

## Men's Hormone Balancing Recipes

Created by Dr. Bob Bacon



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In this recipe collection, we're highlighting nuts, dark leafy greens, lean meats like chicken and turkey, and fatty fish like salmon. You could substitute any other seafood, if you like. The idea is to have lots of antioxidants (brightly colored foods) with zinc and Omega 3 fatty acids. Be sure to use Celtic, pink Himalayan or Baja Gold sea salt on your food for minerals.

## Men's Hormone Balancing Recipes

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Banana Chocolate Protein Smoothie	Strawberry & Peanut Butter Smoothie	Egg, Spinach & Mozzarella Quesadilla	Blueberry Basil Smoothie	Strawberry Yogurt Chia Pudding	Chocolate & Yogurt Cashew Chia Pudding	Peanut Butter & Banana Protein Porridge
Snack 1	Parsley Walnut Pesto	Almond Butter Stuffed Dates	Cashews & Clementines	Apricot Cheddar Bites	Blueberry & Peach Salsa	Pomegranate Yogurt Bark	Layered Nacho Dip
Lunch	One Pot Turkey, Cabbage & Mushrooms	Spinach & Artichoke Turkey Burgers with Roasted Tomato Mayo	One Pan Oregano Salmon & Rice	Shawarma Spiced Chicken & Eggplant with Greek Yogurt	Shrimp Lettuce Wraps	Thai Curry Carrot Soup	Chicken, Pomegranate & Quinoa Bowl
Dinner	Sheet Pan Pesto Chicken, Potatoes & Veggies	Curried Salmon Steak & Kale Salad	Lime Basil Grilled Tuna Steaks	Parmesan Chicken & Kale Skillet	One Pan Mediterranean Ground Turkey	Cajun Turkey Meatballs	Grilled Bruschetta Chicken
Snack 3	Lemony Yogurt & Ricotta Cups		Sweet Potato Chocolate Pudding		Spiced Chai Energy Balls		Double Chocolate Mint Energy Balls

# Men's Hormone Balancing Recipes

113 items

## Fruits

- ☐ 1 1/2 Avocado
- ☐ 2 1/2 Banana
- ☐ 2 1/2 cups Blueberries
- ☐ 2 Clementines
- ☐ 3 1/2 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 1/2 tsp Lemon Zest
- ☐ 6 Lime
- ☐ 3 tbsps Lime Juice
- ☐ 1 1/4 Peach
- ☐ 1 1/3 cups Pomegranate Seeds
- ☐ 1 cup Raspberries
- ☐ 1/2 cup Strawberries

## Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 1/3 cup Almond Butter
- ☐ 2/3 cup Granola

## Seeds, Nuts & Spices

- ☐ 1/2 cup Almonds
- ☐ 3/4 tsp Black Pepper
- ☐ 2 tsps Cajun Seasoning
- ☐ 1/4 tsp Cardamom
- ☐ 2 3/4 cups Cashews
- ☐ 3/4 cup Chia Seeds
- ☐ 1 1/8 tsps Chili Powder
- ☐ 2 2/3 tsps Cinnamon
- ☐ 1/3 tsp Cumin
- ☐ 1/2 tsp Curry Powder
- ☐ 1/8 tsp Garlic Powder
- ☐ 2 tsps Greek Seasoning
- ☐ 1/2 tsp Ground Ginger
- ☐ 3 1/3 tbsps Hemp Seeds
- ☐ 1/2 tsp Oregano
- ☐ 1/4 cup Pecans
- ☐ 1/3 cup Pumpkin Seeds

## Vegetables

- ☐ 3 1/2 cups Baby Spinach
- ☐ 2/3 cup Basil Leaves
- ☐ 1 head Boston Lettuce
- ☐ 2 cups Broccoli
- ☐ 6 Carrot
- ☐ 1 cup Cherry Tomatoes
- ☐ 2/3 cup Cilantro
- ☐ 2 1/2 Cucumber
- ☐ 2 Eggplant
- ☐ 3 2/3 Garlic
- ☐ 4 1/2 cups Green Cabbage
- ☐ 1/2 head Green Lettuce
- ☐ 4 stalks Green Onion
- ☐ 16 cups Kale Leaves
- ☐ 2 cups Mini Potatoes
- ☐ 6 cups Mixed Greens
- ☐ 3 1/3 cups Parsley
- ☐ 3 cups Portobello Mushroom
- ☐ 1/3 cup Radishes
- ☐ 2 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 2 Sweet Potato
- ☐ 1/3 cup Thai Basil
- ☐ 4 3/4 Tomato
- ☐ 1/4 White Onion
- ☐ 3/4 Yellow Bell Pepper
- ☐ 1 Yellow Onion

