





Flax & Pumpkin Seed Mixture

8 servings

10 minutes

Ingredients

- 1/2 cup Whole Flax Seeds
- 1/2 cup Pumpkin Seeds
- 1/4 cup Almonds (chopped)
- 1/4 cup Hemp Seeds

Directions

- 1 Add all ingredients to a food processor or blender and pulse until a fine crumb forms. Do not overmix.
- 2 Transfer to an airtight container. Enjoy!

Nutrition

Amount per serving	
Calories	146
Fat	12g
Saturated	1g
Polyunsaturated	6g
Monounsaturated	4g
Carbs	6g
Fiber	5g
Protein	6g
Vitamin A	1IU
Vitamin C	0mg
Calcium	47mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	16µg
Vitamin B12	0µg
Magnesium	87mg
Zinc	1mg



Cajun Seasoning

24 servings

5 minutes

Ingredients

- 3 tbsps Smoked Paprika
- 1 1/2 tbsps Onion Powder
- 1 1/2 tbsps Garlic Powder
- 1 tbsp Dried Thyme
- 1 tbsp Oregano
- 1 1/2 tsps Black Pepper (freshly ground)
- 1 1/2 tsps White Pepper
- 1 1/2 tsps Dried Parsley
- 3/4 tsp Cayenne Pepper (optional)

Directions

- 1 Add all spices to a medium-sized bowl and toss to combine. Store in an airtight jar.

Nutrition

Amount per serving	
Calories	8
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	2g
Fiber	1g
Protein	0g
Vitamin A	457IU
Vitamin C	0mg
Calcium	10mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	2µg
Vitamin B12	0µg
Magnesium	4mg
Zinc	0mg



Jerk Seasoning Blend

18 servings

5 minutes

Ingredients

- 1 tbsp Onion Powder
- 1 tbsp Garlic Powder
- 1 tbsp Dried Parsley
- 1 tbsp Coconut Sugar
- 2 tsps Smoked Paprika
- 1 1/2 tsps Cayenne Pepper
- 1 tsp Ground Allspice
- 1 1/2 tsps Sea Salt
- 1 tsp White Pepper
- 1 tsp Dried Thyme
- 1/2 tsp Cinnamon
- 1/2 tsp Red Pepper Flakes
- 1/2 tsp Nutmeg

Directions

1

- Combine all spices into a jar or container with a lid and shake well to combine. Use it to season any meat, tofu, tempeh or vegetables.

Nutrition

Amount per serving	
Calories	8
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	2g
Fiber	0g
Protein	0g
Vitamin A	193IU
Vitamin C	0mg
Calcium	7mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg

Folate	1 µg
Vitamin B12	0 µg
Magnesium	2mg
Zinc	0mg



Jerk Shrimp Salad

2 servings

15 minutes

Ingredients

254 grams Shrimp (large, peeled, deveined)
 2 tsps Jerk Seasoning
 1/2 Lime (juiced, zested)
 2 tbsps Extra Virgin Olive Oil (divided)
 Sea Salt & Black Pepper (to taste)
 8 leaves Romaine (roughly chopped)
 1/2 Avocado (sliced)
 1/4 cup Red Onion (thinly sliced)
 1/4 cup Cilantro (roughly chopped, optional)

Nutrition

Amount per serving	
Calories	348
Fat	22g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	15g
Carbs	13g
Fiber	6g
Protein	28g
Vitamin A	10169IU
Vitamin C	15mg
Calcium	132mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	199µg
Vitamin B12	0µg
Magnesium	78mg

Directions

- 1 Add the shrimp to a medium-sized bowl along with the jerk seasoning. Toss to combine and let it marinate for about 10 minutes, while you prepare the rest of the salad.
- 2 In a small jar add the lime juice and zest, 2/3 of the oil, salt and pepper. Shake to combine.
- 3 Heat a cast-iron skillet over medium-high heat. Once hot, add the remaining oil and then add the shrimp. Cook for 3 minutes each side, or until cooked through. Remove and set aside.
- 4 Divide the romaine onto plates, and top with avocado, red onion and cilantro, if using. Add the shrimp on top and drizzle with the lime dressing. Enjoy!

Zinc

2mg



Jerk Chicken & Kale Salad

2 servings
45 minutes

Ingredients

227 grams Chicken Leg, Bone-in (skin on, thighs and legs separated)
3 tbsps Extra Virgin Olive Oil (divided)
2 tbsps Jerk Seasoning
1 tbsp Lime Juice
1/2 tsp Honey
4 cups Kale Leaves (stem removed, thinly sliced into ribbons)
1 Avocado (cubed)
1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	642
Fat	54g
Saturated	10g
Polyunsaturated	8g
Monounsaturated	33g
Carbs	19g
Fiber	9g
Protein	22g
Vitamin A	2995IU
Vitamin C	52mg
Calcium	129mg
Vitamin D	3IU
Riboflavin	0.4mg
Niacin	8mg
Vitamin B6	0.7mg
Folate	113µg
Vitamin B12	0.7µg
Magnesium	65mg
Zinc	2mg

