

E.A. Stewart SPICY RD NUTRITION

40+ Mind Diet Recipes for Better Brain Health

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Dear Friends,

I hope you enjoy this cookbook featuring 42 nourishing and delicious MIND diet recipes!

All of the recipes are gluten-free and include options for plant-based eaters and omnivores alike.

Enjoy these recipes in good health and, if you haven't subscribed to my newsletter, <u>be sure to sign up</u> to get new recipes, integrative nutrition news, healthy lifestyle tips, free meal plans, and more!

Cheers to delicious health! EA, aka The Spicy RD







Toast with Sunflower Seed Butter & Blueberries

1 serving 5 minutes

Ingredients

2 tbsps Sunflower Seed Butter2 slices Gluten-Free Bread (toasted)1/2 cup Blueberries1/2 tsp Bee Pollen

Nutrition

Amount per serving	
Calories	401
Fat	23g
Saturated	2g
Carbs	44g
Fiber	6g
Sugar	16g
Protein	10g
Cholesterol	0mg
Sodium	257mg
Calcium	55mg
Iron	2mg
Vitamin D	0IU

Directions



Spread the sunflower seed butter on top of the toasted bread. Top each piece of toast with the blueberries and bee pollen. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to two slices of toast.

Additional Toppings: Add hemp seeds or chia seeds.

No Bee Pollen: Use raw honey.





Blueberry Granola Smoothie Bowl

1 serving 5 minutes

Ingredients

1 cup Frozen Blueberries
1/2 cup Frozen Cauliflower
3/4 cup Oat Milk
1 1/2 tbsps Sunflower Seed Butter
1/4 cup Granola
1 tbsp Unsweetened Shredded
Coconut

Nutrition

Amount per serving	
Calories	517
Fat	29g
Saturated	6g
Carbs	58g
Fiber	13g
Sugar	28g
Protein	13g
Cholesterol	0mg
Sodium	104mg
Calcium	329mg
Iron	3mg
Vitamin D	OIU

Directions

Add the blueberries, cauliflower, milk, and sunflower seed butter and blend until smooth (scraping down the sides of the blender with a spatula or adding another splash of milk if needed as the smoothie should be thick).

2 Transfer the smoothie to a bowl and top with the granola and coconut. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

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

Additional Toppings: Chopped nuts, seeds or sliced fruit, like strawberries or bananas.

 $\textbf{Likes it Sweet:} \ \textbf{Add maple syrup, honey, or dates to taste.}$

No Oat Milk: Use another milk instead, like almond or coconut.





Berry Banana Smoothie

1 serving 5 minutes

Ingredients

1 cup Unsweetened Almond Milk

1 cup Frozen Berries

1/2 Banana

1 cup Kale Leaves

1/4 cup Vanilla Protein Powder

1 tbsp Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Saturated	1g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Calcium	673mg
Iron	3mg
Vitamin D	101IU

Directions



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

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

 $\textbf{No Protein Powder:} \ \textbf{Omit, or add a few spoonfuls of hemp seeds instead.}$

Nut-Free: Use nut-free milk such as oat milk.





Chocolate Almond Butter Smoothie Bowl

1 serving 5 minutes

Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Chocolate Protein Powder

1/4 cup Frozen Cauliflower

1/2 Zucchini (chopped, frozen)

- 1 Banana (divided)
- 1 tbsp Almond Butter
- 2 tbsps Cacao Powder
- 1 tbsp Chia Seeds
- 1/4 cup Raspberries
- 2 tbsps Granola (for topping, optional)

Nutrition

Amount per serving	
Calories	561
Fat	24g
Saturated	3g
Carbs	59g
Fiber	19g
Sugar	22g
Protein	33g
Cholesterol	4mg
Sodium	223mg
Calcium	755mg
Iron	6mg
Vitamin D	101IU

Directions

Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.

Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

More Flavor: Add cinnamon to your smoothie base.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

 $\label{lem:no-smooth} \textbf{No Smoothie Bowl: } \textbf{Drink as a regular smoothie instead.}$

Smoothie Consistency: For a creamier texture, use a frozen banana.





Chai Spice Pumpkin Seed Almond Muesli

6 servings5 minutes

Ingredients

2 cups Gluten Free Oats (Choose purity protocol if you have celiac disease)

1/2 cup Sliced Almonds (raw and unsalted)

1/2 cup Pumpkin Seeds (unsalted)

2 tsps Ground Cinnamon

1 tsp Ground Ginger

1/2 tsp Ground Cloves

1/2 tsp Cardamom (ground)

1 cup Dairy Or Non- Dairy Milk Of Choice (to serve)

1 tbsp Maple Syrup (to serve)

1/4 tsp Sea Salt (to serve)

Nutrition

Amount per serving	
Calories	252
Fat	13g
Saturated	2g
Carbs	27g
Fiber	6g
Sugar	4g
Protein	10g
Cholesterol	0mg
Sodium	122mg
Calcium	106mg
Iron	3mg
Vitamin D	0IU

Directions

Combine all ingredients in a mixing bowl and stir well. Keep sealed in a mason jar or other storage container until ready to serve.

Place 1/2 cup muesli in a bowl and pour ~1/2 cup milk of choice on top. and stir well. Place in refrigerator for 30 minutes, or overnight.

