



Brain Health Recipe Bundle

NOURISH YOUR BRAIN AND FUEL
YOUR ENERGY WITH THESE BRAIN
BOOSTING MEALS!

Table of Contents

Breakfast

• Blackberry Chia Seed Pudding	4
• Blueberry Breakfast Bowl	5
• Pumpkin Overnight Oats	6
• Protein Packed Avocado Toast	7
• Omega 3 Boost Breakfast Plate	8
• Chocolate Coconut Quinoa Bowl	9
• Apple/Cinnamon Baked Oatmeal Cups	10
• Green Spirulina Smoothie	11
• Anti-Oxidant Cottage Cheese Bowl	12
• Turmeric Scrambled Eggs	13

Lunch

• Strawberry Feta Quinoa Salad	15
• Sardine "Pate"	16
• Tuna Bento Box	17
• Slow Cooker Boiled Peanuts	18
• Steak Bowl	20
• Salmon Cakes with Microgreens	21
• Avocado Egg Salad	22
• Quick Shrimp Ceviche	23
• Mediterranean Chicken and Cucumber Salad	24
• Asian Chopped Salad	25

Dinner

• Slow Cooker Sweet Potato Pumpkin Bisque	27
• Seared Tuna with Asian Cucumber Salad	28
• Asian Style Chicken/Veggie Stir Fry	29
• Chicken Quinoa Bowls	31
• Salmon with Instant Pot Turmeric Rice	32
• No Rice Steak Stir Fry	33
• Steak Fillet & Air Fried Sweet Potato/White Fries	34
• Almond Crusted Trout	35
• Spicy Shrimp, Roasted Cauliflower and Asparagus	36
• Weeknight Balanced Chicken and Veggies	38



Brain Health Breakfast

KICKSTART YOUR DAY

Blackberry Chia Seed Pudding



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.25 cup** [60 ml] Organic Unsweetened Almond Milk
- **2 tbsp** [28 g] Chia Seeds
- **1 cup** [144 g] Blackberries
- **1 scoop** [24 g] Organic Pea Protein
- **0.5 tbsp** [3.5 g] Chopped Walnuts
- **1 slice** [42 g] Sprouted Grain Bread
- **0.25 tbsp** [4 g] Almond Butter

DIRECTIONS

1. Smash the blueberries in a bowl using a fork until there are no large pieces left.
2. Add the almond milk, chia seeds, and pea protein to the bowl with the blueberries and mix until combined. Refrigerate overnight to allow the pudding to set.
3. Top the blueberry chia seed pudding with chopped walnuts and whole blueberries. Serve with sprouted grain bread and spread with almond butter.

NUTRITION INFO

Energy : 433 kcal Fat : 18.6 g Carbs : 45.5 g Protein : 27.8 g Fiber : 23 g Sugar : 10.4 g

Blueberry Breakfast Bowl



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [145 g] Blueberries
- **1 cup** [240 g] Low Fat Greek Yogurt - Vanilla
- **0.5 tbsp** [3.5 g] Chopped Walnuts
- **0.5 slice** [21 g] Sprouted Grain Bread
- **0.5 tbsp** [8 g] Almond Butter
- **1 large** [50 g] Egg (*Hard-boiled*)

DIRECTIONS

1. Add the Greek yogurt and three-fourths of the blueberries to a bowl and gently mix until combined.
2. Top blueberry yogurt with the remaining blueberries and chopped walnuts.
3. Serve with a hard-boiled egg and sprouted grain bread spread with almond butter.

NOTES

1. **Berry options:** Blueberries can be substituted with blackberries or raspberries.

NUTRITION INFO

Energy : 470 kcal Fat : 19.7 g Carbs : 48.8 g Protein : 26.7 g Fiber : 6.1 g Sugar : 32.7 g

Pumpkin Overnight Oats



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **0.5 cup dry** [48 g] Old Fashioned Oats
- **0.25 cup** [60 ml] Organic Unsweetened Almond Milk
- **0.25 cup** [62.5 g] Pumpkin Puree
- **1 tsp** [4.2 g] Vanilla Extract
- **0.5 tsp** [2 g] Monk Fruit Sweetener
- **0.5 scoop** [12 g] Organic Pea Protein
- **1 tbsp** [7 g] Pumpkin Seeds
- **2 large** [100 g] Egg (*Hard boiled*)

DIRECTIONS

1. Mix almond milk, pumpkin puree, oats, monk fruit sweetener, pea protein, and vanilla extract in a bowl and mix until combined. Refrigerate overnight.
2. Serve pumpkin overnight oats topped with pumpkin seeds and a hard-boiled egg.

