



## Serotonin is a hormone with deep reach

Serotonin is known as a key brain hormone. You may also know it as a neurotransmitter, or "Neurotalker."

- It helps to regulate mood and mood swings, including those anxiety moments.
- It influences sleep patterns, appetite and satiety, digestion (moving food through your gut), and even plays a role in temperature regulation.
- Yes, it has a lot of tentacles!

We have selected recipes for this pack that are rich in **Tryptophan** and **B Vitamins** which are serotonin building blocks. We also include recipes to support your gut health since since most serotonin is actually produced in your gut.

Useful foods and ingredients that provide the nutrient building blocks for Serotonin production include:

- Bone Broth
- Yogurt
- Sauerkraut
- Kefir
- Eggs
- Cheese
- Soy in the form of tempeh & edamame
- Nuts & Seeds
- Turmeric



## Pressure Cooker Bone Broth

4 servings

3 hours

### Ingredients

- 1 Whole Chicken Carcass
- 2 Carrot (medium, chopped)
- 1 Yellow Onion (chopped)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 5 cups Water

### Nutrition

Amount per serving	
Calories	25
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	2g
Protein	1g
Vitamin A	5095IU
Vitamin C	2mg
Calcium	50mg
Vitamin D	0IU
Vitamin K	4µg
Riboflavin	0mg
Vitamin B6	0mg
Folate	6µg
Vitamin B12	0µg
Magnesium	10mg
Zinc	0mg

### Directions

- 1 Add the cooked chicken carcass/bones to the pressure cooker along with the carrots, onion, apple cider vinegar and sea salt.
- 2 Add the water to the pressure cooker. Lock the lid on and make sure the knob is set to the "sealing" position. Select the "manual" or "pressure cook" (on newer models) setting and set for two hours.
- 3 Once the two hours are up, allow the pressure to release naturally. Then open the lid carefully and strain the broth through a sieve or strainer. Discard the veggies and bones then transfer the broth into jars. Enjoy!

### Notes

**Chicken Carcass:** One whole chicken carcass is equal to about 2 lbs. of bones.

**Layer of Fat:** A layer of fat may form on the top of the broth once it cools. You can keep it or skim it off once it has hardened.

**Storage:** Store broth in the fridge for up to 3 to 4 days or freeze until ready to use. For easy freezing, pour into an ice cube tray and freeze, then remove and place in a bag in the freezer.

**No Onion:** Omit or use celery for extra flavour instead.

**Save Your Bones:** Anytime you have extra bones from a meal, freeze them for when you are ready to make broth.

**Use it With:** You can use this broth in soups, stews, curries, quinoa or simply sip it on its own.





## Immunity Boosting Bone Broth

4 servings

12 hours

### Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

### Nutrition

Amount per serving	
Calories	30
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	7g
Fiber	2g
Protein	1g
Vitamin A	3918IU
Vitamin C	22mg
Calcium	84mg
Vitamin D	0IU
Vitamin K	257µg
Riboflavin	0mg
Vitamin B6	0.1mg
Folate	33µg
Vitamin B12	0µg
Magnesium	19mg
Zinc	0mg

### Directions

- 1 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 2 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

### Notes

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

**Serving Size:** One serving is approximately 1 to 1 1/2 cups.

**Low FODMAP:** Omit garlic and onions.



## Fruit & Hemp Seed Bowls

2 servings

5 minutes

### Ingredients

- 1 Apple (cored, chopped)
- 1/2 Banana (sliced)
- 1/4 tsp Cinnamon
- 2 tbsps Raisins
- 1/4 cup Hemp Seeds
- 2/3 cup Plain Coconut Milk (from the carton)

### Nutrition

Amount per serving	
Calories	242
Fat	12g
Saturated	2g
Polyunsaturated	8g
Monounsaturated	1g
Carbs	32g
Fiber	4g
Protein	7g
Vitamin A	238IU
Vitamin C	7mg
Calcium	181mg
Vitamin D	34IU
Vitamin K	3µg
Riboflavin	0.1mg
Vitamin B6	0.3mg
Folate	31µg
Vitamin B12	1.0µg
Magnesium	156mg
Zinc	2mg

### Directions

- 1 Divide all the ingredients into bowls. Enjoy!

