



Without a doubt, the best sources of zinc are found in meat and dairy products. Seafood comes next, where oysters shine, followed by shrimp and mussels.

Most folks don't need help eating meat and dairy, so we chose to put a spotlight on some recipes that will amp up your zinc, but from plants and yes a couple of shrimp recipes.

Good sources of zinc in plants are once again found in nuts and seeds (just like magnesium). Legumes are also a decent source of zinc, particularly chickpeas. If you are using dried legumes, soak them first (8 hours at least with a splash of vinegar) so that you can release zinc from the phytates that can bind it up and prevent you from absorbing it.

All of that said, take a look at our quick and easy zinc-zipping recipes and get a different take on zinc for your palette and your health!



Savory Roasted Chickpeas

4 servings

30 minutes

Ingredients

6 cups Chickpeas (canned, or cooked and drained)
2 tbsps Extra Virgin Olive Oil
2 tbsps Poultry Seasoning
1 tsp Sea Salt
1/2 tsp Black Pepper

Nutrition

Amount per serving	
Calories	471
Fat	13g
Saturated	2g
Polyunsaturated	4g
Monounsaturated	6g
Carbs	69g
Fiber	19g
Protein	22g
Vitamin A	126IU
Vitamin C	3mg
Calcium	144mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.4mg
Folate	426µg
Vitamin B12	0µg
Magnesium	124mg
Zinc	4mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
- 3 Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
- 4 Let cool before storing in an airtight container in the fridge.

Notes

Leftovers: They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

Make Them Crispy: Bake for longer if you like them really crispy.



Smashed Chickpea Salad with Tahini Dressing

2 servings

10 minutes

Ingredients

- 1 1/2 cups Chickpeas (cooked, rinsed)
- 1 Apple (finely chopped)
- 2 stalks Celery (finely chopped)
- 2 tbsps Tahini
- 2 tbsps Water
- 3 tbsps Lemon Juice
- 1/2 tsp Sea Salt
- 1 Garlic (clove, small, minced)

Nutrition

Amount per serving	
Calories	351
Fat	12g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	4g
Carbs	53g
Fiber	14g
Protein	14g
Vitamin A	274IU
Vitamin C	16mg
Calcium	151mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.3mg
Folate	248µg
Vitamin B12	0µg
Magnesium	84mg
Zinc	3mg

Directions

- 1 In a mixing bowl, mash the chickpeas with a fork until a fine crumb texture forms. If you'd like more texture, leave some chickpeas whole. Add in the apple and celery.
- 2 In a second small mixing bowl, make the dressing. Combine the tahini and water and stir to combine. Then stir in the lemon juice, salt and garlic.
- 3 Add the dressing to the chickpea mixture and stir to combine. Season with additional salt or lemon if needed. Enjoy!

Notes

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

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

More Flavor: Add Dijon mustard or maple syrup to the dressing. Stir in fresh parsley or green onion.

Apple: This recipe was created using Granny Smith apples.

Serve it With: Cucumber slices, whole grain crackers, as a sandwich filling or on top of baby greens.



Chickpeas with Sweet & Spicy Peanut Sauce

4 servings

35 minutes

Ingredients

- 1 cup Brown Rice
- 1/2 cup All Natural Peanut Butter
- 1/4 cup Canned Coconut Milk
- 2 tbsps Lime Juice
- 1 1/2 tbsps Coconut Aminos
- 1 tbsp Maple Syrup
- 1/2 tsp Red Pepper Flakes
- 2 Garlic (clove, minced)
- 1/2 cup Water (divided)
- 4 cups Baby Spinach (chopped)
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 1/2 Yellow Onion (chopped)

Nutrition

Amount per serving	
Calories	526
Fat	22g
Saturated	6g
Polyunsaturated	5g
Monounsaturated	9g
Carbs	68g
Fiber	9g
Protein	17g
Vitamin A	2927IU
Vitamin C	12mg
Calcium	98mg
Vitamin D	0IU
Riboflavin	0.3mg
Niacin	8mg
Vitamin B6	0.5mg
Folate	204µg

Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, in a small pot over medium-low heat add the peanut butter, coconut milk, lime juice, coconut aminos, maple syrup, red pepper flakes, garlic and half of the water. Whisk until combined. Continue to heat until just warmed through, stirring often to prevent burning. Season with salt or additional lime juice if needed.
- 3 Heat a large skillet or pan with a lid over medium-high heat. Add the spinach, chickpeas and onion to the pan along with the remaining water and cover with the lid. Steam for about 5 minutes or until the onions have softened and most of the water has evaporated.
- 4 Remove from the heat and add the warm peanut sauce to the pan with the chickpeas and stir to combine.
- 5 To serve, divide the rice between plates and top with the peanut chickpea mixture. Enjoy!

Notes

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

More Flavor: Add fresh ginger to the peanut sauce.

Additional Toppings: Serve with lime wedges, hot sauce and/or freshly chopped cilantro.

No Coconut Aminos: Use tamari or other soy sauce instead.

Vitamin B12	0µg
Magnesium	164mg
Zinc	3mg



Pressure Cooker Mexican Quinoa & Black Beans

4 servings

15 minutes

Ingredients

- 1 1/2 cups Black Beans (cooked, rinsed)
- 1 1/4 cups Vegetable Broth
- 1 cup Quinoa (uncooked)
- 1 cup Diced Tomatoes (from the can, drained)
- 2 tsps Chili Powder
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1/2 Lime (juiced)
- 2 Avocado (diced)

Nutrition

Amount per serving	
Calories	430
Fat	18g
Saturated	3g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	56g
Fiber	17g
Protein	15g
Vitamin A	1029IU
Vitamin C	18mg
Calcium	78mg
Vitamin D	0IU
Riboflavin	0.3mg
Niacin	3mg
Vitamin B6	0.6mg
Folate	257µg

Directions

- 1 Combine the black beans, vegetable broth, quinoa, tomatoes, chili powder, cumin, garlic powder, salt and red pepper flakes in the pot of the pressure cooker and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and stir in the lime juice.
- 3 Divide between bowls and top with diced avocado. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of the quinoa mixture and 1/2 an avocado.

More Flavor: Add fresh garlic or onion, coriander or smoked paprika.

Additional Toppings: Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

More Vegetables: Add corn kernels, chopped leafy greens or bell pepper.

Cooking Time: If the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

No Canned Tomatoes: Use fresh tomatoes instead.

Vitamin B12	0µg
Magnesium	166mg
Zinc	3mg



Cream of Celery & Asparagus Soup

4 servings
25 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	222
Fat	17g
Saturated	7g
Polyunsaturated	8g
Monounsaturated	2g
Carbs	12g
Fiber	5g
Protein	10g
Vitamin A	3847IU
Vitamin C	17mg
Calcium	131mg
Vitamin D	0IU
Riboflavin	0.3mg
Niacin	3mg
Vitamin B6	0.3mg
Folate	154µg
Vitamin B12	0µg
Magnesium	190mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 2 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 3 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

Serving Size: One serving is approximately 2 cups.

No Hemp Seeds: Use cashews.

Add Some Crunch: Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach: Use kale, swiss chard or any leafy green.

Zinc

3mg



Dill & Hemp Seed Dressing

4 servings

10 minutes

Ingredients

- 1/2 cup Hemp Seeds
- 1/4 cup Hemp Oil
- 1/4 cup Fresh Dill
- 3 tbsps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	238
Fat	24g
Saturated	2g
Polyunsaturated	19g
Monounsaturated	3g
Carbs	2g
Fiber	1g
Protein	6g
Vitamin A	45IU
Vitamin C	1mg
Calcium	16mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.1mg
Folate	23µg
Vitamin B12	0µg
Magnesium	141mg
Zinc	2mg

Directions

- 1 Add all of the ingredients into a blender or food processor and blend until smooth.
- 2 Serve on a salad or with vegetables and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two tablespoons of dressing.

No Hemp Oil: Use avocado oil or olive oil instead.

More Flavor: Add salt and pepper to taste.



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

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

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!