3 Stir in a pinch of salt and sweetener of choice. Add toppings as desired.

Notes

Milk Ideas: Almond, flax, pea, cow's, goat, etc.

Yogurt Options:: Greek, Skyr style, goat, coconut milk, soy milk, cashew milk Sweetener Options: Maple syrup, honey, coconut sugar, date syrup, liquid stevia Optional Toppings: Nuts (almonds, pecans, walnuts, macadamia nuts, cashews, hazelnuts), Seeds (pumpkin seeds, chia, flax, sunflower, hemp), Fruit (Dried raisins/cranberries/wild blueberries/golden berries, apples, pears, oranges)





Berry & Nut Breakfast Bowl

1 serving
10 minutes

Ingredients

1/2 cup Strawberries (chopped)

1/2 cup Blackberries (cut in half)

2 tbsps Walnuts (chopped)

2 tbsps Almonds (chopped)

1 tbsp Pumpkin Seeds

1 tbsp Hemp Seeds

1/4 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	363
Fat	29g
Saturated	3g
Carbs	20g
Fiber	10g
Sugar	8g
Protein	13g
Cholesterol	0mg
Sodium	43mg
Calcium	219mg
Iron	3mg
Vitamin D	25IU

Directions

Add strawberries and blackberries to a bowl. Top with the nuts and seeds.

2 Pour the almond milk over top and enjoy!

Notes

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

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

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

 $\label{lem:non-dairy} \textbf{No Almond Milk:} \ \textbf{Use another non-dairy milk instead}.$





Healthy Chocolate Smoothie with Strawberries and Coconut

1 serving 10 minutes

Ingredients

- 1 cup Strawberries (fresh or frozen)
- 1 cup Coconut Yogurt
- 1 tbsp Cacao Powder
- 1 tsp Vanilla Extract
- 1 tbsp Cacao Nibs (for garnish)
- 1 tbsp Shredded Coconut (for garnish)
- 1 cup Ice Cubes (for serving)

Nutrition

Amount per serving	
Calories	277
Fat	16g
Saturated	12g
Carbs	31g
Fiber	11g
Sugar	9g
Protein	4g
Cholesterol	0mg
Sodium	55mg
Calcium	539mg
Iron	2mg
Vitamin D	0IU

Directions

Combine strawberries, yogurt, cacao powder, and vanilla in a blender and blend until smooth.

Pour over ice, and garnish with cacao nibs and shredded coconut.

Notes

Dietary Note: Make sure to use non-dairy coconut yogurt for a vegan and paleo smoothie and use lactose free yogurt or low FODMAP non-dairy yogurt for a low FODMAP smoothie.





Raspberry Chia Protein Pudding

2 servings 30 minutes

Ingredients

1/4 cup Chia Seeds1 cup Unsweetened Almond Milk1/4 cup Vanilla Protein Powder3/4 cup Raspberries (divided)2 tbsps Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	234
Fat	13g
Saturated	3g
Carbs	18g
Fiber	11g
Sugar	2g
Protein	15g
Cholesterol	2mg
Sodium	101mg
Calcium	428mg
Iron	3mg
Vitamin D	50IU

Directions

In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.

In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

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

Nut-Free: Use coconut milk instead of almond milk.

Likes it Sweet: Add a drizzle of maple syrup or honey.

Protein Powder: This recipe was developed and tested using a plant-based protein

powder.





Green Shakshuka

2 servings 20 minutes

Ingredients

1 tsp Extra Virgin Olive Oil1/3 White Onion (chopped)

5 cups Swiss Chard (chopped)

1/4 cup Cilantro (chopped, plus extra for garnish)

1/4 tsp Sea Salt (divided)

1/2 tsp Chili Flakes

2 Egg

2 tbsps Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	141
Fat	9g
Saturated	3g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	9g
Cholesterol	194mg
Sodium	666mg
Calcium	126mg
Iron	3mg
Vitamin D	43IU

Directions

- Heat the olive oil in a medium pan over medium heat. Sauté the onion for five minutes until translucent. Add in the Swiss chard and sauté for another seven to eight minutes until the chard is tender.
- Mix in the cilantro, half of the salt, and chili flakes. Make small wells for eggs in the middle of the pan. Crack eggs into the pan and season with the remaining salt. Cover the pan with a lid and cook for five to six minutes or until the eggs are cooked to your liking.
- Remove the pan from the heat. Garnish with feta cheese and extra chopped cilantro. Enjoy.

Notes

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

Serving Size: One serving size is equal to approximately 2/3 cup sautéed chard and one egg.

Make it Spicy: Add jalapeño.

No Cilantro: Add dill or parsley instead.





Grilled Mediterranean Chicken Kabobs

4 servings
30 minutes

Ingredients

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

Nutrition

Amount per serving	
Calories	251
Fat	10g
Saturated	2g
Carbs	12g
Fiber	3g
Sugar	5g
Protein	28g
Cholesterol	82mg
Sodium	62mg
Calcium	48mg
Iron	1mg
Vitamin D	1IU

Directions

- Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
- 3 Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
- 4 Preheat the grill to medium heat.
- 5 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 6 Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Leftovers: Store covered in an airtight container in the fridge up to three days.