### Notes

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

**Additional Toppings:** Top with nuts, seeds, rolled oats and/or nut butter.

**No Coconut Milk:** Use almond, soy, rice or oat milk instead.



## Sweet Potato Toast with Avocado & Sauerkraut

2 servings

15 minutes

### Ingredients

- 2 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1 Avocado (peeled and mashed)
- 1/3 cup Sauerkraut
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	277
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	36g
Fiber	11g
Protein	4g
Vitamin A	18594IU
Vitamin C	17mg
Calcium	58mg
Vitamin D	0IU
Vitamin K	27µg
Riboflavin	0.2mg
Vitamin B6	0.6mg
Folate	101µg
Vitamin B12	0µg
Magnesium	65mg
Zinc	1mg

### Directions

- 1 Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- 2 Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

### Notes

**Add Greens:** Add a layer of baby spinach before you spread on the avocado.

**Guacamole Lover:** Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

**No Sweet Potato:** Use bread, crackers, crispbread, pita or tortillas instead.

**Storage:** Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.





## Winter Yogurt Bowl

2 servings

30 minutes

### Ingredients

- 1 Delicata Squash (small, seeds removed and sliced into rings)
- 1 1/2 tps 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
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	45µg
Vitamin B12	0µg
Magnesium	113mg
Zinc	1mg

### 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!

### Notes

**Dairy-Free:** Use plain coconut yogurt instead of Greek yogurt.

**No Delicata Squash:** Use butternut squash or sweet potato instead.

**No Ghee:** Use melted coconut oil instead.

**Nut-Free:** Use sunflower seed butter instead of almond butter.

**Storage:** Assemble bowls, cover and store in the refrigerator for up to 3 days.



## Turmeric Hummus

4 servings

10 minutes

### Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove)
- 1 tbsp Tahini
- 3 tbsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	281
Fat	18g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	24g
Fiber	7g
Protein	8g
Vitamin A	25IU
Vitamin C	1mg
Calcium	59mg
Vitamin D	0IU
Vitamin K	11µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	145µg
Vitamin B12	0µg
Magnesium	44mg
Zinc	1mg

### Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

### Notes

**Serve it With:** Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

**Leftovers:** Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.





## Rice Cake with Sunflower Seed Butter & Raspberries

1 serving  
5 minutes

### Ingredients

1 Plain Rice Cake  
1 tbsp Sunflower Seed Butter  
1/4 cup Raspberries

### Nutrition

Amount per serving	
Calories	150
Fat	9g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	15g
Fiber	3g
Protein	4g
Vitamin A	18IU
Vitamin C	8mg
Calcium	19mg
Vitamin D	0IU
Vitamin K	3µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	46µg
Vitamin B12	0µg
Magnesium	68mg
Zinc	1mg

### Directions

- 1 Spread sunflower seed butter onto the rice cake and top with raspberries. Enjoy!

### Notes

**No Sunflower Seed Butter:** Use any nut or seed butter instead.

**More Flavor:** Top each rice cake with a drizzle of maple syrup, honey or a pinch of cinnamon.

**More Fiber:** Garnish with hemp seeds, chia seeds or ground flax seeds.

**No Raspberries:** Use blueberries, blackberries or sliced strawberries instead.



## Egg Salad Bites

2 servings

30 minutes

### Ingredients

- 4 Egg (hard-boiled)
- 1/4 stalk Celery (finely chopped)
- 1/4 stalk Green Onion (finely chopped)
- 1 1/2 tsps Dijon Mustard
- 2 tsbps Extra Virgin Olive Oil
- 1 tbsp Water
- 1/8 tsp Sea Salt
- 113 grams Whole Grain Crackers

### Nutrition

Amount per serving	
Calories	540
Fat	35g
Saturated	7g
Polyunsaturated	10g
Monounsaturated	16g
Carbs	39g
Fiber	2g
Protein	17g
Vitamin A	625IU
Vitamin C	0mg
Calcium	68mg
Vitamin D	82IU
Vitamin K	33µg
Riboflavin	0.6mg
Vitamin B6	0.3mg
Folate	107µg
Vitamin B12	0.9µg
Magnesium	29mg
Zinc	2mg