Directions

- 1 Preheat the oven to 425°F (218°C).
- 2 In a baking dish, add the chicken. Coat with 1/3 of the oil and the jerk seasoning. Rub the seasoning into the chicken to coat it. Place in the oven to cook for 40 to 45 minutes or until the chicken is cooked through and juices run clear. Allow it to rest for 5 minutes.
- 3 Meanwhile make the dressing by adding the remaining oil, lime juice and honey in a small jar and shake to combine.
- 4 Add the kale to a salad bowl and add the dressing. Use your hands to massage the dressing into the kale until soft and fully coated.
- 5 Divide the kale salad evenly between plates. Top with the chicken pieces, avocado and cilantro. Enjoy!



Lebanese Seven Spice Blend

16 servings

5 minutes

Ingredients

- 1/4 cup Black Pepper
- 1/4 cup Cumin
- 1/4 cup Paprika
- 2 tbsps Coriander (ground)
- 2 tbsps Ground Cloves
- 2 tsps Nutmeg
- 2 tsps Cinnamon
- 1 tsp Cardamom

Directions

1

Add all the spices to a medium-sized bowl and toss to combine. Store in an airtight jar.

Nutrition

Amount per serving	
Calories	23
Fat	1g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	4g
Fiber	2g
Protein	1g
Vitamin A	884IU
Vitamin C	0mg
Calcium	42mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	2µg
Vitamin B12	0µg
Magnesium	18mg
Zinc	0mg



Lemon Garlic Tahini Dressing

2 servings

5 minutes

Ingredients

- 2 tbsps Tahini
- 2 tbsps Water (warm)
- 2 tbsps Lemon Juice
- 1 Garlic (clove, small, minced)
- 1 1/2 tps Nutritional Yeast
- 1/8 tsp Sea Salt

Directions

1

Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Nutrition

Amount per serving	
Calories	103
Fat	8g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	5g
Fiber	2g
Protein	4g
Vitamin A	11IU
Vitamin C	6mg
Calcium	70mg
Vitamin D	0IU
Riboflavin	1.9mg
Niacin	11mg
Vitamin B6	2.0mg
Folate	18µg
Vitamin B12	8.4µg
Magnesium	16mg
Zinc	1mg



Cilantro Lentil Dip

4 servings

30 minutes

Ingredients

- 1 cup Dry Yellow Lentils
- 3 cups Water
- 1 Yellow Onion (small, chopped)
- 2 Garlic (cloves, chopped)
- 1/2 tsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cilantro
- 1 tbsp Lime Juice
- 1/4 cup Extra Virgin Olive Oil
- 2 cups Corn Tortilla Chips

Directions

- 1 In a medium-sized pot, over medium heat, bring the lentils and water to a boil. Once boiling, reduce the heat to a simmer. Add the onion, garlic, cumin and salt. Stir to combine. Simmer until the lentils are cooked through, about 20 to 24 minutes. Drain and set aside to let cool.
- 2 In a blender or food processor, add the drained lentils, cilantro, lime juice and oil. Process until smooth and creamy, adding water if needed to smooth.
- 3 Serve with tortilla chips and enjoy!

Nutrition

Amount per serving	
Calories	391
Fat	17g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	46g
Fiber	9g
Protein	15g
Vitamin A	286IU
Vitamin C	3mg
Calcium	70mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0.1mg
Folate	4µg
Vitamin B12	0µg
Magnesium	25mg
Zinc	0mg



Citrusy Asparagus

2 servings

5 minutes

Ingredients

- 1 tbsp Avocado Oil
- 2 cups Asparagus (trimmed, sliced thin on the bias)
- 2 Garlic (cloves, minced)
- 1 tbsp Coconut Aminos
- 1 tbsp Water
- 1/2 Blood Orange (juiced, zested)
- 1/4 cup Cilantro (chopped)

Directions

- 1 Heat a skillet over medium-high heat. Once hot, add the oil and then the asparagus. Cook until bright green and still crispy while stirring occasionally, about 2 minutes.
- 2 Lower the heat to medium-low. Add the garlic, coconut aminos and water and toss until the garlic is fragrant, about 30 seconds to 1 minute.
- 3 Remove from the heat and add the orange juice and zest. Stir to combine. Transfer to a plate and top with cilantro. Serve and enjoy!

