocado and lime juice. Mash the avocado with a fork and season with salt and pepper.
- 02 Spread the avocado on top of the toast. Top with pomegranate seeds and feta cheese. Sprinkle chili flakes on top, if using, and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

MAKE IT VEGAN

Omit feta cheese or use plant-based cheese instead.

ADDITIONAL TOPPINGS

Fresh cilantro or dill.

GLUTEN-FREE

Use gluten-free bread instead.

Sunflower Seed Butter & Strawberry Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Gluten-Free Bread
2 tbsps Sunflower Seed Butter
1/4 cup Strawberries (stems removed, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	363	Calcium	56mg
Fat	22g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	7mg
Polyunsat...	4g	Vitamin K	1µg
Monouns...	15g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.2mg
Fiber	5g	Niacin	3mg
Sugar	10g	Vitamin B6	0.2mg
Protein	9g	Folate	84µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	256mg	Phosphoro...	260mg
Potassium	301mg	Magnesium	120mg
Vitamin A	21IU	Zinc	2mg
Vitamin C	22mg	Selenium	34µg

DIRECTIONS

01 Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

Avocado & Radish Sweet Potato Toast

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Sweet Potato (medium)
1 Avocado (medium)
1/2 Lime (juiced)
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1/4 tsp Sea Salt (plus more for garnish)
1/2 cup Watermelon Radish (sliced)
2 stalks Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	233	Calcium	50mg
Fat	15g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	2g	Vitamin K	41µg
Monouns...	10g	Thiamine	0.1mg
Carbs	25g	Riboflavin	0.2mg
Fiber	10g	Niacin	2mg
Sugar	5g	Vitamin B6	0.4mg
Protein	4g	Folate	102µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	347mg	Phosphoro...	99mg
Potassium	819mg	Magnesium	54mg
Vitamin A	9854IU	Zinc	1mg
Vitamin C	23mg	Selenium	1µg

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay on its side on a cutting board. Slice it lengthwise into 1/4 inch (1/2 cm) slices.
- 02 Pop the sweet potato slices into the toaster and toast two to three times, depending on your toaster setting. If you do not have a toaster, set your oven to broil and cook in the oven on a lined baking sheet for three to six minutes per side.
- 03 While the sweet potatoes are cooking, mash the avocado, lime juice, garlic powder, onion powder, and salt together in a bowl.
- 04 Place the toasted sweet potato on a plate and divide the mashed avocado, watermelon radish, and green onion evenly between each piece. Top with a sprinkle of salt. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated in an airtight container up to three days. Add the toppings when ready to eat.

SERVING SIZE

One serving is two pieces of sweet potato toast.

SAVE ON TIME

Use premade guacamole instead.

MORE FLAVOR

Add caramelized onions and/or fresh herbs.

Mango & Guacamole Chicken Wrap

1 SERVING 5 MINUTES



INGREDIENTS

1 tbsp Guacamole
1 Brown Rice Tortilla
1 1/2 ozs Chicken Breast, Cooked (shredded)
1/4 Mango (peeled, sliced)
1/16 head Green Lettuce (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	288	Calcium	14mg
Fat	6g	Iron	1mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	8µg
Monouns...	2g	Thiamine	0.1mg
Carbs	41g	Riboflavin	0.1mg
Fiber	5g	Niacin	6mg
Sugar	15g	Vitamin B6	0.6mg
Protein	17g	Folate	48µg
Cholesterol	44mg	Vitamin B12	0.1µg
Sodium	215mg	Phosphoro...	129mg
Potassium	380mg	Magnesium	27mg
Vitamin A	1034IU	Zinc	1mg
Vitamin C	32mg	Selenium	13µg

DIRECTIONS

01 Spread on the guacamole onto the tortilla. Add the chicken, mango, and green lettuce. Roll up the tortilla tightly and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Store in an airtight container for up to one day.

MORE FLAVOR

Add chopped cilantro, diced tomatoes, and/or diced jalapenos.