## Boxed & Canned

- ☐ 1/2 cup Basmati Rice
- ☐ 1/4 cup Chicken Broth, Low Sodium
- ☐ 2/3 cup Quinoa
- ☐ 3/4 can Refried Beans
- ☐ 3/4 cup Salsa
- ☐ 4 cups Vegetable Broth, Low Sodium

## Baking

## Bread, Fish, Meat & Cheese

- ☐ 1 1/3 ozs Cheddar Cheese
- ☐ 2 1/2 lbs Chicken Breast
- ☐ 1 1/2 lbs Chicken Thighs
- ☐ 3 2/3 lbs Extra Lean Ground Turkey
- ☐ 1 1/2 ozs Mozzarella Cheese
- ☐ 3/4 cup Parmigiano Reggiano
- ☐ 1/2 cup Ricotta Cheese
- ☐ 12 ozs Salmon Fillet
- ☐ 1 lb Salmon Steak
- ☐ 8 ozs Shrimp
- ☐ 1 1/2 lbs Tuna Steak

## Condiments & Oils

- ☐ 1 1/4 cups Artichoke Hearts
- ☐ 3/4 tsp Balsamic Vinegar
- ☐ 3/4 cup Black Olives
- ☐ 1 1/2 cups Extra Virgin Olive Oil
- ☐ 1 tbsp Hot Sauce
- ☐ 3 tbsps Pesto
- ☐ 2 1/4 tsps Tabasco Sauce
- ☐ 1 tbsp Thai Red Curry Paste
- ☐ 1/2 cup Tomato Sauce

## Cold

- ☐ 3 Egg
- ☐ 1 cup Egg Whites
- ☐ 2/3 cup Oat Milk
- ☐ 5 2/3 cups Plain Greek Yogurt
- ☐ 5 3/4 cups Unsweetened Almond Milk

## Other

- ☐ 1/4 cup Dried Apricots
- ☐ 1 1/2 cups Water

- ☐ **1 3/4 tpsps** Red Pepper Flakes
- ☐ **1 1/3 tbsps** Sea Salt
- ☐ **0** Sea Salt & Black Pepper
- ☐ **1 1/3 tbsps** Shawarma Spice Blend
- ☐ **1 tbsps** Taco Seasoning
- ☐ **1 cup** Walnuts

## Frozen

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- ☐ **1** Brown Rice Tortilla
- ☐ **2 cups** Frozen Strawberries

- ☐ **1/3 cup** Almond Flour
- ☐ **1 tbsps** Cacao Nibs
- ☐ **1/2 cup** Cacao Powder
- ☐ **2 tbsps** Cocoa Powder
- ☐ **1/4 cup** Dried Unsweetened Cranberries
- ☐ **1/8 tsp** Ground Cloves
- ☐ **1/4 cup** Nutritional Yeast
- ☐ **3/4 cup** Oats
- ☐ **1/2 tsp** Peppermint Extract
- ☐ **3 cups** Pitted Dates
- ☐ **1/4 cup** Unsweetened Coconut Flakes
- ☐ **1 tsp** Vanilla Extract

# Banana Chocolate Protein Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

### Pitted Dates

One serving is equal to approximately two to three dates.

### Gluten-Free

Use Gluten-Free oats.

### Dairy-Free

Use coconut yogurt instead.

### Nut-Free

Use coconut or oat milk instead of almond milk.

### More Flavor

Add a pinch of cinnamon.

### Make it Vegan

Use a vegan yogurt.

## Ingredients

**1 cup** Unsweetened Almond Milk

**1/4 cup** Plain Greek Yogurt

**1 tbsp** Chia Seeds

**2 tbsps** Hemp Seeds

**1/4 cup** Oats

**1 tbsp** Cocoa Powder

**1** Banana (frozen)

**2 tbsps** Pitted Dates



# Strawberry & Peanut Butter Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### Leftovers

Best enjoyed immediately.

### Dairy-Free

Use dairy-free yogurt.

### Nut-Free

Use sunflower seed butter.

### More Protein

Add collagen or protein powder.

### More Fiber

Add frozen cauliflower, ground flax, and/or chia seeds.

## Ingredients

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**3/4 cup** Unsweetened Almond Milk

**1/2 cup** Plain Greek Yogurt

**1 cup** Frozen Strawberries

**1/2** Banana (frozen)

**2 tbsps** All Natural Peanut Butter

# Egg, Spinach & Mozzarella Quesadilla

7 ingredients · 10 minutes · 1 serving



## Directions

1. Heat a medium-sized skillet over medium-low heat. Add the oil and once hot, add the eggs. Cook, stirring occasionally until fluffy and cooked through. Season with salt and pepper. Remove and set aside.
2. In the same skillet, over low heat, add the spinach and cook until wilted, about two minutes. Remove and set aside with the eggs. Squeeze out excess water from the spinach.
3. In the same skillet over medium heat, add the tortilla, and then add the spinach, eggs, tomato, and mozzarella to one side of the tortilla. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

## Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 2 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Baby Spinach
- 1 Brown Rice Tortilla
- 1/2 Tomato (chopped)
- 1 1/2 ozs Mozzarella Cheese (shredded)

## Notes

### Leftovers

Best enjoyed when made fresh.