NUTRITION INFO

Energy : 472 kcal

Fat : 19.8 g

Carbs : 43 g

Protein : 28.5 g

Fiber : 5.5 g

Sugar : 4.8 g

Protein Packed Avocado Toast



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **4 oz** [113.6 g] Ground Chicken
- **2 large** [100 g] Egg
- **0.5 avocado** [68 g] Avocado
- **0.5 cup** [10 g] Arugula Lettuce
- **0.5 medium** [74 g] Tomatoes (Roma)
- **1 medium slice (4-3/4" x 4" x 1/2")** [25 g] Sour Dough Bread
- **0.5 cup, halves** [76 g] Strawberries
- **0.5 cup** [72 g] Blackberries

DIRECTIONS

1. Form the ground chicken in two small patties. Cook in a small pan for 3-5 minutes per side.
2. While the chicken cooks, toast your sourdough bread. Evenly spread the avocado on the toasted slices.
3. Once the chicken is cooked, remove from the pan and set aside.
4. Cook the eggs in the pan to your liking. Add salt and pepper to taste.
5. Add the arugula evenly on top of the avocado and bread. Thinly slice the tomato and add on top of the arugula.
6. Place the chicken on top of the tomatoes. Once the eggs are done cooking, place on top of the chicken.
7. Serve with strawberries and blackberries.

NUTRITION INFO

Energy : 569 kcal Fat : 30.9 g Carbs : 34.3 g Protein : 38.6 g Fiber : 11.3 g Sugar : 9.3 g

Omega 3 Boost Breakfast Plate



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg (*Preferably pasture raised*)
- **3 oz, boneless** [85.05 g] Smoked Salmon (Wild Caught)
- **0.5 cup** [10 g] Broccoli Sprouts
- **0.75 cup** [92.25 g] Raspberries
- **1 cup** [30 g] Baby Spinach
- **0.25 tbsp** [3.2 g] Clarified Butter Ghee

DIRECTIONS

1. In a pan, warm ghee over medium heat.
2. Crack the eggs into a bowl and whisk until the egg yolks and egg whites are well blended.
3. Add the eggs to the pan. Frequently turn and scrape from the pan using a spatula.
4. Add arugula and fold into the eggs.
5. Once the eggs are cooked through, move them to a plate. Top with smoked salmon and broccoli sprouts. Serve with a side of raspberries.

NUTRITION INFO

Energy : 419 kcal

Fat : 20.3 g

Carbs : 15.2 g

Protein : 43.8 g

Fiber : 7.2 g

Sugar : 5.4 g

Chocolate Coconut Quinoa Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **0.25 cup** [42.5 g] Quinoa (uncooked)
- **2 tbsp** [12 g] Cocoa Powder
- **1 scoop** [24 g] Organic Vegan Protein Powder
- **2 tbsp** [12 g] Unsweetened Shredded Coconut
- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **0.5 medium** [59 g] Banana (*mashed*)
- **0.5 oz** [14.18 g] Cashew Nuts (*or 1 cup of fresh fruit*)

DIRECTIONS

1. Cook quinoa according to package instructions.
2. Once quinoa is fully cooked, add in mashed banana, protein powder, cocoa powder and milk.
3. Sprinkle with coconut. Serve warm with a side of cashews.

NUTRITION INFO

Energy : 536 kcal

Fat : 21.5 g

Carbs : 59 g

Protein : 29.5 g

Fiber : 11.1 g

Sugar : 9.9 g

Apple/Cinnamon Baked Oatmeal Cups



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **1.25 cup** [112.5 g] Rolled Oats Gluten Free
- **0.5 apple** [0.5 154] Green Apple
- **0.75 cup** [180 ml] Organic Unsweetened Almond Milk
- **1 medium** [118 g] Banana (*Mashed*)
- **2 large** [100 g] Egg
- **1 tsp** [2.3 g] Cinnamon
- **1 tsp** [4.6 g] Baking Powder
- **2 tbsp** [28 g] Chia Seeds
- **2 tbsp** [40 g] Maple Syrup

DIRECTIONS

1. Preheat oven to 350F (176C).
2. Add the oats, cinnamon, salt, baking powder and chia seeds to a bowl and set aside.
3. In a separate bowl, add the almond milk, egg, mashed banana and maple syrup. Whisk until combined.
4. Add the dry and the wet ingredients together.
5. Chop the apple into a small dice and add it to the mixture.
6. Grease the muffin tin with coconut oil spray and fill them up 3/4 of the way, not over filling them. Bake for 30 minutes and enjoy!

NUTRITION INFO

Energy : 470 kcal

Fat : 14.6 g

Carbs : 73 g

Protein : 17.5 g

Fiber : 13.3 g

Sugar : 24.3 g

Green Spirulina Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [30 g] Spinach
- **0.5 medium** [59 g] Banana
- **0.5 apple** [0.5 154] Green Apple
- **0.5 cup** [113.5 g] Whole Milk Greek Yogurt Plain
- **1 tbsp, ground** [7 g] Flaxseed Seeds
- **0.5 cup** [70 g] Frozen Pineapple
- **1.5 tbsp** [24 g] Almond Butter
- **1 tsp** [3 g] Spirulina

DIRECTIONS

1. Using a high speed blender, blend all the ingredients together. Enjoy!

NUTRITION INFO

Energy : 463 kcal Fat : 22.7 g Carbs : 47.1 g Protein : 22.4 g Fiber : 8.6 g Sugar : 27.4 g

Anti-Oxidant Cottage Cheese Bowl



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1.25 cup** [281.25 g] 1% Low Fat Cottage Cheese
- **2 tbsp, chopped** [16 g] Pecans
- **3 tbsp** [33 g] Pomegranate arils
- **2 fruit** [152 g] Kiwi Fruit (*Peeled (optional) and chopped*)