Bruschetta Flatbread

4 SERVINGS 35 MINUTES



INGREDIENTS

4 Tomato (finely diced)
3 Garlic (cloves, minced)
2 tbsps Extra Virgin Olive Oil
1/2 cup Basil Leaves (chopped)
1 tbsp Balsamic Vinegar
1/2 cup Feta Cheese (crumbled)
Sea Salt & Black Pepper (to taste)
4 Brown Rice Tortilla
4 ozs Chicken Breast, Cooked (diced)

DIRECTIONS

- 01 Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
- 02 Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
- 03 Remove from oven. Run a spatula between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	328	Calcium	114mg
Fat	14g	Iron	2mg
Saturated	4g	Vitamin D	3IU
Trans	0g	Vitamin E	1mg
Polyunsat...	1g	Vitamin K	26µg
Monouns...	6g	Thiamine	0.1mg
Carbs	33g	Riboflavin	0.3mg
Fiber	4g	Niacin	4mg
Sugar	4g	Vitamin B6	0.5mg
Protein	16g	Folate	42µg
Cholesterol	46mg	Vitamin B12	0.4µg
Sodium	447mg	Phosphoro...	176mg
Potassium	387mg	Magnesium	27mg
Vitamin A	2029IU	Zinc	1mg

Vitamin C 19mg Selenium 12µg

Spicy Sardine & Veggies Toast

1 SERVING 5 MINUTES



INGREDIENTS

1 slice Whole Grain Bread (toasted)
1/4 Carrot (small, thinly sliced)
3 tbsps Radishes (trimmed, thinly sliced)
1 1/16 ozs Sardines (packed in oil, drained, halved lengthwise)
1/2 oz Pickled Banana Peppers (sliced)
1 tsp Lemon Juice (to taste)
1 tsp Extra Virgin Olive Oil (to taste)
1 tsp Parsley (tough stems removed, optional)

NUTRITION

AMOUNT PER SERVING

Calories	229	Calcium	173mg
Fat	10g	Iron	2mg
Saturated	1g	Vitamin D	58IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	69µg
Monouns...	5g	Thiamine	0.1mg
Carbs	22g	Riboflavin	0.1mg
Fiber	4g	Niacin	4mg
Sugar	4g	Vitamin B6	0.2mg
Protein	13g	Folate	45µg
Cholesterol	43mg	Vitamin B12	2.7µg
Sodium	428mg	Phosphoro...	253mg
Potassium	340mg	Magnesium	50mg

DIRECTIONS

- 01 Top the toasted bread with the carrots, radishes, sardines, and banana peppers. Squeeze lemon juice and drizzle oil overtop. Garnish with parsley (optional) and enjoy!

NOTES

LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

GLUTEN-FREE

Use gluten-free bread, rice cakes, lettuce wraps, or a toasted sweet potato slice.

MORE FLAVOR

Spread butter and/or rub garlic evenly over the toast.

NO BANANA PEPPERS

Use sauerkraut, pickles, or any other pickled veggies instead.

NO SARDINES

Use canned tuna, salmon, mackerel, or herring.

Vitamin A	2902IU	Zinc	1mg
Vitamin C	11mg	Selenium	30µg



Arugula, Kale & Pinto Bean Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Kale Leaves (chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1 cup Arugula
1 1/2 cups Pinto Beans (cooked, rinsed and drained)
1 Beet (large, peeled, chopped)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	333	Calcium	136mg
Fat	15g	Iron	4mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	105µg
Monouns...	10g	Thiamine	0.3mg
Carbs	40g	Riboflavin	0.2mg
Fiber	14g	Niacin	1mg
Sugar	4g	Vitamin B6	0.4mg
Protein	13g	Folate	290µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	47mg	Phosphoro...	223mg
Potassium	815mg	Magnesium	86mg
Vitamin A	1262IU	Zinc	2mg
Vitamin C	29mg	Selenium	8µg

DIRECTIONS

- 01 In a large bowl, add the chopped kale and drizzle some of the oil on top. Massage with your hands until the kale softens.
- 02 Add the remaining ingredients and toss to combine. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPINGS

Add nuts, seeds, and/or goat cheese.

