





Sardine Spread with Cucumbers

1 serving

5 minutes

Ingredients

- 85 grams Sardines (in oil, drained)
- 1 1/2 tbsps Mayonnaise
- 2 1/2 tbsps Apple Cider Vinegar
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	348
Fat	25g
Carbs	6g
Fiber	1g
Protein	22g
Calcium	353mg

Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add black pepper or your choice of fresh or dried herbs.

No Cucumbers: Use bell pepper slices, carrot sticks, celery sticks or crackers instead.



Savory Crêpes with Creamy Mushrooms & Kale

2 servings

25 minutes

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 12 Cremini Mushrooms (sliced)
- 4 stalks Green Onion (chopped)
- 3 cups Kale Leaves (chopped)
- 2 Garlic (clove, minced)
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Canned Coconut Milk (full fat)
- 3 Egg
- 1/2 cup Almond Flour
- 1/2 tsp Oregano
- 1/2 tsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	459
Fat	38g
Carbs	15g
Fiber	6g
Protein	21g
Calcium	209mg

Directions

- 1 Heat 2/3 of the oil in a large frying pan over medium-high heat. Add the mushrooms, green onion and kale and cook until the mushrooms are tender and the kale has wilted, 5 to 8 minutes.
- 2 Add the garlic and half of the salt to the pan and cook for another minute. Stir in the coconut milk. Reduce heat to low to keep warm.
- 3 In a mixing bowl, whisk the eggs. Stir in the almond flour, oregano, nutritional yeast and the remaining salt.
- 4 Heat a small non-stick pan over medium heat. Add just enough oil to evenly coat the bottom of the pan. This won't be all of the remaining oil.
- 5 Add about 1/4 cup of the crêpe batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan. Flip and continue cooking for 30 to 60 seconds. Repeat the process with the remaining oil and batter.
- 6 To serve, divide the creamy mushrooms and kale between the crêpes then fold or roll. Enjoy!

Notes

Leftovers: Store creamy mushrooms and kale separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for up to two months. Reheat the crêpes in a dry pan until warmed through. Reheat the creamy mushrooms and kale with additional coconut milk if needed.

Serving Size: One serving is approximately two crêpes.

More Flavor: Add garlic powder, onion powder or other dried herbs to the batter.

Additional Toppings: Fresh herbs like dill, parsley or chopped green onion.

Pan Size: This recipe was tested with a small 8-inch pan to make the crêpes.



Greek Egg & Veggie Bowl

1 serving
15 minutes

Ingredients

2 Egg
2 cups Arugula
1/4 Tomato (cut into wedges)
1/4 Cucumber (medium, diced)
1/4 cup Red Onion (sliced)
1/4 Green Bell Pepper (medium, sliced)
1/4 cup Pitted Kalamata Olives
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Feta Cheese (crumbled)
1/2 tsp Oregano

Nutrition

Amount per serving	
Calories	400
Fat	31g
Carbs	14g
Fiber	3g
Protein	18g
Calcium	276mg

Directions

- 1 Bring a medium-sized pot of water to a boil and add the eggs. Boil for seven to eight minutes then immediately remove and place in icy water.
- 2 Meanwhile, prepare the bowl by adding the arugula, tomato, cucumber, onion, bell pepper, and olives. Drizzle with oil. Add salt, pepper, and feta cheese.
- 3 Peel the eggs, slice them in half and add them to the bowl. Top with oregano. Enjoy!

Notes

Leftovers: Best enjoyed immediately. To meal prep, refrigerate the eggs separate from the vegetables. When ready to eat, combine all ingredients, peel and slice the eggs, and enjoy!

Serving Size: One serving is roughly three cups of vegetables with two eggs.

Dairy-Free: Omit the feta cheese or use plant-based feta.

Additional Toppings: Chili flakes and/or fresh herbs.



Couscous & Arugula Salad with Baked Cod

2 servings

30 minutes

Ingredients

- 1/2 cup Couscous (dry)
- 1 1/2 tbsps Sesame Oil (divided)
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Fresh Dill (chopped, divided)
- 2 cups Arugula

Nutrition

Amount per serving	
Calories	447
Fat	12g
Carbs	34g
Fiber	2g
Protein	47g
Calcium	80mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 Cook the couscous according to the package directions and let cool.
- 3 Rub 1/3 of the sesame oil all over the cod fillets, season with salt and pepper, and sprinkle 1/2 of the chopped dill on top. Place the fillets on the baking sheet and bake in the oven for 14 to 16 minutes or until the fish is flakey and cooked through.
- 4 In a bowl, toss together the couscous, arugula, and the remaining dill and oil. Season with salt and pepper. Divide everything evenly between plates and enjoy!

Notes

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

Serving Size: One serving is equal to one cod fillet and approximately 1 1/4 cups couscous salad

More Flavor: Add red bell pepper and/or diced red onion to the salad.

No Couscous: Use quinoa instead.

No Cod: Use another white fish, like haddock, instead.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Broccoli & Radish Side Salad

2 servings

20 minutes

Ingredients

- 2 cups Broccoli (cut into small florets)
- 1 cup Radishes (thinly sliced)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Italian Dressing
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	62
Fat	1g
Carbs	12g
Fiber	4g
Protein	3g
Calcium	71mg

Directions

- 1 Add broccoli, radishes, red onion, and the dressing into a medium bowl and mix well. Add salt and pepper and adjust the seasoning to your taste.
- 2 Cover the bowl and let it sit in the fridge for at least 15 minutes so the flavors blend together.
- 3 Divide the salad between plates and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 2/3 cups salad.

Additional Toppings: Fresh herbs, dried cranberries, nuts, and/or seeds.