### Dairy-Free

Use a dairy-free cheese.

### Additional Toppings

Add pitted olives and/or chopped parsley.



# Blueberry Basil Smoothie

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is equal to approximately 1 1/2 cups

### Likes it Sweet

Add maple syrup or honey.

### More Flavor

Add frozen cauliflower, kale, or tahini.

## Ingredients

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**1 cup** Blueberries (fresh or frozen)

**2/3 cup** Oat Milk

**1 tbsp** Chia Seeds

**2 tbsps** Basil Leaves

# Strawberry Yogurt Chia Pudding

6 ingredients · 35 minutes · 2 servings



## Directions

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1. Add the yogurt, chia seeds, almond milk, and strawberries to a medium-sized bowl. Stir well to combine.
2. Place in the fridge for 25 to 30 minutes or until thickened.
3. When ready to serve, stir in the peanut butter and garnish with the hemp seeds. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals about one cup.

### More Flavor

Add a pinch of cinnamon or vanilla.

### Likes it Sweeter

Add a drizzle of honey or maple syrup.

### Dairy-Free

Use plant-based yogurt instead of Greek yogurt.

## Ingredients

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- 1 cup** Plain Greek Yogurt
- 1/3 cup** Chia Seeds
- 1/2 cup** Unsweetened Almond Milk
- 1 cup** Frozen Strawberries
- 3 tbsps** All Natural Peanut Butter
- 1 1/3 tbsps** Hemp Seeds

# Chocolate & Yogurt Cashew Chia Pudding

5 ingredients · 30 minutes · 2 servings



## Directions

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1. In a bowl, whisk together the chia seeds, almond milk, and cocoa powder. Refrigerate for at least 20 to 25 minutes or overnight.
2. Divide the yogurt and chia seeds mixture between serving bowls or jars. Top with cashews and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately one cup.

### Likes it Sweet

Add honey or maple syrup.

## Ingredients

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- 1/4 cup** Chia Seeds
- 3/4 cup** Unsweetened Almond Milk
- 1 tbsp** Cocoa Powder
- 3/4 cup** Plain Greek Yogurt
- 1/4 cup** Cashews (chopped)



# Peanut Butter & Banana Protein Porridge

6 ingredients · 10 minutes · 2 servings



## Directions

1. Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
2. Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add maple syrup or honey and vanilla extract.

### Additional Toppings

More peanut butter, banana slices, berries, or extra cinnamon.

### No Almond Milk

Use another dairy or dairy alternative milk instead.

## Ingredients

**2 cups** Unsweetened Almond Milk

**1/2 cup** Oats (rolled)

**1 cup** Egg Whites

**2 tbsps** All Natural Peanut Butter

**2 tsps** Cinnamon

**1** Banana (mashed)

# Parsley Walnut Pesto

6 ingredients · 15 minutes · 10 servings



## Directions

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1. Add the parsley, walnuts, parmesan cheese, sea salt, and lemon juice to a food processor.
2. With the food processor running, slowly stream in the olive oil. Continue to blend for 30 seconds until the pesto is smooth and emulsified, pausing to scrape down the sides as needed. Season with additional salt or lemon juice to taste, if needed. Enjoy!

## Notes

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### Leftovers

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

### Serving Size

One serving is equal to 2 tablespoons of pesto.

### Nut-Free

Omit walnuts or replace with sunflower seeds and/or hemp seeds.

### More Flavor

Add garlic cloves and/or red pepper flakes.

### Dairy-Free

Use nutritional yeast instead of parmigiano reggiano.

### Serve it With

Pasta, cauliflower rice, on pizza, with meat or as a dip.

## Ingredients

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**2 1/2 cups** Parsley (chopped)

**1 cup** Walnuts

**1/2 cup** Parmigiano Reggiano

**1/2 tsp** Sea Salt

**3 tbsps** Lemon Juice

**1/2 cup** Extra Virgin Olive Oil



# Almond Butter Stuffed Dates

2 ingredients · 5 minutes · 3 servings



## Directions

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1. Spoon an even amount of nut butter into the centre of each date. Enjoy!

## Notes

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### Serving Size

One serving is equal to approximately three large stuffed dates.