Grilled Tofu, Tomato & Zucchini Pasta Salad

3 SERVINGS 30 MINUTES



INGREDIENTS

4 1/2 ozs Chickpea Pasta (dry)
11 ozs Tofu (extra-firm, drained, pressed and cubed)
1 Zucchini (cubed)
1 cup Cherry Tomatoes
2 tbsps Extra Virgin Olive Oil
1 tsp Herbes de Provence
1 1/2 tbsps Lemon Juice
1 Garlic (clove, minced)
1/4 tsp Sea Salt
2 tbsps Parmigiano Reggiano (shaved)

NUTRITION

AMOUNT PER SERVING

Calories	349	Calcium	391mg
Fat	19g	Iron	7mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	4g	Vitamin K	15µg
Monouns...	8g	Thiamine	0.1mg
Carbs	30g	Riboflavin	0.1mg
Fiber	8g	Niacin	1mg
Sugar	8g	Vitamin B6	0.2mg
Protein	24g	Folate	34µg
Cholesterol	4mg	Vitamin B12	0µg
Sodium	284mg	Phosphoro...	154mg

DIRECTIONS

- 01 Cook the chickpea pasta according to package directions. Drain and set aside.
- 02 Preheat the grill to medium-high heat.
- 03 Add the tofu, zucchini, and tomatoes to a grill basket or foil packet. Mix the oil, Herbes de Provence, lemon juice, garlic, and salt together. Brush the marinade onto the tofu mixture. Reserve the leftover marinade.
- 04 Grill for five to seven minutes, tossing gently, or until you see grill marks and the tomatoes and zucchini have softened.
- 05 Add the veggies to a bowl with the pasta. Add the reserved marinade and toss well to combine. Top with parmesan cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate the leftovers in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

MAKE IT VEGAN

Omit the cheese.

MORE FLAVOR

Add red chilli flakes and/or thinly sliced red onion.

ADDITIONAL TOPPINGS

Pine nuts, chopped walnuts, and/or fresh parsley.

DAIRY-FREE

Use plant-based cheese.

Potassium	435mg	Magnesium	54mg
Vitamin A	578IU	Zinc	1mg
Vitamin C	22mg	Selenium	14µg

Three Bean Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Chickpeas (cooked)
1/2 cup Red Kidney Beans (cooked)
1/2 cup Cannellini Beans (cooked)
1 Tomato (medium, diced)
1/2 Red Bell Pepper (medium, diced)
2 tbsps Red Onion (diced)
1/4 cup Cilantro (chopped)
1 tbsp Extra Virgin Olive Oil
1 tbsp Lime Juice (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	260	Calcium	69mg
Fat	8g	Iron	4mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	1g	Vitamin K	13µg
Monouns...	5g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.1mg
Fiber	12g	Niacin	1mg
Sugar	4g	Vitamin B6	0.2mg
Protein	11g	Folate	137µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	201mg	Phosphoro...	158mg
Potassium	519mg	Magnesium	51mg
Vitamin A	1913IU	Zinc	1mg

DIRECTIONS

01 Add all the ingredients to a mixing bowl and combine well. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

MORE FLAVOR

Add sliced chili peppers, crushed garlic, salt and pepper.

Vitamin C 51mg Selenium 2µg



Turkey Ranch Mason Jar Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Israeli Couscous (dry)
2 tbsps Ranch Dressing
8 ozs Turkey Breast, Cooked (roughly chopped)
1 Carrot (large, grated)
1/2 cup Cherry Tomatoes (sliced)
2 cups Baby Kale
2 tbsps Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	426	Calcium	110mg
Fat	11g	Iron	3mg
Saturated	2g	Vitamin D	11IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	18µg
Monouns...	3g	Thiamine	0.1mg
Carbs	42g	Riboflavin	0.3mg
Fiber	5g	Niacin	14mg
Sugar	5g	Vitamin B6	1.0mg
Protein	43g	Folate	27µg
Cholesterol	84mg	Vitamin B12	2.0µg
Sodium	504mg	Phosphoro...	464mg
Potassium	837mg	Magnesium	89mg
Vitamin A	5437IU	Zinc	3mg
Vitamin C	7mg	Selenium	36µg

DIRECTIONS

- 01 Cook the Israeli couscous according to package directions. Let it cool to room temperature.
- 02 Divide and layer the ingredients in a mason jar in the following order: ranch dressing, turkey breast, couscous, carrots, cherry tomatoes, baby kale, and pumpkin seeds.
- 03 Seal the jar and refrigerate until ready to serve.
- 04 When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to three days.

SERVING SIZE

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

MORE FLAVOR

Season with salt, pepper, or your choice of herbs and spices.

