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## Spoiler Alert!

### Bone Nutrition Power Does Not Come in One Food Alone!

I created this recipe pack to balance bone nutrient needs with easy ideas that you can put on your plate fast. No one recipe provides 100% of bone nutrients. That being said, I organized the recipe pack as follows

1. Simple nutrient rich smoothies and bowls that contain good amounts of Vitamin D, calcium, magnesium, phosphorus. To add in more nutrient value, throw in a handful of greens
2. Recipes featuring seafood and/or eggs. If you do not eat seafood or animal proteins, you can add in mushrooms, but be aware, you need lots of mushrooms to meet your baseline Vitamin D intake from food alone

Some things I want you to know about powering up your bones with the nutrient fuel they need.

1. No one food contains all the nutrients your bones need
2. Vitamin D is found most abundantly in seafood, particularly salmon, sardines, tuna, mackerel, halibut. It is also found in egg yolks, in lesser amounts in mushrooms - and yes in offal like liver, that is often thrown away. Foods that our ancestors ate!
3. For convenience, seek out canned seafood that contains the BONES. Don't pick the bones out. they are soft enough to eat and will deliver much needed calcium you also need for bone strength
4. Your bones need MANY nutrients, not just vitamin D and calcium. Vitamin K is particularly important for helping creating bone structure and stability (your bone matrix). Vitamin K has a number of forms, but K1 and K2 are what you need to pay attention too.
  - Vitamin K1 (Phylloquinone) is found abundantly in leafy green vegetables. Add them every time you eat - whether they are fresh or frozen - eat them.
  - Vitamin K2 (Menaquinone) is found in those fermented or cultured foods our ancestors ate abundantly. Examples are: yogurt, kefir, aged cheeses, egg yolks, organ meat (Yes there it is again), sauerkraut or other naturally fermented vegetables.

And finally two pearls of wisdom for you.

1. You need a healthy gut to absorb vital nutrients. If your gut is not in optimal working order, your bones can't be either
2. Bones need exercise. Bone health requires the right nutrients and the right weight bearing exercise which can be as simple as walking every day. Don't forget your exercise!

Enjoy my recipes



## Chocolate Avocado Smoothie

1 serving

5 minutes

### Ingredients

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

### Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Nutrition

Amount per serving	
Calories	297
Fat	19g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	12g
Carbs	11g
Fiber	7g
Protein	25g
Vitamin A	3386IU
Vitamin C	13mg
Calcium	655mg
Vitamin D	101IU
Vitamin K	155µg
Vitamin B6	0.4mg
Folate	115µg
Vitamin B12	0.6µg
Phosphorous	440mg
Magnesium	146mg



## Pineapple Turmeric Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Ginger (peeled and grated)
- 1/2 cup Vanilla Protein Powder
- 1 tsp Turmeric (powder)

### Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

### Nutrition

Amount per serving	
Calories	204
Fat	3g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	26g
Fiber	4g
Protein	21g
Vitamin A	595IU
Vitamin C	79mg
Calcium	589mg
Vitamin D	101IU
Vitamin K	1µg
Vitamin B6	0.3mg
Folate	38µg
Vitamin B12	0.6µg
Phosphorous	339mg
Magnesium	88mg



## 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

### Directions

1

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

### Nutrition

Amount per serving	
Calories	252
Fat	12g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	2g
Carbs	34g
Fiber	8g
Protein	8g
Vitamin A	3400IU
Vitamin C	19mg
Calcium	568mg
Vitamin D	101IU
Vitamin K	147µg
Vitamin B6	0.4mg
Folate	84µg
Vitamin B12	0µg
Phosphorous	209mg
Magnesium	170mg



## Strawberry Tahini Overnight Oats

1 serving

8 hours

### Ingredients

- 1/2 cup Oats
- 3/4 cup Plain Coconut Milk (from the carton)
- 2 tbsps Chia Seeds
- 2 tbsps Tahini
- 1/8 tsp Cinnamon
- 1/2 cup Strawberries (halved)

### Directions

- 1 Add the oats, milk, chia seeds, tahini, cinnamon, and strawberries to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge and enjoy!

### Nutrition

Amount per serving	
Calories	535
Fat	31g
Saturated	6g
Polyunsaturated	8g
Monounsaturated	7g
Carbs	55g
Fiber	15g
Protein	15g
Vitamin A	404IU
Vitamin C	42mg
Calcium	636mg
Vitamin D	76IU
Vitamin K	2µg
Vitamin B6	0.1mg
Folate	60µg
Vitamin B12	2.3µg
Phosphorous	403mg
Magnesium	164mg



## Mango Green Smoothie Bowl

1 serving

5 minutes

### Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

### Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

### Nutrition

Amount per serving	
Calories	436
Fat	9g
Saturated	1g
Polyunsaturated	5g
Monounsaturated	2g
Carbs	72g
Fiber	11g
Protein	27g
Vitamin A	5119IU
Vitamin C	118mg
Calcium	529mg
Vitamin D	76IU
Vitamin K	181µg
Vitamin B6	1.0mg
Folate	185µg
Vitamin B12	0.6µg
Phosphorous	570mg
Magnesium	212mg