### Nut-Free

Use sunflower seed butter or tahini instead of almond butter.

### Dress Them Up

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

## Ingredients

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**3/4 cup** Pitted Dates

**1/3 cup** Almond Butter



# Cashews & Clementines

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Divide into bowls and enjoy!

## Ingredients

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- 1/4 cup Cashews
- 2 Clementines

# Apricot Cheddar Bites

3 ingredients · 10 minutes · 1 serving



## Directions

1. Use a knife to cut a slit into each apricot. Stuff each apricot with cheese and a pecan. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately four to five apricot cheddar bites.

### Dairy-Free

Use vegan cheese instead of cheddar cheese.

### Nut-Free

Omit the pecans.

### No Cheddar Cheese

Use goat cheese or cream cheese instead.

## Ingredients

**1/4 cup** Dried Apricots

**1 1/3 ozs** Cheddar Cheese (sliced)

**1/4 cup** Pecans

# Blueberry & Peach Salsa

7 ingredients · 15 minutes · 6 servings



## Directions

1. Add all of the ingredients to a bowl and gently toss to combine. Divide evenly between bowls or plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately half a cup.

### More Flavor

Add diced tomatoes and avocado.

### Serve It With

Grilled chicken or fish, pork tenderloin, tortilla chips, or crostinis.

## Ingredients

- 1 1/2 cups Blueberries
- 1 1/4 Peach (large, diced)
- 1/3 cup Red Onion (finely chopped)
- 1/3 cup Cilantro (finely chopped)
- 1 1/4 Garlic (clove, minced)
- 1 1/4 Lime (juiced)
- 1/3 tsp Sea Salt



# Pomegranate Yogurt Bark

3 ingredients · 2 hours · 9 servings



## Directions

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1. Line a baking sheet with parchment paper, wax paper or a silicone mat.
2. Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds overtop.
3. Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

## Notes

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### Leftovers

Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

### Serving Size

Each serving equals approximately one 3 x 2.5" piece.

### Dairy-Free

Use coconut yogurt instead.

### More Flavor

Add vanilla extract and your sweetener of choice.

### Additional Toppings

Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.

## Ingredients

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- 1 cup** Plain Greek Yogurt
- 1/3 cup** Pomegranate Seeds
- 1 tbsp** Pumpkin Seeds

# Layered Nacho Dip

17 ingredients · 20 minutes · 6 servings



## Directions

1. Prepare your queso by combining cashews, nutritional yeast, sea salt, garlic powder, cumin, chili powder, tabasco sauce, olive oil and warm water in a blender or food processor. Blend until smooth and creamy. Add more warm water 1 tbsp at a time if necessary.
2. Create your guacamole by mashing avocado in a bowl. Add lime juice and season with sea salt and black pepper to taste. Mash well until creamy.
3. When ready to assemble your dip, spread refried beans in the bottom of a glass dish. Add the queso layer, then guacamole, then salsa. Top with diced bell pepper, black olives and cilantro. Serve immediately with brown rice chips or cover and refrigerate.

## Notes

### Prep Ahead

This can be made up to 1 day in advance. Cover and store in the fridge until ready to eat.

### Serve it With

Veggie sticks, brown rice chips, or tortilla chips.

## Ingredients

- 1 1/8 cups Cashews
- 2 1/4 tbsps Nutritional Yeast
- 1/3 tsp Sea Salt
- 1/8 tsp Garlic Powder
- 1/3 tsp Cumin
- 1 1/8 tpsps Chili Powder
- 2 1/4 tpsps Tabasco Sauce
- 2 1/4 tpsps Extra Virgin Olive Oil
- 3 tbsps Water (warm)
- 1 1/2 Avocado (ripe)
- 3/4 Lime (juiced)
- Sea Salt & Black Pepper (to taste)
- 3/4 can Refried Beans
- 3/4 cup Salsa
- 3/4 Yellow Bell Pepper (diced)
- 3 tbsps Black Olives (sliced)
- 3 tbsps Cilantro (chopped)



# One Pot Turkey, Cabbage & Mushrooms

7 ingredients · 20 minutes · 3 servings



## Directions

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1. Heat the oil in a large pan over medium-high heat. Add the ground turkey, breaking it up as it cooks. Cook for three to five minutes.
2. Add the cabbage and the mushrooms. Season with salt and cook for five to seven minutes, stirring occasionally, until softened.
3. Add the basil and the lime juice and cook another two minutes, until well combined.
4. Divide evenly between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Use beef, pork, or lamb instead of turkey. Add more vegetables. Season with garlic and onion.