Serving Size: One serving is equal to approximately two kabobs.

Serve Them With: Rice, quinoa, grilled potatoes and/or tzatziki sauce. Add to leafy greens to make a salad.

Vegan & Vegetarian: Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers: If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.





Rainbow Rotisserie Chicken Salad

4 servings 20 minutes

Ingredients

6 heads Romaine Hearts (chopped)

1 cup Purple Cabbage (chopped)

1 cup Baby Carrots (shredded)

1 cup Cherry Tomatoes (halved)

10 ozs Whole Rotisserie Chicken (shredded)

1 Avocado (quartered, sliced)

1/4 cup Honey Mustard Dressing (to taste)

1/4 cup Pine Nuts (optional)

Nutrition

Amount per serving	
Calories	341
Fat	23g
Saturated	4g
Carbs	19g
Fiber	7g
Sugar	8g
Protein	18g
Cholesterol	71mg
Sodium	602mg
Calcium	91mg
Iron	2mg
Vitamin D	0IU

Directions

Place lettuce, cabbage, carrots, tomatoes, and chicken in a large salad bowl and toss well to combine all ingredients.

Divide salad equally between 4 plates and top each plate with 1/4 of the avocado slices, {optional} 1 tablespoon of the pine nuts, and honey mustard dressing.

Notes

Variations: Substitute any of the veggies with your favorite greens or other chopped vegetables (spinach, kale, bell peppers, cucumbers, red onions...), and add fresh herbs if desired. Pine nuts can be substituted with any other nuts or your favorite cheese.

Vegan Option: For a vegetarian version, substitute chicken with garbanzo beans and for a vegan version, make with garbanzo beans and vegan dressing.





Roasted Chicken Apple Kale Salad

1 serving 35 minutes

Ingredients

- 1 Yellow Onion (small, diced)
- 1 Apple (small, diced)
- 1 cup Butternut Squash (frozen, cubed)
- 1 tbsp Thyme (fresh, chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 6 ozs Chicken Breast
- 2 cups Kale Leaves (thinly sliced)
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	665
Fat	33g
Saturated	5g
Carbs	55g
Fiber	12g
Sugar	31g
Protein	42g
Cholesterol	124mg
Sodium	407mg
Calcium	245mg
Iron	7mg
Vitamin D	2IU

Directions

1 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.

In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.

Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).

In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

Notes

Leftovers: Keep salad in a resealable container in the fridge for up to 3 days. **Serving Size:** One serving is equal to approximately three cups of salad.

More Flavor: Swap out fresh thyme with sage for an autumn-inspired salad.

Additional Toppings: Top with hemp seeds for an extra nutrition boost.





Chicken & Asparagus Pesto Pasta

4 servings 30 minutes

Ingredients

8 1/2 ozs Chicken Breast

2 cups Asparagus (ends trimmed)

1 tbsp Extra Virgin Olive Oil

9 3/4 ozs Chickpea Pasta (dry)

1/3 cup Pesto

1 tbsp Lemon Juice

3 tbsps Parmigiano Reggiano (finely grated)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	456
Fat	19g
Saturated	3g
Carbs	44g
Fiber	12g
Sugar	9g
Protein	36g
Cholesterol	48mg
Sodium	262mg
Calcium	188mg
Iron	8mg
Vitamin D	1IU

Directions

Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.

Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.

3 Meanwhile, cook the pasta according to package instructions.

To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

Notes

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

 $\label{eq:Serving Size} \textbf{Serving Size: One serving is equal to approximately two cups.}$

Dairy-Free: Use nutritional yeast or plant-based cheese instead of parmesan.

Additional Toppings: Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.





Easy Low Carb Rosemary Pecan Chicken Salad on Zucchini Chips

2 servings 15 minutes

Ingredients

4 ozs Chicken Breast (chopped)

1/4 cup Champagne Grapes

1/4 cup Pecans (chopped)

1/4 cup Purple Cabbage (finely chopped)

2 tbsps Plain Greek Yogurt

2 tsps Mayonnaise

1 tsp Rosemary (finely chopped)

1 Sea Salt & Black Pepper (to taste)

1/2 Zucchini

1/2 Yellow Summer Squash

Nutrition

Amount per serving	
Calories	234
Fat	16g
Saturated	2g
Carbs	5g
Fiber	2g
Sugar	3g
Protein	21g
Cholesterol	63mg
Sodium	74mg
Calcium	57mg
Iron	1mg
Vitamin D	7IU

Directions

Make the chicken salad by combining the chopped chicken, grapes, pecans, yogurt, mayonnaise, and rosemary in a medium mixing bowl. Season to taste with salt and pepper.

Slice zucchini and summer squash in to ~1/4 inch rounds-you will have ~20 rounds or "chips". Place squash chips on a serving dish and top with chicken salad. Serve immediately, or store in refrigerator until ready to serve.

Notes

Recipe Variations: If you can't find Champagne grapes, chopped red or green grapes will work well too. Feel free to add your favorite chopped nuts and use any veggie as your "chip."

Low FODMAP Option: These contain a very small amount of Greek yogurt, which should be well tolerated. It can also be swapped with lactose free yogurt if desired.