### Directions

- 1 Peel the hard-boiled eggs and slice in half. Separate the whites from the yolk. Finely chop the egg whites and keep the yolks set aside for later.
- 2 In a mixing bowl combine the chopped egg whites, celery and green onion.
- 3 In a second mixing bowl, add the egg yolks and mash with a fork until smooth. Stir in the Dijon mustard, olive oil, water, and salt. Add the egg white mixture to the egg yolk mixture and gently stir to combine.
- 4 Spoon the egg salad onto the crackers and serve immediately. Enjoy!

### Notes

**How to Hard-Boil Eggs:** Bring a small pot of salted water to a boil and carefully place the eggs in the pot. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Let cool completely before peeling.

**Meal Prep:** Hard-boil the eggs ahead of time and keep them in the fridge with the shells on until ready to use.

**Oil-Free:** Omit the olive oil and use additional water instead.

**Grain-Free:** Use cucumber slices instead of crackers.

**Leftovers:** Leftover egg salad will keep in the fridge for up to two days.

**Serving Size:** One serving is equal to 8 crackers with egg salad.



## Kefir & Cabbage Poppy Seed Slaw

4 servings

10 minutes

### Ingredients

- 4 cups Green Cabbage (thinly sliced)
- 2 Carrot (peeled, shredded)
- 1/4 cup Parsley (roughly chopped)
- 3 tbsps Plain Kefir
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tpsps Poppy Seeds

### Nutrition

Amount per serving	
Calories	110
Fat	8g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	10g
Fiber	4g
Protein	2g
Vitamin A	5527IU
Vitamin C	42mg
Calcium	85mg
Vitamin D	5IU
Vitamin K	138µg
Riboflavin	0.1mg
Vitamin B6	0.2mg
Folate	51µg
Vitamin B12	0.1µg
Magnesium	21mg
Zinc	0mg

### Directions

- 1 In a large bowl add the cabbage, carrots and parsley.
- 2 In a small bowl, whisk together the kefir, oil, lemon juice, salt and pepper.
- 3 Pour the dressing onto the cabbage slaw and mix well to combine. Add the poppy seeds and divide evenly between plates. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to about 1 cup of slaw.

**Dairy-Free:** Use a dairy-free kefir or yogurt.

**More Flavor:** Add some spice, such as a sliced jalapeño.





## Edamame, Cranberry & Feta Salad

2 servings

10 minutes

### Ingredients

3 cups Frozen Edamame (thawed)  
 1/2 cup Feta Cheese (crumbled)  
 1/2 cup Dried Unsweetened  
 Cranberries  
 1 tbsp Extra Virgin Olive Oil  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	531
Fat	27g
Saturated	7g
Polyunsaturated	6g
Monounsaturated	10g
Carbs	44g
Fiber	14g
Protein	33g
Vitamin A	851IU
Vitamin C	14mg
Calcium	331mg
Vitamin D	6IU
Vitamin K	67µg
Riboflavin	0.7mg
Vitamin B6	0.4mg
Folate	735µg
Vitamin B12	0.6µg
Magnesium	156mg
Zinc	4mg

### Directions

- 1 Combine all ingredients in a bowl and enjoy!

### Notes

**No Cranberries:** Use raisins, blueberries or cherries instead.  
**Leftovers:** Refrigerate in an airtight container up to 5-7 days.  
**No Edamame:** Use green peas instead.