Nutrition

Amount per serving	
Calories	118
Fat	7g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	12g
Fiber	4g
Protein	4g
Vitamin A	1235IU
Vitamin C	30mg
Calcium	55mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.2mg
Folate	83µg
Vitamin B12	0µg
Magnesium	24mg
Zinc	1mg



Spiced Cauliflower Rice Bowl

2 servings
40 minutes

Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Nutrition

Amount per serving	
Calories	529
Fat	26g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	14g
Carbs	68g
Fiber	14g
Protein	13g
Vitamin A	585IU
Vitamin C	85mg
Calcium	136mg
Vitamin D	0IU
Riboflavin	0.4mg
Niacin	7mg

Vitamin B6	0.9mg
Folate	199µg
Vitamin B12	0µg
Magnesium	146mg
Zinc	3mg



Lamb Chops with Green Goddess Dressing

2 servings

30 minutes

Ingredients

- 227 grams Lamb Shoulder Chop
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Cilantro (finely chopped)
- 1/4 cup Mint Leaves (finely chopped)
- 1 Lime (juiced, zested)
- 2 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 1 tsp Avocado Oil

Nutrition

Amount per serving	
Calories	336
Fat	26g
Saturated	5g
Polyunsaturated	2g
Monounsaturated	14g
Carbs	3g
Fiber	0g
Protein	24g
Vitamin A	306IU
Vitamin C	9mg
Calcium	46mg
Vitamin D	6IU
Riboflavin	0.2mg
Niacin	4mg
Vitamin B6	0.1mg
Folate	7µg
Vitamin B12	2.9µg
Magnesium	29mg
Zinc	4mg

Directions

- 1 Generously season both sides of each lamb chop with half of the sea salt. Let sit for 15 to 20 minutes to tenderize.
- 2 In a small bowl, add the cilantro, mint, lime juice and zest, extra virgin olive oil, garlic and remaining salt. Stir to combine.
- 3 Heat a grill pan over medium-high heat and add the avocado oil. Add the lamb chops to the pan and cook about 5 minutes per side, for medium-rare.
- 4 Remove the lamb chops from pan and place on a cutting board to rest a few minutes.
- 5 Plate the lamb chops and top with the green dressing. Serve and enjoy!



Creamy Dill Salmon

2 servings

20 minutes

Ingredients

- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill
- 1/8 tsp Sea Salt
- 283 grams Salmon Fillet
- 2 tps Lemon Juice (optional)

Nutrition

Amount per serving	
Calories	296
Fat	19g
Saturated	3g
Polyunsaturated	10g
Monounsaturated	5g
Carbs	0g
Fiber	0g
Protein	28g
Vitamin A	109IU
Vitamin C	2mg
Calcium	20mg
Vitamin D	1IU
Riboflavin	0.5mg
Niacin	11mg
Vitamin B6	1.2mg
Folate	38µg
Vitamin B12	4.5µg
Magnesium	42mg
Zinc	1mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, combine the mayonnaise, dill and salt.
- 3 Arrange the salmon fillets on the prepared baking sheet and spread the creamy dill sauce evenly across the tops of the fish. Bake for 14 to 18 minutes or until the fish is cooked through and flakes easily.
- 4 Divide between plates and top with lemon juice, if using. Enjoy!



Baked Haddock with Green Olive Sauce

4 servings

15 minutes

Ingredients

- 1 tbsp Avocado Oil
- 4 Haddock Fillet
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 4 cups Parsley (leaves and stems, roughly chopped)
- 1/2 cup Green Olives (pits removed)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 tbsps Lemon Juice

Nutrition

Amount per serving	
Calories	337
Fat	20g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	14g
Carbs	6g
Fiber	2g
Protein	33g
Vitamin A	5288IU
Vitamin C	84mg
Calcium	121mg
Vitamin D	35IU
Riboflavin	0.1mg
Niacin	7mg
Vitamin B6	0.5mg
Folate	117µg
Vitamin B12	3.5µg
Magnesium	72mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Gently rub the avocado oil onto the fish fillets and season with the garlic powder and half of the salt. Bake for 7 to 10 minutes or until the fish is cooked through and flakes easily.
- 3 Meanwhile, make the olive sauce. In a food processor, combine the parsley, olives, half of the olive oil, lemon juice and the remaining salt. Pulse to combine the ingredients and then with the food processor running stream in the remaining olive oil and continue to blend, scraping down the sides of the bowl as needed, until the sauce is mostly smooth. Season with additional salt or lemon juice if needed.
- 4 To serve, divide the fish and green olive sauce between plates and enjoy!



Cinnamon Plantain Cake

6 servings

25 minutes

Ingredients

- 1 Plantain (very ripe, mashed or finely diced)
- 1 Egg
- 3/4 cup Brown Rice Flour
- 1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	139
Fat	2g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	30g
Fiber	2g
Protein	3g
Vitamin A	553IU
Vitamin C	8mg
Calcium	10mg
Vitamin D	7IU
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	17µg
Vitamin B12	0.1µg
Magnesium	39mg
Zinc	1mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a cake pan with parchment paper.
- 2 In a bowl, combine the mashed plantain, egg, brown rice flour and cinnamon. Transfer to the cake pan and bake for 15 to 20 minutes, or until cooked through and slightly golden brown.
- 3 Cut into slices and enjoy!