Chicken with Beet Salad

2 servings 35 minutes

Ingredients

10 ozs Chicken Breast (boneless, skinless)

1 tbsp Extra Virgin Olive Oil (divided)

1/4 tsp Sea Salt (to taste)

2 cups Water

1 Beet (peeled, chopped)

4 cups Baby Spinach

1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	310
Fat	15g
Saturated	4g
Carbs	7g
Fiber	2g
Sugar	3g
Protein	37g
Cholesterol	120mg
Sodium	656mg
Calcium	189mg
Iron	3mg
Vitamin D	4IU

Directions

1 Preheat the oven to 400°F (205°C).

Place the chicken in a baking dish and coat in 1/3 of the oil. Season with salt. Bake for about 25 to 30 minutes, or until cooked through. Let rest for five minutes before slicing.

Meanwhile, bring the water and beets to a boil. Cook for 25 minutes or until soft. Rinse in cold water before chopping.

Arrange the sliced chicken breast and spinach onto plates. Top with the chopped beets, feta, and remaining oil. Enjoy!

Notes

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

Serving Size: One serving equals approximately five ounces of chicken, two cups of spinach, one cup of beets, and half an ounce of feta.

Dairy-Free: Use vegan cheese or omit the feta.

More Flavor: Use your dressing of choice instead of olive oil.

Additional Toppings: Add pumpkin seeds or sunflower seeds.





Citrus Spiced Turkey Bowls

4 servings 30 minutes

Ingredients

- 4 cups Green Beans (trimmed)
- 1 Navel Orange
- 1 tbsp Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

- 1 tbsp Sesame Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Ginger (peeled and grated)
- 1/4 cup Orange Juice
- 1 Red Hot Chili Pepper (minced)
- 2 Garlic (cloves, minced)
- 1/4 cup Coconut Aminos (or tamari)
- 4 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	311
Fat	17g
Saturated	3g
Carbs	18g
Fiber	4g
Sugar	12g
Protein	24g
Cholesterol	84mg
Sodium	358mg
Calcium	88mg
Iron	3mg
Vitamin D	16IU

Directions

- 1 Preheat your oven to 375°F (191°C).
- Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
- Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
- To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days. Vegetarian: Use scrambled eggs instead of turkey.





Miso Maple Broiled Salmon & Salmon Salad

4 servings 25 minutes

Ingredients

1 lb Salmon Fillet (4 4-ounce fillets)

2 tbsps Miso Paste

2 tbsps Gluten Free Tamari (low sodium)

2 tbsps Water

1 tbsp Maple Syrup

1 lb Green Beans (trimmed)

1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	259
Fat	11g
Saturated	2g
Carbs	14g
Fiber	4g
Sugar	8g
Protein	27g
Cholesterol	62mg
Sodium	975mg
Calcium	63mg
Iron	2mg
Vitamin D	0IU

Directions

Preheat oven to broil. Line a large sheet pan with aluminum foil.

2 Pat salmon filets dry and lay on sheet pan.

Place trimmed green beans on sheet pan with salmon, and drizzle with olive

Combine tamari, miso, water, and maple syrup in a small bowl, and stir well to combine.

5 Brush miso mixture on top of salmon and green beans.

6 Broil in oven for ~5-10 minutes, or until desired level of doneness. (I cooked mine for 8)

7 Remove salmon and green beans from oven.

Notes

Make it a Nicoise Salmon Salad!: 1. While the salmon is is the broiler, bake 2 sweet potatoes in a microwave oven. Prick clean potatoes with a fork all around, and bake on a microwave safe dish for 5 minutes. Turn sweet potatoes over and bake for an additional 5 minutes, or until soft. Cut into bite size cubes. 2. Place leafy greens of choice (i.e. arugula, spinach, kale, romaine) and cubed sweet potatoes in a large salad bowl. Add olive oil and vinegar, along with salt and pepper to taste, and toss well to combine. 3. Divide greens/sweet potato mixture between 4 plates. Top each plate with 1 piece of salmon, 1/4 of the green beans, and 1/4 cup kalamata olives. Enjoy!





Salmon & Rice Bowl

6 servings 25 minutes

Ingredients

1 1/2 cups Brown Rice (dry)

2 tsps Tamari

2 tsps Extra Virgin Olive Oil

1 1/2 lbs Salmon Fillet (skin removed)

Sea Salt & Black Pepper (to taste)

1/3 cup Mayonnaise

1 tbsp Sriracha

2 Avocado (cubed)

1 tsp Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	542
Fat	29g
Saturated	4g
Carbs	42g
Fiber	6g
Sugar	1g
Protein	28g
Cholesterol	67mg
Sodium	316mg
Calcium	33mg
Iron	2mg
Vitamin D	1IU

Directions

Cook the rice according to the package directions. When the rice is finished cooking, pour on the tamari and set aside.

Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Once the salmon has cooled, flake with a fork and set aside.

3 In a small bowl, mix together the mayonnaise and sriracha.

Divide the rice into bowls and top with salmon, avocado, and garnish with sesame seeds. Serve with spicy mayo. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

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

More Flavor: Add more sriracha, or sesame oil to the mayo.