DIRECTIONS

1. Layer cottage cheese with all other ingredients in a bowl and enjoy!

NUTRITION INFO

Energy : 425 kcal

Fat : 14.4 g

Carbs : 42.8 g

Protein : 34.1 g

Fiber : 7.8 g

Sugar : 30.7 g

Turmeric Scrambled Eggs



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg
- **1 tsp** [2.2 g] Turmeric (Ground)
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **0.5 tsp** [1.4 g] Garlic Powder
- **1 cup, chopped** [21 g] Kale (*chopped or spinach chopped*)
- **3 cup** [456 g] Strawberries
- **1 pumps** [1 g] Avocado Oil Cooking Spray
- **0.5 avocado** [68 g] Avocado (*optional - on top of eggs when ready to serve*)

DIRECTIONS

1. Whisk the eggs in a bowl with the turmeric, salt, pepper and garlic powder.
2. Spray a pan with avocado oil and place over medium heat.
3. Add egg mixture to pan and top with kale. Cook for 3-5 minutes, then flip and cook on the other side for 3-5 minutes or until the eggs are firm.
4. Serve warm with a side of strawberries and top with avocado (optional).

NUTRITION INFO

Energy : 517 kcal

Fat : 28 g

Carbs : 46.5 g

Protein : 24.3 g

Fiber : 14.7 g

Sugar : 23 g



Brain Health Lunch

RE-FUEL AND RE-ENERGIZE

Strawberry Feta Quinoa Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **0.5 cup** [85 g] Quinoa (uncooked)
- **6 oz** [168 g] Skinless Chicken Breast
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **3 tbsp (packed)** [45 g] Feta Cheese
- **1 cup, halves** [152 g] Strawberries
- **1 tbsp** [7 g] Chopped Walnuts
- **0.25 small** [37 g] Red Onions
- **3 leaves** [0.15 g] Peppermint (Mint)
- **2 tbsp** [30 g] Balsamic Glaze
- **0.25 tsp** [0.53 g] Black Pepper
- **0.25 tsp** [0.7 g] Garlic Powder
- **0.25 tsp** [0.55 g] Turmeric (Ground)
- **0.25 tsp** [0.3 g] Kosher Salt
- **0.25 tsp** [0.6 g] Onion Powder

DIRECTIONS

1. Cook quinoa according to package instructions. Once cooked, refrigerate and let cool completely.
2. Add black pepper, salt, onion powder, garlic powder, and turmeric to a bowl and mix until combined to form a spice mixture. Set aside.
3. Cut chicken breast into cubes approximately one inch thick. Toss chicken in the spice mixture until each piece is fully seasoned.
4. Pan-fry the chicken chunks in a large saucepan greased with ghee over medium-high heat until golden brown. Remove from the heat and refrigerate until completely cooled.
5. Add quinoa, chicken, onions, strawberries, mint, walnuts, and feta to a large bowl. Gently fold all ingredients together until combined.
6. Drizzle quinoa salad with the balsamic glaze before serving.

NUTRITION INFO

Energy : 459 kcal

Fat : 17.4 g

Carbs : 41.8 g

Protein : 29.9 g

Fiber : 8.5 g

Sugar : 8 g

Sardine "Pate"



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 can (3.75 oz), drained** [92 g] Sardines in Oil (Canned)
- **2 tbsp, chopped** [10 g] Red Onions
- **2 tbsp, drained** [17.2 g] Capers
- **1 tbsp** [16.5 g] Dijon Mustard
- **1 Juice of 1 lemon (2-1/8" dia)** [47 g] Fresh Lemon Juice
- **0.25 tsp** [0.53 g] Black Pepper
- **0.25 tsp** [0.3 g] Kosher Salt
- **2 slice** [84 g] Sprouted Grain Bread

DIRECTIONS

1. Add sardines, onions, capers, dijon mustard, lemon juice, black pepper, and salt to a bowl. Using a fork, smash all ingredients together until combined.
2. Toast sprouted grain bread and cut into fourths. Spread the sardine pate over each piece.

NOTES

1. **Protein options:** Canned sardines can be substituted for canned tuna in water.

NUTRITION INFO

Energy : 442 kcal

Fat : 12.4 g

Carbs : 46.9 g

Protein : 34.3 g

Fiber : 10.5 g

Sugar : 7.2 g

Tuna Bento Box



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 can (6.5 oz), drained** [167 g] Tuna in Water (Canned)
- **1 tbsp** [15 g] Mayonnaise (made with avocado oil)
- **0.5 Juice of 1 lemon (2-1/8" dia)** [23.5 g] Fresh Lemon Juice
- **0.25 tsp** [0.53 g] Black Pepper
- **0.25 tsp** [0.3 g] Kosher Salt
- **0.25 tsp** [0.7 g] Garlic Powder
- **0.25 tsp** [0.55 g] Turmeric (Ground)
- **1 tbsp, chopped** [5 g] Red Onions
- **1 tbsp** [1 g] Cilantro (Coriander) (*Chopped*)
- **1 medium (2-3/4" dia) (approx 3 per lb)** [138 g] Honeycrisp Apples
- **3 stalk, small (5" long)** [51 g] Celery
- **0.5 cup** [74.5 g] Baby Carrots

DIRECTIONS

1. Add drained tuna, mayonnaise, turmeric, black pepper, salt, garlic powder, red onion, lemon juice, and cilantro to a bowl. Mix until combined.
2. Slice apple. Cut baby carrots and celery stalks in fourths.
3. Add tuna salad, sliced apples, celery sticks, and carrot sticks to the compartments of a bento box.