Salmon & Mint Chickpea Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 tsp Ground Sumac
2 tbsps Mint Leaves (chopped)
Sea Salt & Black Pepper (to taste)
1 cup Chickpeas (cooked)
1/4 Cucumber (large, sliced)
1/4 cup Red Onion (sliced)
5 ozs Canned Wild Salmon (drained, flaked)

NUTRITION

AMOUNT PER SERVING

Calories	327	Calcium	87mg
Fat	13g	Iron	3mg
Saturated	2g	Vitamin D	608IU
Trans	0g	Vitamin E	3mg
Polyunsat...	3g	Vitamin K	15µg
Monouns...	7g	Thiamine	0.1mg
Carbs	27g	Riboflavin	0.2mg
Fiber	7g	Niacin	6mg
Sugar	6g	Vitamin B6	0.2mg
Protein	27g	Folate	155µg
Cholesterol	47mg	Vitamin B12	3.9µg
Sodium	282mg	Phosphoro...	326mg
Potassium	577mg	Magnesium	68mg

DIRECTIONS

- 01 In a bowl, whisk together the oil, lemon juice, sumac, mint, salt, and pepper.
- 02 Add the chickpeas, cucumber, red onion, and salmon. Stir well, taste, and adjust the seasoning to your taste. Divide evenly between plates or bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Add bell pepper and green onion.

NO MINT

Omit or use parsley instead.

Vitamin A	263IU	Zinc	2mg
Vitamin C	9mg	Selenium	28µg



Lettuce Wrap Lentil Beet Burgers

6 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

4 Beet (medium-size, peeled, cut into small cubes)
1 cup Lentils (cooked, rinsed)
1/2 cup Walnuts (roughly chopped)
1/2 cup Parsley (chopped)
1/4 cup Ground Flax Seed
1/2 tsp Sea Salt
2 Garlic (clove, minced)
2 Avocado (sliced)
1 head Romaine Hearts (leave separated)

NUTRITION

AMOUNT PER SERVING

Calories	262	Calcium	50mg
Fat	18g	Iron	3mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsat...	7g	Vitamin K	103µg
Monouns...	8g	Thiamine	0.2mg
Carbs	21g	Riboflavin	0.1mg
Fiber	11g	Niacin	2mg
Sugar	5g	Vitamin B6	0.3mg
Protein	8g	Folate	197µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	248mg	Phosphoro...	157mg
Potassium	712mg	Magnesium	63mg

DIRECTIONS

- 01 Add the beets to a steaming basket over boiling water and cover. Steam for about 20 to 25 minutes, or until tender. Let cool slightly.
- 02 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 03 To a food processor, add the lentils, walnuts, parsley, ground flax, salt, garlic and the cooked beets. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 04 Scoop out roughly 1/2 cup of the mixture at a time and form into patties about 4 to 5 inches in diameter. Place on the prepared baking sheet. Bake for 30 minutes, carefully flipping halfway through.
- 05 To serve, top the burger patties with sliced avocado and use a few leaves of lettuce as a bun. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days or freeze for up one month. Enjoy cold or reheat on the stovetop.

SERVING SIZE

One serving is one burger patty.

NUT-FREE

Omit the walnuts.

ADDITIONAL TOPPINGS

Top the patty with your favourite burger toppings.

LENTILS

This recipe was created and tested using canned brown lentils.

BEETS

Four medium beets are equal to approximately 2 1/2 cups of cubed beets.

Vitamin A	952IU	Zinc	1mg
Vitamin C	17mg	Selenium	2µg

Hummus Pasta

4 SERVINGS 15 MINUTES



INGREDIENTS

8 ozs Chickpea Pasta (dry)
3/4 cup Frozen Edamame
1 tsp Extra Virgin Olive Oil
3/4 cup Cherry Tomatoes (halved)
2 1/2 cups Arugula
1 tbsp Lemon Juice
2/3 cup Hummus
2 tsps Everything Bagel Seasoning
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	340	Calcium	100mg
Fat	14g	Iron	7mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	4g	Vitamin K	34µg
Monouns...	3g	Thiamine	0.1mg
Carbs	42g	Riboflavin	0.1mg
Fiber	12g	Niacin	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	21g	Folate	127µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	341mg	Phosphoro...	137mg
Potassium	371mg	Magnesium	59mg
Vitamin A	626IU	Zinc	1mg

DIRECTIONS

- 01 Bring a large pot of salted water to a boil and cook the chickpea pasta according to package directions. During the last two minutes, add the frozen edamame and reserve some of the pasta water. Drain and rinse with cold water. Set aside.
- 02 In the same pot over medium heat, add the oil followed by the tomatoes, arugula and lemon juice and heat through. Add the pasta and edamame into the pot and stir in the hummus. Add the pasta water one small splash at a time and stir until your desired consistency is reached. Divide onto plates and top with everything bagel seasoning, salt, and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of pasta.

