



One of the most important things you can do for your immune system is to boost your intake of Omega-3 fatty acids. Let's be clear, you need your other omega's too, namely omega-6 and omega 9, but omega-3 is the one that is usually deficient and the hardest to grab.

Best sources of omega-3 are in their "ready-to-use" EPA and DHA forms. These are found predominantly in seafood, but animal (beef, chicken, dairy etc) also provide a source. Plant sources such as chia, flaxseed and walnuts are also a source of omega-3, but they are in a form that the body has to transform via a few steps. Some of us have genes that slow down the efficiency of these transformation steps. If you are a plant only eater, be sure to have your omega-3 levels tested because this nutrient is essential (and your body cannot produce it by itself).

Your recipe pack includes easy go-to omega recipes from plants and seafood.

Nutrient information is included in this recipe pack, however know that there is no recommended daily value for polyunsaturated fats (Omega's). So focus on the grams of this fat and not the daily value because the latter will say zero! Rest assured, these recipes provide your omega's!



Berry & Nut Breakfast Bowl

1 serving
10 minutes

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	356
Fat	28g
Saturated	3g
Polyunsaturated	15g
Monounsaturated	9g
Carbs	21g
Fiber	10g
Protein	13g
Vitamin A	289IU
Vitamin C	58mg
Calcium	220mg
Vitamin D	25IU
Riboflavin	0.3mg
Niacin	2mg
Vitamin B6	0.2mg
Folate	69µg
Vitamin B12	0µg
Magnesium	170mg
Zinc	2mg

Directions

- 1 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 2 Pour the almond milk over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings: Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries: Use peaches, mango, pineapple or banana instead.

No Almond Milk: Use another non-dairy milk instead.



Maple Walnut Millet Porridge

3 servings
40 minutes

Ingredients

3 cups Unsweetened Almond Milk
1/2 cup Millet (uncooked)
3 tbsps Maple Syrup (divided)
2 tps Vanilla Extract
3/4 cup Walnuts (chopped)

Nutrition

Amount per serving	
Calories	411
Fat	23g
Saturated	2g
Polyunsaturated	15g
Monounsaturated	4g
Carbs	43g
Fiber	6g
Protein	9g
Vitamin A	499IU
Vitamin C	0mg
Calcium	504mg
Vitamin D	101IU
Riboflavin	0.5mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	58µg
Vitamin B12	0µg
Magnesium	107mg
Zinc	2mg

Directions

- 1 Combine the almond milk, millet, 2/3 of the maple syrup and vanilla in a large pot over medium-high heat. Bring to a gentle boil then reduce the heat to low and cover the pot with a lid. Let it simmer for 30 to 35 minutes, or until the millet is tender and your desired consistency is reached. Be sure to stir occasionally.
- 2 Remove from the heat and stir in the remaining maple syrup.
- 3 Divide between bowls and top with the walnuts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat in the microwave or on the stove with additional almond milk if needed.

Serving Size: One serving is approximately 1 cup of porridge.

More Flavor: Add cinnamon.

Additional Toppings: Top with additional maple syrup or fresh berries.

No Walnuts: Use almonds or pecans instead.



Flaxseed Pudding Parfait

2 servings

35 minutes

Ingredients

- 1/2 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Unsweetened Coconut Yogurt
- 1/2 cup Raspberries
- 1/4 cup Pecans (crushed)

Nutrition

Amount per serving	
Calories	395
Fat	26g
Saturated	7g
Polyunsaturated	9g
Monounsaturated	8g
Carbs	34g
Fiber	13g
Protein	9g
Vitamin A	271IU
Vitamin C	8mg
Calcium	805mg
Vitamin D	50IU
Riboflavin	0.2mg
Niacin	0mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	2.7µg
Magnesium	33mg
Zinc	1mg

Directions

- 1 In a bowl, whisk together the ground flaxseed, cinnamon, unsweetened almond milk and maple syrup. Let sit for 30 minutes, up to overnight.
- 2 To make the parfaits, set out glass cups or mason jars. Layer in the coconut yogurt and flaxseed pudding in separate layers.
- 3 Top the parfaits with raspberries and pecans. Enjoy!