Notes

Serve it With: Oats, cereals, yogurt, smoothies, pancakes, energy bites or sprinkle on top of salads.

Leftovers: Keep refrigerated or freeze until ready to use.

Serving Size: One serving is about 3 tablespoons of the seed mixture.

Nut-Free: Omit the almonds or use unsweetened shredded coconut instead.

No Hemp Seeds: Use chia seeds instead.

No Food Processor: Use a coffee grinder or personal blender with a milling blade.



Shrimp & Avocado Salad

2 servings

20 minutes

Ingredients

- 1 tsp Avocado Oil
- 254 grams Shrimp (large, peeled, deveined)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Lime Juice
- 1/4 tsp Honey
- 1/2 tsp Coconut Aminos
- 4 cups Arugula
- 1 Carrot (shredded)
- 1/4 cup Radishes (thinly sliced)
- 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	380
Fat	25g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	17g
Carbs	15g
Fiber	8g
Protein	29g
Vitamin A	6196IU
Vitamin C	22mg
Calcium	172mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	130µg
Vitamin B12	0µg
Magnesium	98mg

Directions

- 1 In a skillet over medium heat, add the avocado oil and shrimp. Cook for 3 minutes each side, or until cooked through. Set aside.
- 2 While the shrimp cook, add the extra virgin olive oil, lime juice, honey, and coconut aminos to a small jar and shake to combine.
- 3 Add the arugula, carrot and radishes to a bowl. Top with the cooked shrimp, the dressing and avocado. Divide between plates and enjoy!

Notes

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

Additional Toppings: Add chopped cilantro or chopped peanuts to the dish.

No Coconut Aminos: Use tamari or soy sauce instead.

More Flavor: Marinate the shrimp in a combination of lime, honey & coconut aminos 15 minutes before cooking.

Zinc

3mg



Shrimp & Veggie Curry

2 servings

20 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 2 tsps Turmeric
- 1/2 tsp Sea Salt
- 1/4 tsp Cinnamon
- 1 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1 Carrot (peeled, sliced)
- 1 Zucchini (sliced)
- 340 grams Shrimp (peeled, deveined)
- 1 tbsp Lime Juice (optional)

Nutrition

Amount per serving	
Calories	477
Fat	29g
Saturated	26g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	16g
Fiber	4g
Protein	38g
Vitamin A	5296IU
Vitamin C	23mg
Calcium	171mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add the onion, garlic and ginger and cook for about 5 minutes until the onion has softened. Add the turmeric, salt and cinnamon and stir to combine.
- 2 Stir in the coconut milk and water and bring to a gentle boil then add the carrots. Stir often and let the carrots cook for 5 to 7 minutes until just tender.
- 3 Add the zucchini and the shrimp. Continue to stir often and cook for another 3 to 5 minutes or until the shrimp are cooked through and zucchini is just tender. Stir in the lime juice, if using. Divide between plates & enjoy!

Notes

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

More Flavor: Use yellow curry powder instead of turmeric. Add cumin, chili powder or corriander.

Additional Toppings: Serve with cilantro, red pepper flakes or extra lime wedges.

More Veggies: Add spinach or kale leaves.

Serve it With: Serve alongside cauliflower rice, brown or jasmine rice, or quinoa.

Folate	31µg
Vitamin B12	0µg
Magnesium	91mg
Zinc	3mg



Coconut Lime Steamed Mussels

2 servings

20 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 907 grams Mussels
- 1/4 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Saturated	12g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	23g
Fiber	0g
Protein	55g
Vitamin A	1348IU
Vitamin C	43mg
Calcium	137mg
Vitamin D	0IU
Riboflavin	1.0mg
Niacin	7mg
Vitamin B6	0.2mg
Folate	197µg
Vitamin B12	54.4µg
Magnesium	161mg
Zinc	7mg

Directions

- 1 In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
- 4 To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

More Flavor: Add garlic or red pepper flakes to the broth.

Additional Toppings: Serve with lime wedges, green onion or cilantro.

No Coconut Aminos: Use soy sauce or tamari instead of coconut aminos