NUTRITION INFO

Energy : 426 kcal

Fat : 14 g

Carbs : 32.6 g

Protein : 44.7 g

Fiber : 8.2 g

Sugar : 19.3 g

Slow Cooker Boiled Peanuts



SERVINGS: 4

PREP TIME: 25 MINUTES

COOKING TIME: 480 MINUTES

INGREDIENTS

- **3 cup, in shell, edible yield** [153 g] Peanuts in Shell (Shell Not Eaten)
- **2 tbsp** [13.8 g] Onion Powder
- **2 tbsp** [16.8 g] Garlic Powder
- **2 tbsp** [13.8 g] Paprika
- **1 tbsp** [18 g] Kosher Salt
- **0.5 tbsp** [3.2 g] Black Pepper
- **0.25 tsp** [0.45 g] Red or Cayenne Pepper
- **6 tbsp** [30 g] Nutritional Yeast
- **2 cup** [450 g] 1% Low Fat Cottage Cheese
- **1 cup** [145 g] Blueberries

DIRECTIONS

1. Add peanuts to a deep saucepan and cover with cold water. Bring to a roaring boil and boil for 15 minutes.
2. Drain the peanuts and rinse under cold water until the water runs clear.
3. Add the peanuts, onion powder, garlic powder, black pepper, cayenne pepper, salt, and nutritional yeast to a slow cooker. Add enough cold water to cover the peanuts and fill the slow cooker half way.
4. Cook on high for 6 hours or on low for 8 hours.
5. Once done, remove the peanuts from the shell before eating with the broth. Serve with a side of cottage cheese topped with blueberries to cut through the heat of the cayenne pepper.

NOTES

1. **Cleaning the peanuts:** Do not skip steps one and two. These steps ensure that the peanuts are cleaned and ready for seasoning.
2. **Eating and storing boiled peanuts :** Boiled peanuts can be eaten hot or cold. Refrigerate uneaten peanuts in the cooking liquid for up to two days.

NUTRITION INFO

Energy : 398 kcal

Fat : 21.8 g

Carbs : 27.4 g

Protein : 29.2 g

Fiber : 8.1 g

Sugar : 12.8 g

Steak Bowl



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **0.5 large** [184.5 g] Russet Potatoes (*Chopped*)
- **0.5 cup, chopped** [74.5 g] Sweet Red Peppers (*Chopped*)
- **1 cup, chopped** [70 g] Mushrooms (*Chopped*)
- **1 small** [43 g] Shallot (*Chopped*)
- **0.25 tbsp** [3.2 g] Clarified Butter Ghee
- **1 stalk** [15 g] Green Onions (*Chopped for garnish*)
- **4 oz** [112 g] Sirloin Steak (*Sliced thin*)
- **1 tbsp** [5 g] Nutritional Yeast
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Toss the potatoes, pepper, mushrooms and shallots with ghee, salt and pepper.
2. Bake in the oven at 400 degrees F (204 degrees C) or in the air fryer at 390 degrees F (198 degrees C) for 20 minutes.
3. Cook steak on medium heat on the stove top using a pan or cast iron skillet. Cook for 5-7 minutes (steak should be very thin so it will cook quickly and no oil is needed). Once cooked, cut into slices.
4. Add potato and vegetable mix to a bowl.
5. Top with steak, nutritional yeast and chopped green onions.
6. Enjoy warm or double the recipe for leftovers.

NOTES

1. **Tip:** Double the recipe for leftovers!

NUTRITION INFO

Energy : 448 kcal

Fat : 14.7 g

Carbs : 49.4 g

Protein : 33.2 g

Fiber : 7 g

Sugar : 8.6 g

Salmon Cakes with Microgreens



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **3.5 oz** [99.23 g] Canned Salmon
- **0.5 cup** [56 g] Almond Flour
- **1 cup** [262 g] Great Northern Beans (Canned) (*Mashed*)
- **1 tbsp** [16.5 g] Dijon Mustard
- **1 g** Dill
- **4 pumps** [4 g] Avocado Oil Cooking Spray
- **2 cup** [40 g] Microgreens
- **1 medium** Lemon (*juice*)
- **1 large** [50 g] Egg
- **2 -** [148 g] Mandarin Orange
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Add salmon, egg, and beans to a bowl and mix well.
2. Add almond flour, mustard, salt, pepper and dill to the salmon mix. Mix well.
3. Form mix into 4 patties.
4. Spray each patty with avocado oil cooking spray. Bake in the oven at 350 degrees F (176 degrees C) for 15 minutes.
5. Add half of the microgreens to each plate, and squeeze lemon juice on the greens.
6. Top with the salmon cakes and extra dill for garnish.
7. Serve warm and enjoy!