## Winter Yogurt Bowl

2 servings

30 minutes

### Ingredients

- 1 Delicata Squash (small, seeds removed and sliced into rings)
- 1 1/2 tsps Ghee (melted)
- 1/4 tsp Cinnamon (ground)
- 2 cups Plain Greek Yogurt
- 1/4 cup Pomegranate Seeds
- 2 tbsps Pumpkin Seeds
- 2 tbsps Almond Butter

### Nutrition

Amount per serving	
Calories	444
Fat	20g
Saturated	6g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	42g
Fiber	7g
Protein	29g
Vitamin A	2042IU
Vitamin C	41mg
Calcium	635mg
Vitamin D	99IU
Vitamin K	0µg
Vitamin B6	0.3mg
Folate	45µg
Vitamin B12	0µg
Phosphorous	157mg
Magnesium	113mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and add the squash to a baking sheet lined with parchment paper. Toss the squash with melted ghee and cinnamon. Bake for 15 to 20 minutes or until tender.
- 2 Divide the yogurt into bowls and top with the roasted squash, pomegranate seeds, pumpkin seeds and almond butter. Enjoy!





## Deconstructed Sushi Bowl

2 servings

20 minutes

### Ingredients

- 1 tsp Avocado Oil
- 4 cups Cauliflower Rice
- 2 tsps Coconut Aminos
- 1/2 Cucumber (sliced into sticks)
- 1 Avocado (peeled and chopped)
- 4 Nori Sheets (snack size, torn into pieces)
- 8 ozs Smoked Salmon
- 2 tsps Sesame Seeds
- 2 tbsps Mayonnaise
- 1/8 tsp Cayenne Pepper (optional)

### Directions

- 1 Heat a skillet over medium heat. Add the avocado oil and then the riced cauliflower. Saute for 5 to 7 minutes, then add the coconut aminos and stir to coat. Remove from heat.
- 2 Divide the cauliflower rice into bowls. Top each bowl evenly with cucumber, avocado, nori and smoked salmon. Garnish with sesame seeds.
- 3 Mix the mayonnaise with cayenne in a small bowl and drizzle on top of the bowls. Enjoy!

### Nutrition

Amount per serving	
Calories	492
Fat	34g
Saturated	5g
Polyunsaturated	10g
Monounsaturated	17g
Carbs	23g
Fiber	14g
Protein	30g
Vitamin A	1180IU
Vitamin C	18mg
Calcium	124mg
Vitamin D	772IU
Vitamin K	56µg
Vitamin B6	0.6mg
Folate	93µg
Vitamin B12	3.7µg
Phosphorous	277mg
Magnesium	70mg



## Smoked Salmon Avocado Toast

1 serving

5 minutes

### Ingredients

- 1/2 Avocado
- 1 slice Organic Bread (toasted)
- 1 1/2 ozs Smoked Salmon (cut into bite-sized pieces)
- 1/8 Yellow Onion (thinly sliced)
- 1/2 tsp Capers
- 1 1/2 tsps Fresh Dill (chopped)
- 1/4 tsp Lemon Juice

### Directions

1

Mash the avocado onto your toast. Next, add the smoked salmon, yellow onion, capers, dill and lemon juice. Enjoy!

### Nutrition

Amount per serving	
Calories	294
Fat	19g
Saturated	3g
Polyunsaturated	3g
Monounsaturated	12g
Carbs	22g
Fiber	8g
Protein	12g
Vitamin A	207IU
Vitamin C	11mg
Calcium	38mg
Vitamin D	288IU
Vitamin K	22µg
Vitamin B6	0.4mg
Folate	83µg
Vitamin B12	1.4µg
Phosphorous	141mg
Magnesium	45mg



## Smoked Salmon Egg Cups

3 servings  
25 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 6 Egg
- 1 tbsp Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach (chopped)
- 4 ozs Smoked Salmon (roughly chopped)

### Nutrition

Amount per serving	
Calories	210
Fat	14g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	1g
Fiber	0g
Protein	20g
Vitamin A	1554IU
Vitamin C	3mg
Calcium	71mg
Vitamin D	340IU
Vitamin K	51µg
Vitamin B6	0.3mg
Folate	68µg
Vitamin B12	2.1µg
Phosphorous	265mg
Magnesium	27mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!



## Sardine Spread with Cucumbers

1 serving

5 minutes

### Ingredients

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

### Directions

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

### Nutrition

Amount per serving	
Calories	348
Fat	25g
Saturated	4g
Polyunsaturated	14g
Monounsaturated	7g
Carbs	6g
Fiber	1g
Protein	22g
Vitamin A	263IU
Vitamin C	4mg
Calcium	353mg
Vitamin D	166IU
Vitamin K	61µg
Vitamin B6	0.2mg
Folate	20µg
Vitamin B12	7.6µg
Phosphorous	460mg
Magnesium	55mg



## Kale, Salmon & Beet Salad

4 servings

50 minutes

### Ingredients

- 4 Beet (skin on, washed)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Raw Honey
- 1/8 tsp Sea Salt
- 8 cups Kale Leaves (finely shredded)
- 1/4 cup Radishes (thinly sliced)
- 10 ozs Canned Wild Salmon