 $\label{lem:Additional Toppings: Top with nori, or serve with a side of kimchi. \\$





Roasted Salmon with Avocado Salsa

2 servings 30 minutes

Ingredients

12 ozs Salmon Fillet

1 tsp Extra Virgin Olive Oil

1 tbsp Lemon Juice (divided)

1/2 tsp Sea Salt (divided)

1/2 tsp Garlic Powder

1/2 Avocado (chopped)

1 tbsp Red Onion (diced)

Nutrition

Amount per serving	
Calories	348
Fat	20g
Saturated	3g
Carbs	6g
Fiber	4g
Sugar	1g
Protein	35g
Cholesterol	94mg
Sodium	669mg
Calcium	29mg
Iron	2mg
Vitamin D	0IU

Directions

Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.

Coat the salmon fillets with olive oil, 1/2 of the lemon juice, 1/2 of the sea salt, and garlic powder. Place the fillets on the prepared baking sheet. Bake for 14 to 16 minutes or until cooked through.

In the meantime, in a medium bowl, mix together the chopped avocado, red onion, and the remaining lemon juice and salt.

4 Divide salmon between serving plates. Top them with avocado salsa and enjoy.

Notes

Leftovers: Refrigerate the salmon in an airtight container for up to two to three days. Avocado salsa is best made fresh just before serving.

Serving Size: One serving is equal to approximately six ounces of salmon and 1/3 cup avocado salsa.

More Flavor: Add oregano to salmon seasoning and chopped cilantro to the salsa.





Mediterranean Tuna Salad

2 servings 10 minutes

Ingredients

1 can Tuna (drained)

1 cup Cherry Tomatoes (halved)

1/2 cup Pitted Kalamata Olives (halved)

1/4 cup Red Onion (sliced)

1 3/4 cups Cannellini Beans (drained and rinsed)

2 tbsps Extra Virgin Olive Oil

1 tbsp Lemon Juice

3 tbsps Parsley (finely chopped)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	448
Fat	19g
Saturated	3g
Carbs	44g
Fiber	12g
Sugar	5g
Protein	26g
Cholesterol	30mg
Sodium	1053mg
Calcium	100mg
Iron	7mg
Vitamin D	39IU

Directions

In a medium-sized bowl, combine the tuna, tomatoes, olives, red onion, beans, olive oil, lemon juice, and parsley and toss to combine. Season with salt and pepper.

2 Divide onto plates, serve and enjoy!

Notes

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

 $\textbf{Serving Size:} \ \textbf{One serving is about two cups.}$

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.





Blackened Fish Taco Bowls

4 servings 30 minutes

Ingredients

1 head Cauliflower

1/2 Avocado (pit removed and peeled)

1/4 cup Extra Virgin Olive Oil

1 Lemon (juiced)

1/4 cup Water

1 tbsp Chili Powder

1 tbsp Cumin

1/2 tsp Cayenne Pepper

1 tsp Paprika

1/2 tsp Sea Salt

1/2 tsp Black Pepper

2 Tilapia Fillet

1/4 cup Red Onion (finely diced)

1/2 Green Bell Pepper (finely diced)

2 cups Black Beans (cooked, drained and rinsed)

1 Lime (cut into wedges)

Nutrition

Amount per serving	
Calories	393
Fat	20g
Saturated	3g
Carbs	36g
Fiber	14g
Sugar	5g
Protein	24g
Cholesterol	29mg
Sodium	434mg
Calcium	97mg

Directions

- To create cauliflower rice, chop cauliflower into florets and add to a food processor. Process until it reaches a rice-like consistency. (Note: If you don't have a food processor, you can grate the cauliflower with a box grater to create rice.) Transfer into a bowl and set aside.
- Create your avocado dressing by combining your avocado, olive oil, lemon juice and water together in a food processor or blender and blend until smooth.

 Transfer into a jar and set aside.
- Combine chili powder, cumin, cayenne, paprika, sea salt and black pepper in a bowl and mix well. Sprinkle over both sides of the tilapia fillets.
- Grease a large cast iron skillet with a bit of olive oil and place it over medium high heat. Add your tilapia fillets two at a time. Let sear for 3 to 4 minutes per side, flip and let sear for another 3 minutes or until fish is completely cooked through. (Note: Fish is done when it flakes with a fork.) Remove from heat and chop into pieces. Set aside.
- Divide cauliflower rice in between bowls and top with red onion, green pepper and black beans. Add blackened tilapia, drizzle with desired amount of avocado dressing and serve with lime wedges. Enjoy!

Notes

Work Ahead: Prepare your vegetables, cauliflower rice and avocado dressing ahead of time. Cook tilapia and assemble when ready to eat!.

More Carbs: Serve on brown rice instead of cauliflower rice.

More Protein: Serve on quinoa instead of cauliflower rice.