## Ingredients

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- 1 1/2 **tbsps** Extra Virgin Olive Oil
- 1 1/8 **lbs** Extra Lean Ground Turkey
- 4 1/2 **cups** Green Cabbage (finely sliced)
- 3 **cups** Portobello Mushroom (sliced)
- 1/8 **tsp** Sea Salt
- 1/3 **cup** Thai Basil (chopped)
- 3 **tbsps** Lime Juice



# Spinach & Artichoke Turkey Burgers with Roasted Tomato Mayo

11 ingredients · 30 minutes · 2 servings



## Directions

1. Wilt your spinach by placing olive oil and spinach together in a large frying pan over medium heat and stirring continuously until wilted. Once wilted, remove from heat immediately. Once cool, finely chop.
2. Combine spinach, artichokes, ground turkey, red pepper flakes, black pepper, half of the sea salt and almond flour together in a bowl. Mix well and shape into 6 to 8 even-sized patties.
3. Heat grill over medium heat. Cut your tomato in half. Place both halves on the grill face down. Add the patties and grill for about 7 to 8 minutes per side or until cooked through. At about the 10 minute mark, remove the tomato from the grill and add it to your food processor or blender along with the cashews and remaining sea salt. Blend well until smooth. Pour into a dish and set aside.
4. When burgers are done, top them with your roasted tomato mayo and serve them wrapped in large green lettuce leaves. Enjoy!

## Notes

### No Grill

Cook burgers in the oven at 350°F (177°C) for 15 minutes per side. Roast your tomato in the oven as the burgers cook.

### More Carbs

Serve on a bed of brown rice or in a brown rice tortilla wrap.

### Leftovers

Can be frozen up to 6 months in an airtight container.

## Ingredients

**3/4 tsp** Extra Virgin Olive Oil  
**2 cups** Baby Spinach  
**1/4 cup** Artichoke Hearts (chopped)  
**8 ozs** Extra Lean Ground Turkey  
**1/4 tsp** Red Pepper Flakes  
**1/4 tsp** Black Pepper  
**1/2 tsp** Sea Salt (divided)  
**1/3 cup** Almond Flour  
**1/2** Tomato  
**1/4 cup** Cashews  
**1/2 head** Green Lettuce (separated into leaves and washed)

# One Pan Oregano Salmon & Rice

7 ingredients · 25 minutes · 2 servings



## Directions

1. Add the rice, water, and half the salt to a pan and bring to a boil. Boil for two to three minutes, or until approximately half of the water has evaporated.
2. Reduce the heat to medium-low. Season the salmon fillet with the remaining salt and oregano and place it on the rice. Cover the pan with a lid and cook for 15 minutes or until the rice and salmon are cooked through.
3. Remove from the heat, drizzle with lemon juice, and top with cucumber ribbons. Divide evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1/2 cup of rice, one piece of salmon fillet, and 1/3 cup of cucumber.

### Additional Toppings

Fresh mint or dill.

## Ingredients

**1/2 cup** Basmati Rice (dry, rinsed)

**1 cup** Water

**1/2 tsp** Sea Salt (divided)

**12 ozs** Salmon Fillet (skin on)

**1/2 tsp** Oregano

**1/2** Lemon (medium, juiced)

**1/2** Cucumber (large, thinly sliced into ribbons)



# Shawarma Spiced Chicken & Eggplant with Greek Yogurt

9 ingredients · 30 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together half the oil, lemon juice, shawarma spice blend, salt, and pepper.
3. Add the chicken, bell pepper, and eggplant to the baking sheet. Add the oil mixture and toss to combine. Cook in the oven for 17 to 20 minutes until the vegetables are tender and the chicken is cooked through.
4. Divide the yogurt, chicken, and vegetables evenly between the plates. Drizzle the remaining oil over the yogurt. Top with green onion and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups of chicken and vegetables, and two tablespoons of yogurt.

### More Flavor

Add additional vegetables, such as broccoli and red onion.

### Dairy-Free

Use a plant-based yogurt alternative instead.

## Ingredients

- 1 1/3 **tbsps** Extra Virgin Olive Oil (divided)
- 1 Lemon (medium, juiced)
- 1 1/3 **tbsps** Shawarma Spice Blend
- Sea Salt & Black Pepper (to taste)
- 1 **lb** Chicken Breast (boneless, skinless, cubed)
- 2 Red Bell Pepper (medium, chopped)
- 2 Eggplant (medium, cubed)
- 1/2 **cup** Plain Greek Yogurt
- 4 **stalks** Green Onion (chopped)

# Shrimp Lettuce Wraps

10 ingredients · 20 minutes · 2 servings



## Directions

1. In a small bowl, combine the tomato, red onion, cilantro, salt, and 1/2 of the lime juice. Mix and set it aside.
2. Heat the oil in a pan over medium heat. Add the shrimp and 1/2 of the taco seasoning. Stir and cook the shrimp for about two to three minutes or until they are cooked through.
3. Meanwhile, mix together the greek yogurt, remaining lime juice, and remaining taco seasoning.
4. Divide the shrimp and salsa between the lettuce leaves. Serve with the yogurt mixture and enjoy!