## Tuna & Edamame Detox Salad

4 servings

15 minutes

### Ingredients

- 1 tbsp Balsamic Vinegar
- 1 tbsp Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 cans Tuna (drained and flaked)
- 1 cup Frozen Edamame (thawed)
- 1/2 Cucumber (diced)
- 1 head Endive (julienned)
- 4 cups Kale Leaves (chopped)
- 1/2 cup Alfalfa Sprouts
- 1/4 cup Slivered Almonds

### Directions

- 1 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 2 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

### Notes

**No Tuna:** Use diced grilled chicken instead.

**Vegans and Vegetarians:** Use 1 can of cooked lentils instead of tuna.

**Nut-Free:** Replace almonds with sunflower or pumpkin seeds.

### Nutrition

Amount per serving	
Calories	273
Fat	15g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	13g
Fiber	8g
Protein	25g
Vitamin A	3999IU
Vitamin C	32mg
Calcium	190mg
Vitamin D	39IU
Vitamin K	400µg
Riboflavin	0.3mg
Vitamin B6	0.4mg
Folate	323µg

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Vitamin B12	2.1µg
Magnesium	77mg
Zinc	2mg





## Spinach & Pea Risotto

4 servings

35 minutes

### Ingredients

- 4 cups Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 1 cup Arborio Rice
- 3 tbsps Lemon Juice
- 3 cups Baby Spinach (chopped)
- 1 cup Frozen Peas
- 3 tbsps Nutritional Yeast

### Nutrition

Amount per serving	
Calories	323
Fat	7g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	54g
Fiber	4g
Protein	10g
Vitamin A	3477IU
Vitamin C	16mg
Calcium	51mg
Vitamin D	0IU
Vitamin K	124µg
Riboflavin	5.7mg
Vitamin B6	5.9mg
Folate	70µg
Vitamin B12	25.3µg
Magnesium	30mg
Zinc	0mg

### Directions

- 1 Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
- 2 Meanwhile, heat the olive oil over medium heat in a large pot. Saute the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
- 3 Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
- 4 Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
- 5 Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
- 6 Divide between plates and enjoy.

### Notes

**Leftovers:** Keep refrigerated in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately 1.25 cups of risotto.

**More Flavor:** Top with additional nutritional yeast, vegan parmesan cheese, freshly chopped parsley, basil, lemon zest or freshly ground black pepper.

**Consistency:** If risotto has become too thick after stirring in the spinach and peas, thin

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with two tablespoons of warm water at a time until desired consistency is reached.

**Rice:** This recipe was developed and tested using Arborio Rice. We have not tested this recipe using any other type of rice.



## Lentil Tahini Burgers with Sauerkraut

4 servings

30 minutes

### Ingredients

- 2 2/3 cups Green Lentils (cooked, drained and rinsed)
- 1/4 cup Tahini
- 1/2 tsp Sea Salt
- 1 tbsp Apple Cider Vinegar
- 1/2 head Green Lettuce (separated into leaves and washed)
- 1/4 cup Unsweetened Coconut Yogurt
- 1/2 cup Sauerkraut

### Nutrition

Amount per serving	
Calories	254
Fat	9g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	31g
Fiber	13g
Protein	15g
Vitamin A	246IU
Vitamin C	5mg
Calcium	127mg
Vitamin D	0IU
Vitamin K	8µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	259µg
Vitamin B12	0.2µg
Magnesium	65mg
Zinc	2mg

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
- 3 Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
- 4 Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

### Notes

**Leftovers:** Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

**Serving Size:** One serving is equal to one 5- to 6-inch burger patty.

**More Flavor:** Add cumin and fresh herbs to the lentil tahini mixture.

**Additional Toppings:** Caramelized onions, feta, sautéed mushrooms and/or avocado.

**No Lettuce:** Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.





## Peanut Tempeh with Purple Cabbage Slaw

2 servings

30 minutes

### Ingredients

- 3 tbsps Sesame Oil (divided)
- 2 tbsps Tamari
- 2 tbsps All Natural Peanut Butter
- 2 tbsps Maple Syrup
- 2 tbsps Water
- 227 grams Tempeh (diced into cubes)
- 4 cups Purple Cabbage (thinly sliced)
- 1 Lime (juiced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	617
Fat	41g
Saturated	7g
Polyunsaturated	16g
Monounsaturated	16g
Carbs	42g
Fiber	5g
Protein	31g
Vitamin A	1997IU
Vitamin C	108mg
Calcium	243mg
Vitamin D	0IU
Vitamin K	71µg
Riboflavin	0.8mg
Vitamin B6	0.7mg
Folate	79µg
Vitamin B12	0.1µg
Magnesium	161mg
Zinc	2mg

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine 2/3 of the sesame oil, the tamari, peanut butter, maple syrup and water in a large mixing bowl. Add the tempeh and toss well to coat.
- 3 Transfer the tempeh to the baking sheet and bake for 20 minutes, turning halfway through.
- 4 While the tempeh is baking, make the slaw by adding the cabbage to your large mixing bowl with the remaining sesame oil, lime juice, sea salt and black pepper. Massage until slightly softened.
- 5 Divide slaw between bowls and top with the tempeh. Enjoy!