NUTRITION INFO

Energy : 500 kcal

Fat : 19.2 g

Carbs : 47.2 g

Protein : 34 g

Fiber : 43.9 g

Sugar : 10.2 g

Avocado Egg Salad



SERVINGS: 1

PREP TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg
- **1 avocado** [136 g] Avocado
- **2 tsp** [9.4 g] Lemon Juice
- **2 medium** [122 g] Carrots
- **2 leaf, medium medium** [30 g] Butterhead Lettuce

DIRECTIONS

1. Place the eggs in boiling water for about 8 minutes., then allow to cool completely.
2. Add the avocado flesh to a bowl and mash until smooth.
3. Once the eggs have cooled, peel them. Slice the eggs in half and discard half of the egg yolks. Chop the eggs and add to the bowl with avocado and lemon juice.
4. Add a dash of salt and pepper to taste and mix well.
5. Place the egg salad in lettuce to form a wrap. Serve with carrots.

NUTRITION INFO

Energy : 525 kcal

Fat : 37.3 g

Carbs : 26.4 g

Protein : 23.1 g

Fiber : 13.6 g

Sugar : 7.2 g

Quick Shrimp Ceviche



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **10 oz, cooked** [280 g] Shrimp
- **1 medium** [148 g] Tomatoes (Roma)
- **1 avocado** [136 g] Avocado
- **1 small** [148 g] Red Onions
- **0.5 cup** [123 g] Fresh Lime Juice (*0.5 cup*)
- **1 medium** [201 g] Cucumber
- **2 tbsp** [2 g] Cilantro
- **0.5 pepper** [11 g] Jalapeno Peppers
- **1 Dash** [1 g] Himalayan Pink Salt (*To Taste*)
- **2 serving** [56 g] Grain Free Tortilla Chips

DIRECTIONS

1. Cut the cooked shrimp into small pieces and add them to a mixing bowl.
2. Juice 0.5 cup of lime juice or approximately 10 limes. Add the juice to the shrimp.
3. Cut the red onion into a small dice and add it to the shrimp and lime juice mixture. Place in the fridge for a minimum of 25 minutes.
4. While the shrimp is marinating, chop the tomato, cucumber, jalapeño pepper, cilantro and avocado into the same size. Set aside until the 25 minutes is up and add it right before serving. Season with salt to taste.
5. Enjoy with tortilla chips!

NUTRITION INFO

Energy : 449 kcal

Fat : 18.7 g

Carbs : 29 g

Protein : 42.2 g

Fiber : 8.3 g

Sugar : 5.2 g

Mediterranean Chicken and Cucumber Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz** [112 g] Skinless Chicken Breast (*Cooked and shredded*)
- **0.5 cup** [125 g] Chickpeas (canned and drained) (*Drained and rinsed*)
- **0.25 cup** [30 g] Kalamata Olives (*Chopped*)
- **0.25 small** [37 g] Red Onions (*Chopped*)
- **1 medium** [201 g] Cucumber (*Chopped*)
- **2 tbsp** [28 g] Lemon Juice
- **1 tbsp** [14 g] Olive Oil
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Add chickpeas, chopped olives, chopped onion, chopped cucumber, lemon juice, olive oil, salt, and pepper to a bowl and toss all together.
2. Serve with the shredded chicken.

NUTRITION INFO

Energy : 492 kcal

Fat : 24.1 g

Carbs : 36.4 g

Protein : 33.5 g

Fiber : 8.1 g

Sugar : 3.2 g

Asian Chopped Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz** [113 g] Boneless Skinless Chicken Thighs (raw) (*Measured raw, then cooked and chopped*)
- **2 cup, chopped** [42 g] Kale
- **0.5 cup** [56.5 g] Shredded Carrots
- **1 cup** [56.7 g] Shredded Red Cabbage
- **2 tbsp** [15 g] Slivered Almonds
- **1 stalk** [15 g] Green Onions (*Chopped*)
- **0.5 tbsp** [4.5 g] Sesame Seeds
- **1 tbsp** [14 g] Olive Oil
- **1 tsp** [7.1 g] Honey
- **0.5 tbsp** [7 g] Coconut Aminos
- **1 tsp** [4.5 g] Rice Vinegar
- **0.25 tsp** [0.7 g] Garlic Powder

DIRECTIONS

1. In a salad bowl add the olive oil, honey, coconut aminos, rice vinegar, and garlic powder. Mix until well blended.
2. Add the chicken, kale, red cabbage, carrots, green onion, slivered almonds, and sesame seeds. Toss with the salad dressing. Enjoy!

NUTRITION INFO

Energy : 478 kcal Fat : 27.4 g Carbs : 33.1 g Protein : 28.7 g Fiber : 7.3 g Sugar : 20.5 g



Brain Health Dinner

FINISH STRONG

Slow Cooker Sweet Potato Pumpkin Bisque



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 360 MINUTES

INGREDIENTS

- **0.5 cup** [120 ml] Organic Unsweetened Almond Milk
- **3 cup** [720 ml] Vegetable Broth
- **2.5 cup** [625 g] Pumpkin Puree
- **2 cup, cubes** [266 g] Sweet Potato
- **0.5 medium** [55 g] Yellow Onions (*Chopped*)
- **4 tbsp** [20 g] Nutritional Yeast
- **1 tsp** [1.2 g] Kosher Salt
- **2 tsp** [4.6 g] Cinnamon
- **0.5 tsp** [1.05 g] Black Pepper
- **1 tsp** [2.8 g] Garlic Powder
- **1 cup** [240 g] Plain Non Fat Greek Yogurt
- **1 tbsp** [7 g] Chopped Walnuts
- **1 tbsp** [7 g] Pumpkin Seeds

DIRECTIONS

1. Add almond milk, chicken broth, sweet potatoes, pumpkin puree, yellow onion, nutritional yeast, salt, black pepper, cinnamon, and garlic powder to a slow cooker.
2. Cook on high heat for 6 hours or on low heat for 8 hours.
3. Remove all ingredients from the slow cooker and add to a blender with the Greek yogurt. Blend until smooth.
4. Top with chopped walnuts and pumpkin seeds.