## Notes

### Leftovers

Refrigerate the shrimp and salsa in separate containers for up to three days.

### Serving Size

One serving is equal to three to four lettuce wraps.

### Dairy-Free

Use dairy-free yogurt.

### More Flavor

Add bell pepper, green onions, refried beans, guacamole, jalapeno, and/or diced avocado.

## Ingredients

- 1 Tomato (diced)
- 2 tbsps Red Onion (diced)
- 1 tbsps Cilantro (finely chopped)
- 1/8 tsp Sea Salt
- 1 Lime (juiced, divided)
- 1/2 tsp Extra Virgin Olive Oil
- 8 ozs Shrimp (large, peeled)
- 1 tbsps Taco Seasoning (divided)
- 2 tbsps Plain Greek Yogurt
- 1 head Boston Lettuce (peeled apart into leaves and washed)

# Thai Curry Carrot Soup

7 ingredients · 35 minutes · 2 servings



## Directions

1. Add a splash of broth to a large pot over medium heat. Add the carrots and the onions and cook for five to seven minutes, stirring regularly.
2. Add the remaining broth and the curry paste to the pot, stirring constantly. Bring to a boil, then reduce the heat and simmer for 15 to 20 minutes or until the carrots are tender.
3. Blend until smooth. Adjust the consistency with more broth as needed. Add salt, if desired.
4. Divide into bowls. Top with lime juice and cilantro. Enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is approximately two cups.

### More Flavor

Add coconut milk.

### Additional Toppings

Green onions and/or sesame seeds.

## Ingredients

**4 cups** Vegetable Broth, Low Sodium (divided, plus more as needed)

**4** Carrot (large, chopped)

**1** Yellow Onion (medium, chopped)

**1 tbsp** Thai Red Curry Paste

**1/4 tsp** Sea Salt (optional)

**1** Lime (juiced)

**2 tbsps** Cilantro (chopped)



# Chicken, Pomegranate & Quinoa Bowl

10 ingredients · 30 minutes · 4 servings



## Directions

1. Cook the quinoa according to the package directions. Set aside.
2. Season the chicken with salt and pepper. Heat a cast-iron pan over medium heat. Once heated, add the chicken and cook for seven to eight minutes, or until it is browned and can easily be lifted from the pan without sticking. Flip and cook for another five to six minutes, or until cooked through.
3. Lower the heat and add the broth to the pan, using a wooden spoon or spatula to deglaze. Let the broth thicken slightly, then move the chicken around the pan to coat it in the broth. Remove the chicken from the pan and let it rest for five minutes before slicing.
4. Divide the cooked quinoa, mixed greens, chicken, pomegranate seeds, pumpkin seeds, and parsley evenly into bowls. Drizzle each serving with oil and lemon juice. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

### Serving Size

One serving is approximately half a cup of quinoa, two cups of salad, and two chicken thighs.

### Additional Toppings

Feta cheese or goat cheese.

## Ingredients

- 2/3 cup** Quinoa (dry, rinsed)
- 1 1/2 lbs** Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup** Chicken Broth, Low Sodium
- 6 cups** Mixed Greens
- 1 cup** Pomegranate Seeds
- 1/4 cup** Pumpkin Seeds
- 1/2 cup** Parsley (chopped)
- 1/4 cup** Extra Virgin Olive Oil
- 1** Lemon (medium, juiced)



# Sheet Pan Pesto Chicken, Potatoes & Veggies

7 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
2. Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
3. Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

### Additional Toppings

Add red pepper flakes, parmesan, or nutritional yeast.

## Ingredients

**8 ozs** Chicken Breast (skinless, boneless)

**2 cups** Mini Potatoes (halved)

**2 cups** Broccoli (cut into florets)

**1** Carrot (medium, sliced)

**1 1/2 tbsps** Extra Virgin Olive Oil

Sea Salt & Black Pepper

**3 tbsps** Pesto

# Curried Salmon Steak & Kale Salad

10 ingredients · 20 minutes · 4 servings



## Directions

1. Whisk together half of the oil, the salt, and the curry powder to make a marinade. Rub all over the salmon.
2. Heat a cast-iron pan over medium heat and sear the salmon, cooking it for about four to five minutes on each side. The time will depend on the thickness of the salmon steak.
3. Meanwhile, add the kale, lemon juice, and remaining oil to a large bowl. Massage the kale to soften it for about a minute. Add the carrot, radishes, nutritional yeast, and cranberries and toss.
4. Serve the salmon with the kale salad and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is roughly two cups of salad.