Notes

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

Nut-Free: Use pumpkin seeds or hemp seeds instead of pecans.

More Flavor: Add vanilla extract or a variety of berries.



Chia Seed Buckwheat Bowl

4 servings

25 minutes

Ingredients

- 2 cups Water
- 1 cup Buckwheat Groats
- 2 tbsps Chia Seeds
- 1/3 cup Pumpkin Seeds
- 1 cup Blueberries
- 1 cup Cherries (sliced)

Nutrition

Amount per serving	
Calories	267
Fat	8g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	46g
Fiber	9g
Protein	9g
Vitamin A	45IU
Vitamin C	6mg
Calcium	66mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.2mg
Folate	21µg
Vitamin B12	0µg
Magnesium	117mg
Zinc	1mg

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat and chia seeds. Mix together and cook for 15 to 20 minutes or until the water is absorbed.
- 2 Divide the buckwheat mixture evenly between bowls. Top with the pumpkin seeds, blueberries and cherries. Enjoy!

Notes

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

Serving Size: One serving is roughly 1/2 cup.

Additional Toppings: Top with coconut milk, maple syrup, banana slices, raspberries, nuts and/or seeds.



Classic Puttanesca Sauce

8 servings

40 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil
 2 Garlic (cloves, chopped)
 5 Anchovy (fillets, whole)
 1/4 tsp Chili Flakes
 1 1/2 tbsps Tomato Paste
 4 cups Crushed Tomatoes (from the can)
 3 tbsps Pitted Kalamata Olives (chopped)
 1 tbsp Capers
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	96
Fat	6g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	10g
Fiber	3g
Protein	3g
Vitamin A	319IU
Vitamin C	12mg
Calcium	53mg
Vitamin D	2IU
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.2mg
Folate	17µg
Vitamin B12	0µg
Magnesium	28mg

Directions

- 1 In a medium-sized pot over medium heat, add the oil. Once hot, add the garlic, anchovy and chili flakes. Cook, stirring often until aromatic and slightly browned, about 4 to 5 minutes.
- 2 Add the tomato paste and cook for one minute more, while stirring. Add the tomatoes with their juices, olives and capers. Season with salt and pepper. Bring to a simmer and then reduce the heat to medium-low. Simmer for about 25 to 30 minutes, until thickened and reduced.
- 3 Remove from the heat. Store in a sealable glass container. Enjoy!

Notes

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

Serving Size: One serving is roughly 1/4 cup sauce.

Serving Suggestions: Use the sauce on top of any pasta or vegetable noodles.

More Flavor: Fresh herbs such as basil, parsley and/or oregano.



Paleo Falafel Salad with Mint Tahini Sauce

4 servings

45 minutes

Ingredients

- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 1/2 cup Hemp Seeds
- 2/3 cup Sunflower Seeds (divided)
- 1/3 cup Parsley (packed)
- 3 tbsps Lemon Juice (divided)
- 1 tbsp Tapioca Flour
- 1 tsp Cumin
- 1/8 tsp Turmeric
- 1 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds (optional)
- 1 1/2 tbsps Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Mint Leaves (packed)
- 1/8 tsp Sea Salt (or more to taste)
- 8 cups Mixed Greens
- 12 Heirloom Carrots (roasted)

Nutrition

Amount per serving	
Calories	496
Fat	37g
Saturated	4g
Polyunsaturated	19g
Monounsaturated	13g
Carbs	33g
Fiber	11g
Protein	16g
Vitamin A	31082IU

Directions

- 1 Make a flax egg by combining the ground flax with water in a small bowl and set aside.
- 2 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 3 Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
- 4 Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
- 5 Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
- 6 Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

Notes

Meal Prep: Make the falafels ahead and freeze for quick and easy meals down the road.

No Tapioca Flour: Use coconut flour instead.

Wet Falafels: If the falafel mix is a little too wet, add ½ tsp more flour to thicken.

Serving Size: One serving is equal to 3 falafels.

