



GOLDSTER★

Younger You: Week 2

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Turmeric Oat Latte

2 servings

15 minutes

Ingredients

- 2 tsps Coconut Oil
- 1/2 tsp Turmeric (ground)
- 1/4 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1/4 tsp Cardamom (ground)
- 2 cups Oat Milk (plus more for topping)
- 1/2 cup Coffee (espresso, brewed)
- 2 tsps Raw Honey

Nutrition

Amount per serving	
Calories	186
Fat	10g
Carbs	23g
Fiber	2g
Protein	3g
Calcium	357mg

Directions

- 1 In a small saucepan, heat the oil and spices over low heat, stirring to infuse for 30 seconds.
- 2 Add the milk, coffee, and honey. Simmer gently for five minutes, stirring constantly, until smooth.
- 3 Pour into a cup. Froth a little more milk to top the latte, if desired. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Shake before reheating.

Serving Size: One serving is approximately 1 1/4 cups.

More Flavor: Use fresh turmeric and ginger.



Pan Fried Tofu with Beans & Peppers

2 servings
25 minutes

Ingredients

- 2 tbsps Tamari
- 2 tbsps Water
- 1 tbsp Maple Syrup
- 1/2 tsp Arrowroot Powder
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 283 grams Tofu (cut into slices)
- 1 tsp Steak Spice Seasoning
- 1 Yellow Onion (large, diced)
- 1 Red Bell Pepper (large, diced)
- 4 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	349
Fat	18g
Carbs	33g
Fiber	10g
Protein	21g
Calcium	514mg

Directions

- 1 In a bowl, whisk together the tamari, water, maple syrup, and arrowroot powder. Set aside.
- 2 Working in batches if needed, heat 2/3 of the oil in a large non-stick skillet over high heat. Once hot, add the tofu. Cook for three minutes then flip. Season with steak spice. Cook for another two minutes then set aside.
- 3 Reduce the heat to medium and wipe the skillet clean. Add the remaining oil. Once hot, add the onions and bell peppers. Cook for three to four minutes or until golden. Add the green beans and continue to cook for two minutes or until tender-crisp. Divide the vegetables and tofu onto plates.
- 4 In the same skillet, bring the tamari mixture to a boil, constantly stirring, until thickened for one to two minutes. Pour over the tofu and vegetables. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately three cups of vegetables with tofu.

Additional Toppings: Green onions and/or cilantro.



Chickpea & Edamame Millet Salad with Eggs

4 servings
30 minutes

Ingredients

- 1/2 cup Millet (dry, rinsed)
- 1 cup Frozen Edamame
- 8 Egg (large)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (medium, juiced)
- 1 Garlic (clove, large, minced)
- 1 tsp Maple Syrup
- 1 1/2 cups Chickpeas (cooked)
- 1/2 cup Pickled Turnip (chopped)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	431
Fat	18g
Carbs	43g
Fiber	9g
Protein	26g
Calcium	123mg

Directions

- 1 Cook the millet according to the package directions.
- 2 Place a steamer basket inside a large pot and fill just to the basket with water. Bring to a boil. Once boiling, add the edamame and steam for three minutes.
- 3 Meanwhile, cook the eggs until the whites are set and the yolks are cooked to your liking.
- 4 In a large bowl, mix the oil, lemon juice, garlic, and maple syrup together.
- 5 Add the chickpeas, pickled turnips, and parsley to the same large bowl and mix to combine. Add the millet and edamame and toss until well combined.
- 6 Serve the salad with the eggs and enjoy!

Notes

Leftovers: Refrigerate the salad in an airtight container for up to three days. Cook the eggs when ready to serve.

Serving Size: One serving is one cup of salad and two eggs.

Meal Prep: Cook the eggs as hard-boiled eggs and store cooked with the shells on. Peel when ready to serve with the salad.

Make it Vegan: Omit the eggs.

More Flavor: Season with salt and pepper.



Green Curry Salmon & Rice

2 servings
20 minutes

Ingredients

1/2 cup Jasmine Rice (dry, rinsed)
 1 tsp Coconut Oil
 1/2 Yellow Onion (medium, thickly sliced)
 1 Yellow Bell Pepper (medium, thickly sliced)
 1 cup Canned Coconut Milk
 2 tbsps Green Curry Paste
 2 tps Fish Sauce
 1 tbsp Lime Juice
 340 grams Salmon Fillet
 Sea Salt & Black Pepper (to taste)
 2 tbsps Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	681
Fat	33g
Carbs	54g
Fiber	4g
Protein	44g
Calcium	45mg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 375°F (190°C).
- 3 Heat a large oven-safe pan over medium heat and melt the oil. Add the onions and peppers and cook for three minutes or until just starting to soften.
- 4 Add the coconut milk, curry paste, fish sauce, and lime juice. Stir to combine.
- 5 Nestle the salmon into the skillet and season with salt and pepper. Transfer to the oven and bake for ten to 13 minutes or until cooked through. The timing will depend on the thickness of your fillet(s).
- 6 Divide the rice and salmon mixture into bowls or plates and top with cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of rice, 1/2 cup of veggies, and one salmon fillet.

More Flavor: Add minced ginger and garlic after cooking the onion and peppers.



Egg Bhurji

2 servings

10 minutes

Ingredients

- 4 Egg
- 1 tbsp Ghee
- 1/2 White Onion (finely chopped)
- 1 Tomato (large, finely chopped)
- 1/2 Green Chili Pepper (roughly chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Garam Masala
- 1/2 tsp Coriander
- 1/4 tsp Turmeric
- 1/4 tsp Sea Salt
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	232
Fat	16g
Carbs	8g
Fiber	2g
Protein	14g
Calcium	78mg

Directions

- 1 In a small bowl, whisk the eggs and set aside.
- 2 Heat a medium-sized skillet over medium heat and melt the ghee. Once hot, add the onion and cook for about five minutes, stirring often, until just starting to brown. Add the tomato and cook for one minute.
- 3 Add the green chili pepper and garlic and cook for one minute. Then pour in the garam masala, coriander, turmeric, and salt. Stir to combine and cook for one minute. Pour in the eggs and cook until fluffy and cooked to your liking, about two minutes.
- 4 Remove from the heat and garnish with cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Dairy-Free: Use coconut oil or avocado oil.

More Flavor: Add minced ginger.

Serve With: Serve with toast, crackers, flatbread, or naan.