### More Flavor

Add chopped mint or cilantro to the salad. Add minced garlic and/or ginger to the salmon marinade.

## Ingredients

- 1 1/3 **tbsps** Extra Virgin Olive Oil (divided)
- 1/4 **tsp** Sea Salt
- 1/2 **tsp** Curry Powder
- 1 **lb** Salmon Steak
- 8 **cups** Kale Leaves (chopped)
- 2 **tsp** Lemon Juice
- 1 Carrot (grated)
- 1/3 **cup** Radishes (sliced)
- 2 **tbsps** Nutritional Yeast
- 1/4 **cup** Dried Unsweetened Cranberries



# Lime Basil Grilled Tuna Steaks

11 ingredients · 20 minutes · 4 servings



## Directions

1. In a small bowl, combine the olive oil, lime juice, basil, garlic, salt and pepper. Mix well to combine.
2. Add the tuna steaks to a ziploc bag and pour in the marinade. Shake well then store in the fridge while you prep the rest.
3. Combine the diced tomato and cucumber together in a bowl. Drizzle with a bit of olive oil, lemon juice and season with sea salt and black pepper to taste. Set aside.
4. Preheat the grill over medium heat.
5. Grill the steaks for about 4 minutes per side, or until they are cooked to your liking.
6. Remove fish from the grill. Plate on a bed of the cucumber tomato salad and garnish with basil. Enjoy!

## Notes

### No Tuna

Use marlin, salmon or swordfish steaks instead.

### More Flavour

Marinate the tuna steaks up to 24 hours in advance for maximum flavour.

### More Carbs

Serve with a side of rice, quinoa or roasted mini potatoes.

## Ingredients

**2 tbsps** Extra Virgin Olive Oil (plus extra for drizzling)  
**2** Lime (juiced)  
**1/2 cup** Basil Leaves (chopped, plus extra for garnish)  
**2** Garlic (clove, minced)  
**1/2 tsp** Sea Salt  
**1/2 tsp** Black Pepper  
**1 1/2 lbs** Tuna Steak  
**2** Tomato (large, chopped)  
**2** Cucumber (chopped)  
**1/2** Lemon (juiced)  
Sea Salt & Black Pepper (to taste)

# Parmesan Chicken & Kale Skillet

8 ingredients · 20 minutes · 2 servings



## Directions

1. In a large skillet or pan, heat the oil over medium heat. Cook the chicken and season with salt and pepper to taste, until cooked through, about five to seven minutes. Transfer the chicken to a bowl.
2. To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice and parmigiano reggiano.
3. Divide onto plates and sprinkle the red pepper flakes overtop. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately 1 1/2 cups.

### Dairy-Free

Use nutritional yeast instead of parmesan or omit.

### More Flavor

Add onions and garlic.

### Additional Toppings

Add leftover vegetables or serve over rice, pasta, or quinoa.

## Ingredients

**1 tbsp** Extra Virgin Olive Oil

**12 ozs** Chicken Breast (skinless, boneless, cut into strips)

Sea Salt & Black Pepper (to taste)

**8 cups** Kale Leaves (stems removed, torn into pieces, packed)

**1/4 cup** Water

**1 1/2 tsps** Lemon Juice

**1/4 cup** Parmigiano Reggiano (finely grated)

**1 1/2 tsps** Red Pepper Flakes



# One Pan Mediterranean Ground Turkey

10 ingredients · 25 minutes · 4 servings



## Directions

1. Heat the oil in a pan over medium heat. Add the turkey and cook for five to seven minutes, breaking it up as it cooks.
2. Add the Greek seasoning, tomato sauce, cherry tomatoes, olives, salt, and pepper. Stir well, cover the pan with a lid, and simmer on low heat for about 10 minutes.
3. Add the artichokes to the pan, stir, and simmer uncovered for another two to three minutes.
4. Transfer to a serving platter. Top with parsley and lemon juice. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately 1 1/3 cup.

### More Flavor

Add onion and spinach.

### Serve it With

Rice, potatoes, flatbread, and/or tzatziki.

## Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 2 **tsps** Greek Seasoning
- 1/2 **cup** Tomato Sauce
- 1 **cup** Cherry Tomatoes
- 2/3 **cup** Black Olives (pitted)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Artichoke Hearts (marinated, chopped)
- 2 **tbsps** Parsley (chopped)
- 1/2 **Lemon** (juiced, optional)

# Cajun Turkey Meatballs

7 ingredients · 15 minutes · 4 servings



## Directions

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1. Set your oven to broil and line a baking sheet with parchment paper.
2. In a large bowl, add all of the ingredients and mix well to combine. Form into balls approximately two inches wide and place on the baking sheet.
3. Transfer the baking sheet to the oven and bake for 10 to 12 minutes, flipping halfway through, or until cooked through. Be sure to keep a close eye as all broilers vary. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately three meatballs.