Vitamin C	30mg
Calcium	219mg
Vitamin D	0IU
Riboflavin	0.3mg
Niacin	6mg
Vitamin B6	0.6mg
Folate	129µg
Vitamin B12	0µg
Magnesium	218mg
Zinc	4mg



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 170 grams Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Nutrition

Amount per serving	
Calories	381
Fat	25g
Saturated	4g
Polyunsaturated	6g
Monounsaturated	13g
Carbs	17g
Fiber	15g
Protein	26g
Vitamin A	5797IU
Vitamin C	27mg
Calcium	470mg
Vitamin D	164IU
Riboflavin	0.5mg
Niacin	7mg
Vitamin B6	0.5mg
Folate	454µg
Vitamin B12	7.6µg
Magnesium	101mg
Zinc	4mg

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Green Goddess Tuna Salad

2 servings

10 minutes

Ingredients

- 1 can Tuna (drained)
- 1/4 cup Basil Leaves (packed)
- 1/4 cup Parsley (packed)
- 1/4 cup Mayonnaise
- 1 1/2 tbsps Lemon Juice
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 stalk Celery (finely chopped)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	357
Fat	32g
Saturated	5g
Polyunsaturated	14g
Monounsaturated	12g
Carbs	2g
Fiber	1g
Protein	17g
Vitamin A	1075IU
Vitamin C	16mg
Calcium	45mg
Vitamin D	41IU
Riboflavin	0.1mg
Niacin	9mg
Vitamin B6	0.3mg
Folate	29µg
Vitamin B12	2.1µg
Magnesium	29mg
Zinc	1mg

Directions

- 1 Add the tuna to a medium-sized bowl and flake with a fork.
- 2 In a blender or food processor add the basil, parsley, mayonnaise, lemon juice and olive oil. Blend until smooth and creamy and the color is pale green.
- 3 Add the dressing to the bowl with the tuna. Add the celery and sea salt and mix well. Enjoy!

Notes

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

More Flavor: Add spices such as cayenne or black pepper.

Additional Toppings: Add chopped shallot and/or garlic.

Serve it With: Enjoy on a sandwich, on top of mixed greens in a salad or as a dip with vegetables and/or crackers.



Smoked Salmon Salad

2 servings

15 minutes

Ingredients

- 2 Egg
- 3 cups Mixed Greens
- 100 grams Smoked Salmon (sliced)
- 1/2 Avocado (sliced)
- 2 tbsps Avocado Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	344
Fat	28g
Saturated	5g
Polyunsaturated	4g
Monounsaturated	18g
Carbs	6g
Fiber	4g
Protein	17g
Vitamin A	387IU
Vitamin C	11mg
Calcium	70mg
Vitamin D	384IU
Riboflavin	0.3mg
Niacin	3mg
Vitamin B6	0.4mg
Folate	65µg
Vitamin B12	2.1µg
Magnesium	30mg
Zinc	1mg

Directions

- 1 Hard boil the eggs by placing them in a small pot of cold water. Bring to a boil over high heat. Once boiling, remove them from heat. Cover and let stand for 12 minutes. Transfer to a bowl of ice water to cool. Once cool, peel and slice into halves.
- 2 Combine all ingredients into a large bowl and toss gently before serving. Enjoy!

Notes

Extra Topping Suggestions: Cucumber, tomato, capers, hemp hearts, feta, pumpkin seeds or sunflower seeds.

No Smoked Salmon: Replace with the protein of your choice.

No Avocado Oil: Use Extra Virgin Olive Oil instead.



Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 227 grams Salmon Fillet
- 2 cups Asparagus (trimmed)

Nutrition

Amount per serving	
Calories	347
Fat	24g
Saturated	3g
Polyunsaturated	11g
Monounsaturated	9g
Carbs	8g
Fiber	4g
Protein	28g
Vitamin A	1298IU
Vitamin C	9mg
Calcium	64mg
Vitamin D	0IU
Riboflavin	0.6mg
Niacin	10mg
Vitamin B6	1.1mg
Folate	115µg
Vitamin B12	3.6µg
Magnesium	76mg
Zinc	2mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon.
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

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

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.