No Tilapia: Use any fish fillet of your choice



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Iron	5mg
Vitamin D	72IU





Citrus Shrimp 2 servings 20 minutes

Ingredients

1/2 Navel Orange (sliced into wedges)

1/2 Lemon (sliced into wedges)

2/3 cup Orange Juice

2 tbsps Lemon Juice

2 tbsps Red Onion (diced)

1 tsp Extra Virgin Olive Oil

1 tsp Honey

10 ozs Shrimp (peeled, deveined)

Sea Salt & Black Pepper (to taste)

1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	212
Fat	3g
Saturated	0g
Carbs	18g
Fiber	1g
Sugar	13g
Protein	30g
Cholesterol	228mg
Sodium	171mg
Calcium	121mg
Iron	1mg
Vitamin D	0IU

Directions

- Pan-sear the orange and lemon wedges over high heat for one to two minutes on each side. Take them out of the pan and set them aside.
- In a medium bowl, mix together orange juice, lemon juice, red onions, olive oil, and honey. Pour the mixture into the same pan. Bring to simmer over mediumhigh heat and cook until reduced by half, about five to six minutes.
- Add the shrimp and season with salt and pepper. Cover and cook until shrimp is pink, about five minutes.
- 4 Add the parsley and mix well. Enjoy.

Notes

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

 $\textbf{Serving Size:} \ \textbf{One serving is approximately five ounces or about 2/3 cup of shrimp.}$

More Flavor: Add minced garlic.

How To Serve: Serve with roasted vegetables and/or rice.





Sheet Pan Tilapia & Green Beans

2 servings 20 minutes

Ingredients

2 tsps Extra Virgin Olive Oil (divided) 2 tsps Lemon Juice (plus more for serving)

1 1/2 tsps Butter (melted)

1/2 tsp Maple Syrup

1/2 tsp Paprika

3/4 tsp Dried Parsley

1/16 tsp Cayenne Pepper (optional or to taste)

2 cups Green Beans (trimmed)

Sea Salt & Black Pepper (to taste)

2 Tilapia Fillet

Nutrition

Amount per serving	
Calories	215
Fat	10g
Saturated	3g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	25g
Cholesterol	66mg
Sodium	68mg
Calcium	55mg
Iron	2mg
Vitamin D	144IU

Directions

Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.

In a small bowl combine half of the oil and the lemon juice, melted butter, maple syrup, paprika, parsley, and cayenne pepper.

Place the green beans on one side of the prepared baking sheet and drizzle with the remaining oil then season with salt and pepper to taste.

Pat the tilapia fillets dry with a paper towel then place on the other side of the baking sheet and season with salt and pepper to taste. Spoon the butter sauce over top of the fillets and use the back of the spoon to evenly coat the fillets.

Bake for 13 to 16 minutes or until the fillets are cooked through and the beans are fork-tender. Season with additional salt and pepper or lemon juice to taste then divide between plates. Enjoy!

Notes

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

Serving Size: One serving is approximately equal to a six-ounce (170 grams) fillet and one cup of beans.

No Butter: Use ghee or vegan butter instead.

More Flavor: Add other dried herbs and spices to taste.

Additional Toppings: Lemon wedges or fresh chopped herbs like parsley.

No Tilapia: Use haddock, cod, or sole fillets instead.

No Green Beans: Use asparagus, broccoli, or zucchini instead.





Strawberry Quinoa Arugula Salad

4 servings 40 minutes

Ingredients

1/2 cup Quinoa (uncooked)

2 tbsps Tahini

1 tbsp Maple Syrup

1 1/2 tsps Lemon Juice

1 tbsp Water (warm)

1/8 tsp Sea Salt

6 cups Arugula

1/4 cup Sunflower Seeds

1 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	202
Fat	10g
Saturated	1g
Carbs	25g
Fiber	4g
Sugar	6g
Protein	7g
Cholesterol	0mg
Sodium	93mg
Calcium	107mg
Iron	3mg
Vitamin D	0IU

Directions

Cook the quinoa according to package directions. Let cool.

In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if

Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

Notes

Meal Prep: For best results, store all items separately in the fridge and assemble the salad just before serving.

No Arugula: Use baby spinach instead.

No Sunflower Seeds: Use pumpkin seeds, hemp seeds or chopped walnuts instead.





Radicchio & White Bean Salad

3 servings 15 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil

2 tbsps Red Wine Vinegar

2 Garlic (cloves, minced)

3 cups Radicchio (thinly sliced)

3 stalks Celery (sliced)

1/2 cup Red Onion (sliced)

1 cup Cannellini Beans (drained, rinsed)

1/4 cup Parsley (chopped)

Sea Salt & Black Pepper (to taste)

1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	267
Fat	19g
Saturated	3g
Carbs	21g
Fiber	6g
Sugar	3g
Protein	5g
Cholesterol	0mg
Sodium	273mg
Calcium	55mg
Iron	2mg
Vitamin D	OIU

Directions

1 Whisk the oil, vinegar, and garlic in a small bowl to combine. Set aside.

In a large bowl, add the radicchio, celery, onion, beans, parsley, salt, and pepper. Pour the dressing on top and toss to combine. Pour the lemon juice all over and toss again.

3 To serve, divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

Additional Toppings: Feta cheese, goat cheese, fresh herbs.

 $\textbf{Meal Prep:} \ \textbf{To meal prep, combine all the salad ingredients and store the dressing}$

separately. Add the dressing when ready to enjoy.