### Serve it With

Enjoy as-is, with your favorite dipping sauce, with roasted vegetables, on top of pasta or rice, or on top of a salad.

## Ingredients

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**1 lb** Extra Lean Ground Turkey  
**1** Egg  
**1/4** White Onion (shredded)  
**3 tbsps** Parsley (chopped)  
**2 tsps** Cajun Seasoning  
**1 tbsp** Hot Sauce  
**1/4 tsp** Sea Salt



# Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 1 serving



## Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

## Notes

### Serve it With

Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

### Cheese Lover

Sprinkle with feta, goat cheese or shredded mozzarella before serving.

### No Grill

Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.

## Ingredients

**4 ozs** Chicken Breast  
Sea Salt & Black Pepper (to taste)  
**3/4** Tomato (medium, diced)  
**2 tbsps** Red Onion (finely diced)  
**1/2** Garlic (cloves, minced)  
**1 tbsp** Basil Leaves (chopped)  
**3/4 tsp** Extra Virgin Olive Oil  
**3/4 tsp** Balsamic Vinegar

# Lemony Yogurt & Ricotta Cups

5 ingredients · 5 minutes · 2 servings



## Directions

1. In a bowl mix together the yogurt, ricotta, and lemon zest. Top with raspberries and granola. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is about 1 1/2 cups total.

### More Flavor

Add a drizzle of honey or maple syrup.

### Additional Toppings

Top with hemp seeds and/or additional fruit.

## Ingredients

**1 1/2 cups** Plain Greek Yogurt

**1/2 cup** Ricotta Cheese

**1/2 tsp** Lemon Zest

**1 cup** Raspberries

**2/3 cup** Granola

# Sweet Potato Chocolate Pudding

8 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the sweet potatoes cut side down and pierce with a fork all over. Bake for 35 to 40 minutes, or until cooked through.
2. Remove the sweet potato from the oven. Let cool slightly and peel the skin off. Add the sweet potato along with the almond milk, cacao powder, dates, vanilla, and sea salt to a blender and blend on high until smooth and creamy.
3. Divide the pudding into bowls and top with sliced strawberry slices and coconut flakes. Enjoy!

## Notes

### No Blender

Use a food processor.

### Sweet Potatoes

Two medium sweet potatoes are equal to about 1.5 cup of cooked and mashed sweet potato.

### Additional Toppings

Chopped fruit, nuts or seeds.

### No Dates

Sweeten with maple syrup, honey or coconut sugar instead.

## Ingredients

**2** Sweet Potato (medium, sliced in half lengthwise)

**3/4 cup** Unsweetened Almond Milk

**1/3 cup** Cacao Powder

**1/4 cup** Pitted Dates

**1 tsp** Vanilla Extract

**1/8 tsp** Sea Salt

**1/2 cup** Strawberries (sliced)

**1/4 cup** Unsweetened Coconut Flakes (toasted)



# Spiced Chai Energy Balls

7 ingredients · 15 minutes · 6 servings



## Directions

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1. Add all ingredients into a food processor and blend on high for two to three minutes, stopping to scrape down the sides as needed. Blend until the mixture is sticky and holds together.
2. Use a teaspoon or one-inch cookie scoop to scoop out the mixture and roll it into balls. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to three months.

### Serving Size

One serving is two energy balls.

## Ingredients

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- 1 1/4 cups Pitted Dates
- 3/4 cup Cashews (raw)
- 2/3 tsp Cinnamon
- 1/2 tsp Ground Ginger
- 1/4 tsp Cardamom (ground)
- 1/4 tsp Sea Salt
- 1/8 tsp Ground Cloves

# Double Chocolate Mint Energy Balls

7 ingredients · 15 minutes · 6 servings



## Directions

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1. Add the dates, almonds, cacao powder, cacao nibs, sea salt and peppermint extract to the bowl of a food processor. While the food processor is running stream in the water. Run the food processor until the date mixture forms a ball.
2. Form the mixture into small balls with your hands and enjoy!

## Notes

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### No Almonds

Use raw cashews instead.

### Serving Size

One serving is equal to two balls.

### Storage

Store in the fridge up to five days, or in the freezer for up to three months.

## Ingredients

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**1/2 cup** Pitted Dates

**1/2 cup** Almonds (raw)

**2 tbsps** Cacao Powder

**1 tbsp** Cacao Nibs

**1/8 tsp** Sea Salt

**1/2 tsp** Peppermint Extract

**1 tbsp** Water