### Notes

**Leftovers:** Keeps in the fridge for 3 to 4 days. Tempeh can dry out over time, so freshen it up with a drizzle of sesame oil or tamari.

**Save Time:** Use bagged coleslaw mix instead of purple cabbage.

**No Tempeh:** Use chicken or shrimp.

**No Peanut Butter:** Use almond butter, tahini or sunflower seed butter instead.



## Tempeh Buddha Bowl

3 servings

30 minutes

### Ingredients

- 255 grams Tempeh (sliced into strips)
- 2 tbsps Tamari
- 1/4 tsp Paprika
- 1 tbsp Avocado Oil
- 4 cups Cauliflower Rice
- 3 tbsps Tahini
- 1 tbsp Maple Syrup
- 2 tbsps Lemon Juice
- 3 tbsps Water
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1 Avocado (sliced)
- 3 tbsps Sunflower Seeds

### Nutrition

Amount per serving	
Calories	512
Fat	36g
Saturated	6g
Polyunsaturated	12g
Monounsaturated	16g
Carbs	30g
Fiber	10g
Protein	28g
Vitamin A	1153IU
Vitamin C	17mg
Calcium	273mg
Vitamin D	0IU
Vitamin K	58µg
Riboflavin	0.6mg
Vitamin B6	0.5mg

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 2 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 3 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 4 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

### Notes

**Leftovers:** Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

**More Flavor:** Add chili flakes to the cauliflower rice.

**Additional Toppings:** Add cooked sweet potato or other veggies if desired.

**No Avocado Oil:** Use extra virgin olive oil or coconut oil.

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Folate	151µg
Vitamin B12	0.1µg
Magnesium	139mg
Zinc	3mg





## 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 tsp 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
Vitamin K	22µg
Riboflavin	0.5mg
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!

### Notes

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

**Egg-Free:** Use a vegan or egg-free mayonnaise instead.

**More Flavor:** Add garlic powder, onion powder or black pepper to the creamy dill sauce.

**Serve it With:** Cauliflower rice, quinoa, brown rice, roasted potatoes and veggies or salad.

**Cooking Time:** Cooking time with vary depending on the thickness of the salmon fillet.



## Hemp Seed Crusted Trout

2 servings  
20 minutes

### Ingredients

- 1/4 cup Hemp Seeds
- 2 tsps Italian Seasoning
- 1 tsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 2 Rainbow Trout Fillet
- 2 tbsps Dijon Mustard
- 1/2 Lemon (sliced into wedges)

### Nutrition

Amount per serving	
Calories	323
Fat	15g
Saturated	2g
Polyunsaturated	10g
Monounsaturated	3g
Carbs	3g
Fiber	1g
Protein	40g
Vitamin A	102IU
Vitamin C	9mg
Calcium	122mg
Vitamin D	0IU
Vitamin K	0µg
Riboflavin	1.5mg
Vitamin B6	2.0mg
Folate	43µg
Vitamin B12	12.7µg
Magnesium	190mg
Zinc	4mg

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a small mixing bowl combine the hemp seeds, Italian seasoning, nutritional yeast and salt.
- 3 Place the trout fillets on the prepared baking sheet and pat dry with a paper towel. Smear the Dijon mustard evenly on to the top of the fillets.
- 4 Spoon the hemp seed mixture on top of the mustard coating and press down with the back of the spoon to ensure the hemp seeds stick to the fish. Bake for about 9 minutes or until fish is cooked through and flakey.
- 5 Serve with fresh lemon wedges and season with additional salt if needed. Enjoy!