Kale Carrot Salad with Citrus Dressing & Almonds

8 servings 25 minutes

Ingredients

3 tbsps Extra Virgin Olive Oil

- 1 tbsp Dijon Mustard
- 1 tbsp Lemon Juice
- 1 tbsp Rice Vinegar

Sea Salt & Black Pepper (To taste)

- 1 Navel Orange (Peeled, & cut into sections)
- **10 cups** Kale (Torn into pieces or chopped in food processor.)
- 4 Carrot (Grated)
- 1/2 cup Slivered Almonds (Lightly toasted)
- 1/3 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving	
Calories	145
Fat	9g
Saturated	0g
Carbs	16g
Fiber	4g
Sugar	8g
Protein	4g
Cholesterol	0mg
Sodium	61mg
Calcium	0mg
Iron	0mg
Vitamin D	0IU

Directions

- Prepare the dressing: Combine the olive oil, mustard, lemon juice, and vinegar in a jar and season with salt and pepper to taste. Cover the jar and shake vigorously. Set aside.
- Prepare the salad: Cut the peel and white pith from the orange. Cut between the membranes to release the segments into a large mixing bowl, reserving all the juice in the bowl as well.
- Remove any large pieces of kale stem if present. Chop the kale in batches, in a food processor fitted with a metal blade, until finely chopped, adding as it is chopped to the orange segments in the mixing bowl. After all the kale is chopped, remove the metal blade and insert the shredding disk, shred the carrots, then add them to the kale mixture. Toss in the almonds and cranberries. Add the dressing, a little at a time, folding it in. Do not overdress the salad. The kale salad is ready to serve, or refrigerate in an airtight container for up to 4 days.

Notes

Kale: If you prefer to chop the kale by hand, dump the torn pieces of kale into a roomy bowl and literally massage the leaves. Using a kneading action with your fingers, firmly manipulate each leaf, squeezing again and again. This will help break down the fibrous texture. Once the kale pieces are softened, chop as finely as possible with a very sharp chef's knife.

Carrots: You may also use a grater to shred the carrots if you don't have a food processor.

Oranges: Cara Cara oranges are delicious in this salad too.





Easy Greek Panzanella Salad

4 servings 20 minutes

Ingredients

6 slices Gluten Free Bread (cut into cubes)

1/4 cup Extra Virgin Olive Oil (divided)

- 2 cups Mixed Greens
- 1 cup Cherry Tomatoes (sliced in half)
- 1 Cucumber (peeled and chopped)
- 2 Yellow Bell Pepper (chopped)
- 1/2 cup Pitted Kalamata Olives (chopped)
- 1/2 cup Feta Cheese (crumbled)
- 1/4 cup Basil Leaves (lightly chopped)
- 1/4 cup Fresh Oregano (lightly chopped)
- 2 tbsps Lemon Juice

Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	373
Fat	21g
Saturated	5g
Carbs	43g
Fiber	6g
Sugar	6g
Protein	7g
Cholesterol	17mg
Sodium	509mg
Calcium	196mg
Iron	3mg
Vitamin D	3IU

Directions

Preheat oven to 400 degrees F. Cut bread into ~ 1-inch cubes. Place on baking sheet, and drizzle 1 tablespoon of olive oil over bread cubes. Use clean hands to spread oil over bread, and coat well. Bake in oven for ~ 5 minutes, or until light golden brown. Remove from oven and baking sheet, and place in large salad bowl.

Add chopped salad greens, sliced tomatoes, chopped cucumber and bell peppers to bowl with bread cubes. Add chopped olives, crumbled feta, and chopped fresh herbs. Drizzle remaining olive oil over ingredients, along with lemon juice, and toss well. Top with freshly ground black pepper & salt if desired {I didn't use any salt because the feta cheese and kalamata olives provide enough flavor}.

Notes

Low FODMAP Notes: Cherry tomatoes are considered high FODMAP at 13 tomatoes per serving {per Monash Low FODMAP app}, as they have moderate amounts of oligosaccharides. If you notice cherry tomatoes cause your IBS symptoms to worsen, cut back on the amount, or substitute wi

Ingredient Swaps: Be creative and use up whatever greens, vegetables, and fresh herbs you have on hand. Want more protein? Add cooked garbanzo beans or lentils to your Greek Panzanella Salad.





Easy Lentil Salad with Kale, Cherry Tomatoes, Almonds and Lemon Vinaigrette

1 serving 10 minutes

Ingredients

2 cups Kale Leaves (chopped)

3/4 cup Cherry Tomatoes (halved)

1/2 cup Radicchio (chopped)

1/2 cup Lentils

2 tbsps Almonds (slivered)

1 tbsp Extra Virgin Olive Oil

1/4 Lemon (juice)

1 Sea Salt (to taste)

1 Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	436
Fat	23g
Saturated	3g
Carbs	42g
Fiber	16g
Sugar	6g
Protein	18g
Cholesterol	0mg
Sodium	122mg
Calcium	243mg
Iron	7mg
Vitamin D	0IU

Directions



Place kale, cherry tomatoes, optional Radicchio, lentils, and almonds in a salad bowl. Top with olive oil, lemon juice, and salt and pepper to taste. Toss well, then serve.

Notes

Low FODMAP Option: Use canned, well-rinsed, and drained lentils.





Balsamic Lentil Salad

2 servings 5 minutes

Ingredients

1 1/2 cups Lentils (cooked, rinsed well)
2 tbsps Balsamic Vinegar
1/2 cup Parsley (finely chopped)
1/4 Cucumber (diced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	197
Fat	1g
Saturated	0g
Carbs	35g
Fiber	12g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	16mg
Calcium	60mg
Iron	6mg
Vitamin D	0IU

Directions



Add the lentils to a bowl and stir in the balsamic vinegar, parsley, and cucumber. Season with salt and pepper to taste. Divide between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately equal to one cup.