ADDITIONAL TOPPINGS

Top with chopped parsley and a drizzle of olive oil.

Vitamin C 9mg Selenium 2µg

Turkey Cabbage Casserole

6 SERVINGS 1 HOUR 40 MINUTES



INGREDIENTS

1 1/2 lbs Extra Lean Ground Turkey
1 Yellow Onion (chopped)
3 1/2 cups Crushed Tomatoes (from the can)
4 1/2 cups Savoy Cabbage (thinly chopped)
1/2 cup Brown Rice (uncooked)
1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	293	Calcium	102mg
Fat	10g	Iron	4mg
Saturated	3g	Vitamin D	16IU
Trans	0g	Vitamin E	2mg
Polyunsat...	3g	Vitamin K	44µg
Monouns...	3g	Thiamine	0.3mg
Carbs	27g	Riboflavin	0.3mg
Fiber	5g	Niacin	9mg
Sugar	9g	Vitamin B6	0.8mg
Protein	26g	Folate	72µg
Cholesterol	84mg	Vitamin B12	1.4µg
Sodium	358mg	Phosphoro...	334mg
Potassium	841mg	Magnesium	85mg
Vitamin A	911IU	Zinc	4mg
Vitamin C	29mg	Selenium	25µg

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 Heat a few tablespoons of the water in a non-stick pan over medium-high heat. Cook the turkey and onions until cooked through and the onions are tender. Drain any excess liquid.
- 03 Add the crushed tomatoes, cabbage, rice, and water. Stir until combined, then spread the mixture evenly in a baking dish.
- 04 Cover with a lid or foil and cook for 60 minutes. Remove from the oven and stir. Cover again and cook for another 30 minutes, or until the rice is cooked and cabbage is tender. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups. 9- by 13-inch baking dish was used to make six servings.

MORE FLAVOR

Cook with oil instead of water. Use broth instead of water. Add fresh minced garlic to the dish before putting it in the oven.

ADDITIONAL TOPPINGS

Add cheese, carrots, bay leaves, dried herbs, and/or black pepper.

Salmon with Bell Peppers & Quinoa

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, rinsed)
1 tbsp Extra Virgin Olive Oil (divided)
1/4 cup Shallot (sliced)
1 Orange Bell Pepper (medium, sliced)
2 cups Baby Spinach
Sea Salt & Black Pepper (to taste)
8 ozs Salmon Fillet
1 tsp Paprika
1 Lemon (juiced, divided)

NUTRITION

AMOUNT PER SERVING

Calories	419	Calcium	82mg
Fat	15g	Iron	4mg
Saturated	2g	Vitamin D	638IU
Trans	0g	Vitamin E	4mg
Polysat...	4g	Vitamin K	150µg
Monouns...	7g	Thiamine	0.4mg
Carbs	40g	Riboflavin	0.5mg
Fiber	6g	Niacin	12mg
Sugar	2g	Vitamin B6	1.3mg
Protein	34g	Folate	180µg
Cholesterol	58mg	Vitamin B12	5.3µg
Sodium	120mg	Phosphoro...	540mg
Potassium	1138mg	Magnesium	160mg
Vitamin A	3757IU	Zinc	2mg

DIRECTIONS

- 01 Cook the quinoa according to the package directions.
- 02 Meanwhile, heat half of the oil in a pan over medium-high heat. Add the shallot and bell pepper to the pan and sauté for about five minutes. Add the spinach and cook, stirring for another minute. Season with salt and pepper.
- 03 Season the salmon all over with salt, pepper, and paprika. Make room in the middle of the pan and add the salmon fillets. Cook for about 10 to 12 minutes, flipping halfway through, or until the salmon is cooked.
- 04 Squeeze half of the lemon on top of the salmon and vegetables. Add the remaining lemon juice and oil to the cooked quinoa. Season with salt and pepper, stirring to combine.
- 05 Divide the quinoa, salmon, and vegetables evenly between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1/2 cup quinoa and 1/3 cup cooked vegetables with salmon.