### Notes

**Trout Fillets:** One trout fillet is equal to 5.6 ounces or 160 grams.

**Likes it Crispy:** Turn the oven to broil for the last one to two minutes of cooking for an extra crispy coating.

**No Rainbow Trout:** Use salmon instead.

**Leftovers:** Store in the fridge up to two days.

**Serve it With:** A side of quinoa, rice or steamed vegetables.



## High Fiber Seed Loaf

10 servings

3 hours

### Ingredients

- 1/2 cup Sunflower Seeds
- 1/2 cup Whole Flax Seeds
- 1/2 cup Pumpkin Seeds
- 1/4 cup Chia Seeds
- 2 cups Oats (rolled)
- 1/4 cup Psyllium Husks
- 1/2 tsp Sea Salt
- 3 tbsps Avocado Oil
- 1 1/2 cups Water

### Nutrition

Amount per serving	
Calories	240
Fat	16g
Saturated	2g
Polyunsaturated	6g
Monounsaturated	6g
Carbs	19g
Fiber	8g
Protein	7g
Vitamin A	1IU
Vitamin C	0mg
Calcium	72mg
Vitamin D	0IU
Vitamin K	1µg
Riboflavin	0.1mg
Vitamin B6	0.1mg
Folate	27µg
Vitamin B12	0µg
Magnesium	77mg
Zinc	1mg

### Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to one slice of bread.

**Additional Toppings:** Serve with nut or seed butter, hummus, avocado, or chia jam.

**Psyllium Powder:** If you are using psyllium powder instead of the whole husks, cut the amount used in half.





## Rice, Beef & Spinach

4 servings

20 minutes

### Ingredients

- 1 cup Jasmine Rice
- 454 grams Extra Lean Ground Beef
- 4 cups Baby Spinach (packed)
- 1 tbsp Tamari

### Nutrition

Amount per serving	
Calories	369
Fat	11g
Saturated	4g
Polyunsaturated	0g
Monounsaturated	5g
Carbs	39g
Fiber	2g
Protein	27g
Vitamin A	2829IU
Vitamin C	8mg
Calcium	44mg
Vitamin D	3IU
Vitamin K	146µg
Riboflavin	0.2mg
Vitamin B6	0.5mg
Folate	66µg
Vitamin B12	2.5µg
Magnesium	48mg
Zinc	6mg

### Directions

- 1 Cook the rice according to the directions on the package.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

### Notes

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

**More Flavor:** Add fresh garlic or ginger to the beef with the spinach.

**Additional Toppings:** Hot sauce, sesame seeds, sliced green onions and/or cilantro.

**No Tamari:** Use soy sauce or coconut aminos instead.

**No Beef:** Use ground chicken, turkey or pork instead.

**No Jasmine Rice:** Use brown rice, quinoa or cauliflower rice instead.



## Turmeric Beef Stew

4 servings

55 minutes

### Ingredients

454 grams Top Sirloin Steak  
 1 tbsp Tapioca Flour  
 1 tsp Sea Salt  
 1/2 tsp Black Pepper  
 1 1/2 tbsps Extra Virgin Olive Oil  
 2 Carrot (medium, chopped)  
 1 Yellow Potato (large, chopped)  
 1 tsp Turmeric (ground)  
 1 tsp Coriander (ground)  
 1 tsp Cumin (ground)  
 1 tsp Ground Ginger  
 2 cups Beef Broth  
 4 stalks Green Onion (green parts only, chopped)  
 1/2 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	366
Fat	22g
Saturated	7g
Polyunsaturated	1g
Monounsaturated	11g
Carbs	16g
Fiber	3g
Protein	26g
Vitamin A	5720IU
Vitamin C	15mg
Calcium	67mg
Vitamin D	0IU
Vitamin K	36µg

### Directions

- 1 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 3 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 4 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 5 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 6 Divide into bowls and enjoy!

### Notes

**Too Thick:** If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

**Leftovers:** Store in an airtight container in the fridge up to 3 days. Freeze for longer.

**No Beef Broth:** Use vegetable or chicken broth instead.

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Riboflavin	0.2mg
Vitamin B6	0.9mg
Folate	34µg
Vitamin B12	1.3µg
Magnesium	49mg
Zinc	5mg