NOTES

1. **Vegan option:** Greek yogurt can be substituted for coconut milk yogurt.

NUTRITION INFO

Energy : 444 kcal Fat : 10.7 g Carbs : 67.3 g Protein : 25.6 g Fiber : 17.1 g Sugar : 21.9 g

Seared Tuna with Asian Cucumber Salad



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **8 oz, boneless, raw** [226.8 g] Tuna (Sushi Grade)
- **1 tbsp** [9 g] Sesame Seeds
- **3 medium** [603 g] Cucumber (*Sliced*)
- **4 stalk** [60 g] Green Onions (*Chopped*)
- **0.25 cup** [28.25 g] Shredded Carrots
- **3 tbsp** [25.5 g] Peanuts
- **0.25 cup** [56 g] Rice Vinegar
- **1 tsp** [1.8 g] Ginger (Ground)
- **1.5 tsp** [6 g] Minced Garlic
- **2 tbsp** [28 g] Coconut Aminos
- **1 tbsp** [14 g] Avocado Oil
- **0.5 tbsp** [10.5 g] Honey
- **0.25 cup** [46.25 g] White Rice (Uncooked)

DIRECTIONS

1. Cook rice according to package instructions.
2. Add rice vinegar, ginger, minced garlic, sesame oil, honey, and half of the soy sauce to a small bowl and mix until combined to create a dressing. Set aside.
3. Add cucumbers, green onions, carrots, and peanuts to a bowl and toss until combined.
4. Add dressing to the cucumber salad bowl and toss until combined. Refrigerate for a minimum of 30 minutes before serving.
5. Dip each side of the tuna steaks in the remaining soy sauce and immediately dip each side in the sesame seeds to create a crust.
6. In a saucepan greased with ghee, sear each side of the tuna steaks on medium heat for 15–20 seconds until the sesame seeds begin to brown. Remove from the heat and let rest for 5 minutes before slicing and serving.

NUTRITION INFO

Energy : 486 kcal Fat : 14.3 g Carbs : 54.7 g Protein : 33.5 g Fiber : 4.8 g Sugar : 27.8 g

Asian Style Chicken/Veggie Stir Fry



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **10 oz** [282.5 g] Boneless Skinless Chicken Thighs (raw)
- **75 g** Dry Rice Noodles
- **1.5 cup, florets** [106.5 g] Broccoli
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper
- **1 cup, chopped** [70 g] Mushrooms
- **1 small** [61 g] Carrot
- **0.5 oz, canned** [9.5 g] Baby Corn (*Half Can*)
- **1.5 tsp** [16.5 g] Ginger
- **1.5 tbsp, minced** [12.75 g] Garlic
- **1 tbsp** [13.6 g] Coconut Oil
- **1.5 tbsp** [21 g] Coconut Aminos
- **1 tsp** [13.6 g] Sesame Oil
- **1 tbsp** [18 g] Fish Sauce
- **1 tsp** [1.8 g] Red Pepper Flakes
- **1 tsp** [7.1 g] Honey
- **1 Dash** [1 g] Himalayan Pink Salt

DIRECTIONS

1. Pat the chicken thighs dry with a paper towel and cut into bite size pieces. Season with salt.
2. Heat a skillet to medium high heat and add half of the coconut oil. Cook the chicken for 10 minutes or until the chicken is cooked through. Take off the heat and set aside.
3. In a pot, boil enough water to submerge the rice noodles. Once the water starts to boil, add the noodles and turn off the heat. Allow the noodles to cook for 7 minutes or until tender. Take the noodles out of the water and set aside in a bowl. Add a little water to prevent them from sticking together.
4. Add the coconut aminos, sesame oil, honey, fish sauce, and red chili flakes into a small mixing bowl and stir until the ingredients are combined. Set aside.
5. Using the same pan the chicken was cooked in, turn the heat to medium and add the remaining coconut oil. Add the mushrooms, broccoli, carrots and red bell pepper and cook for 8 minutes.
6. Add the minced garlic and ginger. Cook until fragrant.

7. Add the chicken back to the skillet and the baby corn.
8. Add the cooked rice noodles into the pan and pour the coconut amino sauce mixture into the stir fry and cook for 2 minutes. Once everything is coated in the sauce and mixed well, enjoy the stir fry!