ADDITIONAL TOPPINGS

Top with fresh cilantro.

Vitamin C 190mg Selenium 38µg



Slow Cooker Chicken & Wild Rice Soup

8 SERVINGS 4 HOURS



INGREDIENTS

13 ozs Chicken Breast
10 cups Water
2 Carrot (medium, chopped)
1 1/4 cups Wild Rice (rinsed)
1 tsp Sea Salt
2 Bay Leaf (optional)
1 cup Kale Leaves (stems removed, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	152	Calcium	49mg
Fat	2g	Iron	1mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	13µg
Monouns...	0g	Thiamine	0.1mg
Carbs	20g	Riboflavin	0.2mg
Fiber	2g	Niacin	6mg
Sugar	1g	Vitamin B6	0.5mg
Protein	14g	Folate	32µg
Cholesterol	34mg	Vitamin B12	0.1µg
Sodium	335mg	Phosphoro...	213mg
Potassium	318mg	Magnesium	66mg
Vitamin A	2693IU	Zinc	2mg
Vitamin C	3mg	Selenium	11µg

DIRECTIONS

- 01 Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
- 02 Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze if longer.

SERVING SIZE

One serving equals approximately 1 1/2 to 2 cups.

MORE FLAVOR

Use homemade bone broth or vegetable broth instead of water. Add ginger, garlic, onion, and/or mushrooms.

MAKE IT VEGAN

Use black beans instead of chicken.

One Pan Deconstructed Veggie Fajitas

3 SERVINGS 45 MINUTES



INGREDIENTS

- 1 Sweet Potato (large, cubed)
- 2 Red Bell Pepper (medium, sliced)
- 1 Yellow Onion (medium, sliced)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 tbsps Fajita Seasoning (divided)
- Sea Salt & Black Pepper (to taste)
- 2 cups Portobello Mushroom (sliced)
- 1/3 cup Guacamole
- 1/3 cup Cilantro (chopped)
- 1 Lime (cut into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	318	Calcium	41mg
Fat	22g	Iron	3mg
Saturated	3g	Vitamin D	11IU
Trans	0g	Vitamin E	5mg
Polyunsat...	3g	Vitamin K	26µg
Monouns...	16g	Thiamine	0.2mg
Carbs	28g	Riboflavin	0.5mg
Fiber	8g	Niacin	7mg
Sugar	11g	Vitamin B6	0.5mg
Protein	5g	Folate	80µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	488mg	Phosphoro...	166mg
Potassium	926mg	Magnesium	40mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 In a bowl, add the sweet potato, bell peppers, onion, half of the oil, half of the fajita seasoning, salt, and pepper. Toss to combine.
- 03 Spread out into an even layer onto the baking sheet. Place in the oven and cook for 10 to 15 minutes.
- 04 While the vegetables are in the oven, add the sliced mushrooms to the same mixing bowl with the remaining oil, remaining fajita seasoning, salt, and pepper. Toss to combine.
- 05 Remove the baking sheet from the oven and make room on the side to add the mushrooms in an even layer. Place the sheet back into the oven and cook for another 15 to 20 minutes or until the vegetables are fork-tender and slightly browned.
- 06 Divide evenly between bowls and top with guacamole, cilantro, and a lime wedge. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

ADDITIONAL TOPPINGS

Top with salsa, sour cream and/or tortilla chips.

NO FAJITA SEASONING

Use taco seasoning or a chili powder instead.

Vitamin A	8972IU	Zinc	1mg
Vitamin C	110mg	Selenium	18µg



Lentil Goulash

8 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (diced)
6 Garlic (cloves, minced)
2 Red Bell Pepper (diced)
3 Yellow Potato (medium, peeled, diced)
2 cups Lentils (cooked)
1 1/8 tbsps Paprika
1 1/2 cups Vegetable Broth, Low Sodium
2 cups Diced Tomatoes (from the can, with juices)
1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	168	Calcium	43mg
Fat	2g	Iron	4mg
Saturated	0g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsat...	0g	Vitamin K	6µg
Monouns...	1g	Thiamine	0.2mg
Carbs	31g	Riboflavin	0.1mg
Fiber	7g	Niacin	2mg
Sugar	6g	Vitamin B6	0.5mg
Protein	7g	Folate	116µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	335mg	Phosphoro...	149mg

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the onion and garlic and cook until the onion softens, about five minutes.
- 02 Add the peppers, potatoes, lentils, paprika, vegetable broth, and diced tomatoes. Bring to a boil and simmer for 25 to 30 minutes, or until the potatoes are fork tender. Season with salt, serve, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Use Hungarian paprika or smoked paprika instead.