### Nutrition

Amount per serving	
Calories	226
Fat	12g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	11g
Fiber	4g
Protein	21g
Vitamin A	2181IU
Vitamin C	44mg
Calcium	148mg
Vitamin D	608IU
Vitamin K	168µg
Vitamin B6	0.2mg
Folate	120µg
Vitamin B12	3.9µg
Phosphorous	225mg
Magnesium	51mg

### Directions

- 1 Preheat the oven to 425°F (218°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven and let them cool. Once cooled, peel and slice into quarters.
- 2 While the beets cook, make the dressing in a small bowl by whisking together the olive oil, apple cider vinegar, honey and sea salt. Set aside.
- 3 Add the kale to a bowl and add half of the dressing, using your hands to massage it into the kale leaves. Then add the radishes, salmon and beets. Drizzle the remaining dressing on top. Serve and enjoy!



## Simple Tuna Salad

2 servings

10 minutes

### Ingredients

- 2 cans Tuna (drained)
- 1 Green Apple (chopped)
- 2 stalks Green Onion (finely sliced)
- 2 tbsps Mayonnaise
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	287
Fat	12g
Saturated	2g
Polyunsaturated	7g
Monounsaturated	3g
Carbs	12g
Fiber	3g
Protein	33g
Vitamin A	667IU
Vitamin C	2mg
Calcium	40mg
Vitamin D	79IU
Vitamin K	44µg
Vitamin B6	0.6mg
Folate	13µg
Vitamin B12	4.2µg
Phosphorous	245mg
Magnesium	44mg

### Directions

- 1 Add all ingredients to a large bowl and mix until well combined. Enjoy!



## Spicy Tuna Wrap

1 serving  
10 minutes

### Ingredients

- 1 can Tuna
- 1 1/2 tbsps Mayonnaise
- 1/4 tsp Chili Flakes
- Sea Salt & Black Pepper (to taste)
- 1 Brown Rice Tortilla
- 2 Carrot (shredded)
- 1/2 Cucumber (small, sliced)

### Nutrition

Amount per serving	
Calories	505
Fat	20g
Saturated	3g
Polyunsaturated	10g
Monounsaturated	4g
Carbs	44g
Fiber	7g
Protein	37g
Vitamin A	20647IU
Vitamin C	11mg
Calcium	94mg
Vitamin D	79IU
Vitamin K	75µg
Vitamin B6	0.8mg
Folate	41µg
Vitamin B12	4.2µg
Phosphorous	313mg
Magnesium	72mg

### Directions

- 1 In a small bowl add the tuna, mayonnaise, chili flakes, salt and pepper. Mix together until well combined.
- 2 Lay the tortilla flat and spread the tuna in the middle. Top with carrots and cucumber. Roll the wrap tightly while folding the ends in.
- 3 For easier eating, wrap with a piece of parchment paper or paper towel to hold the wrap together. Serve immediately and enjoy!



## Spinach Salad with Tuna & Egg

2 servings

10 minutes

### Ingredients

- 2 Egg
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 5 cups Baby Spinach
- 1 can Tuna (flaked and drained)
- 1/2 cup Pitted Kalamata Olives
- 1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	320
Fat	23g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	14g
Carbs	6g
Fiber	2g
Protein	25g
Vitamin A	7461IU
Vitamin C	24mg
Calcium	146mg
Vitamin D	80IU
Vitamin K	371µg
Vitamin B6	0.5mg
Folate	174µg
Vitamin B12	2.6µg
Phosphorous	252mg
Magnesium	86mg

### Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
- 2 In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
- 3 Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!





## Grilled Halibut with Arugula Salad

4 servings

30 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 2 Lemon (juiced and the other cut into wedges)
- 1 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 4 cups Arugula
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Red Onion (finely diced)
- 1 1/4 lbs Halibut Fillet
- 1/4 tsp Black Pepper
- 1/4 cup Parmigiano Reggiano (shaved)

### Nutrition

Amount per serving	
Calories	295
Fat	18g
Saturated	4g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	4g
Fiber	1g
Protein	29g
Vitamin A	777IU
Vitamin C	16mg
Calcium	125mg
Vitamin D	269IU
Vitamin K	32µg
Vitamin B6	0.8mg
Folate	46µg
Vitamin B12	1.6µg
Phosphorous	355mg
Magnesium	47mg

### Directions

- 1 In a small mason jar, combine half the olive oil with the lemon juice and garlic. Add half of the sea salt. Put a lid on it and shake well. Set dressing aside.
- 2 In a large bowl, combine the arugula, cherry tomatoes, red onion. Set aside.
- 3 Brush both sides of the halibut fillets with remaining olive oil and season with remaining sea salt and pepper. Heat your grill over medium heat. Grill the halibut for 4 to 5 minutes per side or until it flakes with a fork. Remove the fish from the grill.
- 4 Toss arugula salad with desired amount of dressing and top with shaved parmigiano reggiano. Plate the fish and salad together side-by-side and serve with a lemon wedge. Enjoy!