NUTRITION INFO

Energy : 514 kcal Fat : 19.9 g Carbs : 52.6 g Protein : 32.8 g Fiber : 7 g Sugar : 12.8 g

Chicken Quinoa Bowls



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **4 oz** [112 g] Skinless Chicken Breast
- **0.25 cup** [42.5 g] Quinoa (uncooked)
- **0.5 cup** [118.5 g] Water
- **0.5 avocado** [68 g] Avocado
- **0.25 fruit** [16.75 g] Lime
- **0.5 cup** [143.5 g] Pico de Gallo

DIRECTIONS

1. Season the chicken with salt and pepper. Cook in an air fryer or bake in the oven until it reaches 165 degrees F (74 degrees C). Slice into 1 inch pieces.
2. In a small pot, add the quinoa and water. Bring to a boil, then lower the heat and simmer for about 10 minutes.
3. Add the cooked quinoa, chicken, pico de gallo, avocado and lime juice to a bowl.

NUTRITION INFO

Energy : 458 kcal

Fat : 15.2 g

Carbs : 51.2 g

Protein : 33.3 g

Fiber : 8.5 g

Sugar : 4.8 g

Salmon with Instant Pot Turmeric Rice



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **8 oz, boneless, raw** [226.8 g] Salmon
- **0.75 cup** [138.75 g] White Rice (Uncooked)
- **1 tsp** [2.2 g] Turmeric (Ground)
- **0.5 tbsp, minced** [4.25 g] Garlic
- **0.75 cup** [180 ml] Chicken Broth
- **1 tbsp** [14 g] Olive Oil
- **0.5 bundle** [50 g] Asparagus
- **0.5 tsp** [1.4 g] Garlic Powder

DIRECTIONS

1. Preheat your oven to 375 degrees F (190 degrees C).
2. Set your Instant Pot to the saute button, then add half the olive oil, garlic and rice. Cook for about 3 minutes then add turmeric, broth, and salt and pepper to taste. Stir well.
3. Set Instant Pot to high pressure for 20 minutes and allow to naturally release for 10 minutes.
4. While the rice cooks, season the salmon with salt, pepper and garlic powder. Coat the asparagus with the remaining olive oil. Place the salmon and asparagus on a baking sheet. Bake in the oven for 15 minutes, or until cooked throughout.
5. Serve the salmon and asparagus over the turmeric rice.

NUTRITION INFO

Energy : 496 kcal

Fat : 15 g

Carbs : 57.8 g

Protein : 31 g

Fiber : 2.2 g

Sugar : 0.6 g

No Rice Steak Stir Fry



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **10 oz** [283.5 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat) (*Sliced thin*)
- **0.5 tbsp** [7 g] Avocado Oil
- **3 clove** [9 g] Garlic (*Minced*)
- **3 cup** [170.1 g] Shredded Green Cabbage
- **2 cup** [226 g] Shredded Carrots
- **1 medium (approx 2-3/4" long, 2-1/2" dia)** [114 g] Red Bell Pepper (*Deseeded and thinly sliced*)
- **0.5 tsp** [0.9 g] Ginger (Ground)
- **2 tbsp** [28 g] Coconut Aminos
- **3 tbsp** [38.5 g] Dry Roasted Cashew Nuts (*Chopped*)

DIRECTIONS

1. Heat avocado oil in a large skillet over medium-high heat.
2. Add garlic and cook 1-2 minutes until fragrant.
3. Add shredded green cabbage, shredded carrots, sliced red bell pepper, and ginger. Cook for 3-5 minutes, mixing occasionally.
4. Push vegetables to the side and add sliced beef in a single layer. Pour coconut aminos over the steak and veggies. Cook for 1-2 minutes on each side.
5. Remove from heat and top with chopped cashews. Enjoy warm.

NUTRITION INFO

Energy : 404 kcal Fat : 18.4 g Carbs : 26.4 g Protein : 33.9 g Fiber : 9.9 g Sugar : 15.6 g

Steak Fillet & Air Fried Sweet Potato/White Fries



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **12 oz** [336 g] Sirloin Steak (*Divided*)
- **2 sweetpotato, 5" long** [260 g] Sweet Potato
- **4 leaf** [80 g] Romaine Lettuce
- **0.25 avocado** [34 g] Avocado
- **1 small** [148 g] Tomatoes (Roma)
- **1 tbsp** [13.6 g] Coconut Oil
- **0.5 tbsp** [6.4 g] Clarified Butter Ghee
- **1 tsp** [4.7 g] Lemon Juice
- **1 Dash** [1 g] Himalayan Pink Salt (*To Taste*)
- **1 dash** [0.1 g] Black Pepper (*To Taste*)

DIRECTIONS

1. Wash and peel the sweet potatoes and cut into thin cut fries. Season with coconut oil, salt and pepper to taste. Bake in the oven for 20 minutes at 400 degrees F (204 degrees C).
2. While the fries bake, heat a skillet to medium high heat and add the ghee. Season the steak with salt and pepper and sear per side for 5 minutes. Let the steak rest for 10 minutes.
3. Chop the avocado, tomatoes and romaine lettuce and add to a bowl. Drizzle with lemon juice, season with salt to your liking.
4. Once the fries are ready and the steak has rested, enjoy alongside with the salad!