Potassium	637mg	Magnesium	42mg
Vitamin A	1683IU	Zinc	1mg
Vitamin C	62mg	Selenium	2µg

Cucumber & Pepper Tabbouleh with Chicken

4 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Chicken Breast (boneless, skinless)
2 tbsps Italian Seasoning
1 1/2 cups Parsley (tough stems removed, finely chopped)
1/3 cup Mint Leaves (finely chopped)
1 Cucumber (medium, finely diced)
1 Red Bell Pepper (large, finely diced)
3 stalks Green Onion (thinly sliced)
3 tbsps Red Wine Vinegar
3 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	258	Calcium	62mg
Fat	14g	Iron	2mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsat...	2g	Vitamin K	408µg
Monouns...	8g	Thiamine	0.1mg
Carbs	7g	Riboflavin	0.3mg
Fiber	2g	Niacin	12mg
Sugar	3g	Vitamin B6	1.0mg
Protein	27g	Folate	69µg
Cholesterol	82mg	Vitamin B12	0.2µg
Sodium	217mg	Phosphoro...	284mg

DIRECTIONS

- 01 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 02 Lay the chicken breast on the baking sheet and sprinkle with Italian seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 03 In a large bowl, combine the parsley, mint, cucumber, bell pepper, and green onion.
- 04 In a jar, whisk together the red wine vinegar, oil, and salt (to taste).
- 05 Divide the tabbouleh and chicken into containers. Drizzle the dressing over top or store on the side. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add olive oil, minced garlic, and black pepper to taste.

ADDITIONAL TOPPINGS

Diced tomato, quinoa, cauliflower rice, and/or avocado.

Potassium	708mg	Magnesium	60mg
Vitamin A	3416IU	Zinc	1mg
Vitamin C	72mg	Selenium	26µg

White Bean Eggplant Caponata

4 SERVINGS 40 MINUTES



INGREDIENTS

3 tbsps Extra Virgin Olive Oil
1 Yellow Onion (medium, chopped)
1 Eggplant (medium, cubed)
5 Garlic (clove, minced)
3/4 cup Water
3 cups Diced Tomatoes (from the can, with the juices)
2 cups White Navy Beans (cooked)
2 tbsps Capers (rinsed)
1/4 cup Pine Nuts (toasted, divided)
1/4 cup Basil Leaves (chopped, divided)

NUTRITION

AMOUNT PER SERVING

Calories	364	Calcium	135mg
Fat	17g	Iron	5mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsat...	5g	Vitamin K	28µg
Monouns...	9g	Thiamine	0.3mg
Carbs	43g	Riboflavin	0.1mg
Fiber	16g	Niacin	2mg
Sugar	12g	Vitamin B6	0.3mg
Protein	12g	Folate	163µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	138mg	Phosphoro...	220mg

DIRECTIONS

- 01 In a large pan, heat the oil over medium heat. Add the onion and cook until translucent, about three to four minutes.
- 02 Add the eggplant, garlic, and water. Cover and cook for eight to 10 minutes, stirring occasionally, until softened.
- 03 Add the tomatoes, beans, and capers. Reduce the heat to medium-low and cook uncovered for about 15 to 20 minutes, stirring occasionally, until the eggplant is tender, and the sauce thickens.
- 04 Remove from the heat and stir in half of the pine nuts and half of the basil.
- 05 Divide evenly between plates. Top with the remaining pine nuts and basil. Serve warm and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/4 cups.

MORE FLAVOR

Season with salt and pepper. Stir in plant-based cheese of choice or pesto.

SERVE IT WITH

Enjoy as is or serve with pasta, polenta, toasted crusty bread, or mashed potatoes.

Potassium	783mg	Magnesium	94mg
Vitamin A	930IU	Zinc	2mg
Vitamin C	24mg	Selenium	4µg