NUTRITION INFO

Energy : 540 kcal Fat : 29.8 g Carbs : 29.5 g Protein : 37.9 g Fiber : 5.4 g Sugar : 6.5 g

Almond Crusted Trout



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **4 oz** [113.33 g] Wild Rainbow Trout (*Filet*)
- **0.25 cup** [30 g] Slivered Almonds (*or whole dry roasted coarsely chopped*)
- **1 tsp** [0.8 g] Thyme
- **1 tbsp** [16.5 g] Dijon Mustard
- **0.5 medium** Lemon (*juice*)
- **1 sweetpotato**, [130 g] Sweet Potato (*skinned and sliced into thin french fries*)
- **1 Dash** [1 g] Himalayan Pink Salt
- **3 pumps** [3 g] Avocado Oil Cooking Spray
- **1 cup** [20 g] Microgreens

DIRECTIONS

1. Preheat oven to 400 degrees F (204 degrees C).
2. Remove skin from sweet potatoes and cut into thin pieces.
3. Add to baking sheet, spray with avocado oil and sprinkle with salt.
4. Place in oven and cook for 10 minutes.
5. Mix dijon mustard with lemon juice from 1/2 lemon.
6. Coat flesh side of trout with mustard and lemon mix. Set aside.
7. Crush or chop almonds.
8. Remove sweet potatoes from oven and on the same baking sheet add the trout.
9. Move the trout to the baking sheet and top with almonds and thyme.
10. Bake for an additional 15-20 minutes (until almonds are slightly toasted).
11. Place trout and sweet potatoes on a bed of microgreens and serve warm,

NUTRITION INFO

Energy : 483 kcal Fat : 21.6 g Carbs : 40.5 g Protein : 34.3 g Fiber : 9.2 g Sugar : 7.7 g

Spicy Shrimp, Roasted Cauliflower and Asparagus



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- **1 medium head (5–6" dia)** [575 g] Cauliflower (*sliced*)
- **4 pumps** [4 g] Avocado Oil Cooking Spray
- **0.25 tsp** [0.53 g] Cumin
- **1 tsp** [2.1 g] Paprika
- **0.5 tsp** [1.1 g] Turmeric (Ground)
- **0.25 tsp** [0.45 g] Red Pepper Flakes
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper (*To taste*)
- **3 oz** [85.2 g] Shrimp (Prawns)
- **1 bundle** [100 g] Asparagus
- **0.13 cup, whole** [17.88 g] Almonds
- **0.25 cup** [59.25 g] Water
- **0.5 tbsp** [7 g] Olive Oil
- **1 tsp** [2.6 g] Chili Powder
- **0.5 small lemon** [15 g] Lemon Juice
- **3 tbsp** [15 g] Nutritional Yeast
- **1 tbsp** [14 g] Coconut Aminos
- **1 tbsp, minced** [8.5 g] Garlic

DIRECTIONS

1. Preheat oven to 450 degrees F (232 degrees C).
2. Cut the cauliflower into florets and space out on a baking sheet.
3. Spray cauliflower with avocado oil and add cumin, paprika, turmeric, chili powder, salt and pepper. Sprinkle evenly or toss.
4. Bake for 30–35 minutes.
5. While cauliflower is baking, add shrimp to a wok or pan on medium or high heat.
6. Once shrimp is cooked through (about 5 minutes) set aside.
7. Add asparagus to the preheated pan or wok and cook for 10–15 minutes, until desired likeness.
8. While the asparagus is cooking, add the almonds, water, chili powder, olive oil, lemon juice, nutritional yeast, garlic, and salt to a blender or food processor. Blend well. If mixture is too thick add water. If mixture is too thin add nutritional yeast until desired consistency.
9. Add sauce to shrimp or place on plate and serve shrimp on top of the spicy sauce.
10. Serve with a side of cauliflower and asparagus.

NUTRITION INFO

Energy : 529 kcal

Fat : 23.7 g

Carbs : 54 g

Protein : 40.7 g

Fiber : 25.3 g

Sugar : 22.5 g

Weeknight Balanced Chicken and Veggies



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS

- **2 sweetpotato, 5" long** [260 g] Sweet Potato
- **12 oz** [339 g] Boneless Skinless Chicken Thighs (raw) (*Trimmed*)
- **1 tbsp** [14 g] Avocado Oil
- **1 tsp** [1 g] Dill (Dried)
- **0.25 tsp** [0.55 g] Turmeric (Ground)
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **3 cup, florets** [213 g] Broccoli
- **0.5 tbsp** [6.4 g] Clarified Butter Ghee

DIRECTIONS

1. Preheat oven to 400 degrees F (204 degrees C).
2. Pierce the sweet potatoes with a fork and place on an oven safe dish. Bake for approximately 60 minutes, until soft all the way through.
3. In a bowl, mix together oil, dill, turmeric, salt, and pepper. Coat the chicken thighs with the oil mixture and place on a baking sheet.
4. Add the chicken thighs to the oven and bake for 20-25 minutes, until internal temperature of chicken reaches above 165 degrees F (74 degrees C).
5. Steam broccoli until desired texture.
6. Serve all together. Option to add ghee to the bake sweet potato and broccoli.

NOTES

1. **Pro Tip:** Bake the sweet potato the evening before and marinate the chicken overnight for a quick meal.

NUTRITION INFO

Energy : 430 kcal Fat : 17.2 g Carbs : 32.2 g Protein : 38.3 g Fiber : 6.3 g Sugar : 5.4 g