More Flavor: Add other dried herbs and spices to taste.

More Fat: Add extra virgin olive oil, olives, or feta cheese.

More Veggies: Add tomatoes, bell pepper, zucchini or chopped greens.

No Lentils: Use chickpeas or white beans instead.





Easy Healthy Pasta with Crispy Rosemary Chickpeas

5 servings 45 minutes

Ingredients

- 1 cup Garbanzo Beans (drained, rinsed, and dried)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt
- 2 cups Cherry Tomatoes (halved)
- 3 cups Baby Spinach (lightly chopped)
- 1 tbsp Fresh Rosemary (finely chopped)
- 8 ozs Gluten Free Pasta
- 1 cup Italian Parsley (lightly packed and chopped)
- 1 Black Pepper (to taste)
- 1/3 cup Parmesan Cheese (grated)

Nutrition

Amount per serving	
Calories	341
Fat	12g
Saturated	2g
Carbs	49g
Fiber	7g
Sugar	3g
Protein	10g
Cholesterol	5mg
Sodium	327mg
Calcium	120mg
Iron	3mg
Vitamin D	0IU

Directions

- 1 Pre-heat oven to 350 degrees F, and line a baking sheet with parchment paper.
- Drain and rinse the garbanzo beans, then place them on a paper towel, and pat them dry. Spread the garbanzo beans on the parchment paper, and drizzle 2 teaspoons of the olive oil on top. Toss them with clean hands, and sprinkle with 1/4 teaspoon of the salt. Place in oven to bake for 20 minutes.
- While garbanzo beans are baking, slice the tomatoes in half, and set aside.

 Lightly chop the spinach, and place in a large serving bowl. Chop the rosemary and set aside. And, lightly chop the fresh parsley, and set aside.
- Remove the garbanzo beans from the oven after 20 minutes, and push them to 1/2 of the baking sheet. Place the tomatoes on the other half, and drizzle with 2 teaspoons olive oil, then return the baking dish to the hot oven, and cook for 10 minutes.
- Heat a medium to large pot of water on the stove over high heat until boiling, then add the pasta and cook according to directions (usually 8-10 minutes for most gluten free pastas).
- Carefully remove the hot baking sheet with the garbanzo beans and tomatoes after 10 minutes, and sprinkle fresh rosemary on top. Return to oven to cook for 10 more minutes.
- When pasta is done cooking, drain the pasta water and add the pasta to the chopped spinach. Then, after garbanzo beans and tomatoes are finished cooking, add them to the pasta and spinach, along with the remaining olive oil (1 tablespoon + 2 teaspoons, or to taste), remaining salt (1/4 teaspoon or to taste), and the Parmesan cheese. Toss well to combine ingredients.



8

Serve pasta while warm, along with chopped parsley and fresh ground black pepper. Enjoy!

Notes

Low FODMAP: Use your favorite low FODMAP pasta. Each serving contains less than 1/2 cup of canned/rinsed/drained garbanzo beans, which is considered low FODMAP per the Monash app.

Vegan Option: Substitute parmesan cheese for dairy-free cheese or nutritional yeast.





Lentil Salad Lettuce Wraps

2 servings 10 minutes

Ingredients

1 1/2 cups Lentils (cooked, rinsed well)

1/4 cup Red Onion (finely chopped)

1 Tomato (medium, diced)

1/4 Cucumber (diced)

Sea Salt & Black Pepper (to taste)

1/2 tsp Oregano (dried)

1/8 tsp Garlic Powder

3 tbsps Red Wine Vinegar

6 leaves Romaine (large)

Nutrition

Amount per serving	
Calories	215
Fat	1g
Saturated	0g
Carbs	38g
Fiber	15g
Sugar	5g
Protein	16g
Cholesterol	0mg
Sodium	37mg
Calcium	75mg
Iron	6mg
Vitamin D	0IU

Directions

Add the lentils to a mixing bowl and combine with the red onion, tomato, cucumber, salt, pepper, oregano, garlic powder, and red wine vinegar. Mix to combine and season with additional salt and pepper to taste.

To serve, divide the lettuce leaves between plates and top with the lentil salad. Enjoy!

Notes

Leftovers: Refrigerate salad in an airtight container for up to two days. Assemble wraps just before serving.

Serving Size: One serving is approximately equal to 1 1/2 cups salad and/or three lettuce wraps.

More Flavor: Use fresh garlic or fresh herbs instead. Add olives, feta cheese, or extra virgin olive oil.

 $\textbf{No Lettuce Leaves:} \ \textbf{Use tortilla or pita bread instead or serve over mixed greens.}$

No Red Wine Vinegar: Use lemon juice or balsamic vinegar instead.

 $\textbf{More Veggies:} \ \mathsf{Add} \ \mathsf{bell} \ \mathsf{pepper}, \ \mathsf{zucchini}, \ \mathsf{and/or} \ \mathsf{arugula}.$





Chickpea, Walnut & Raisin Salad Sandwich

4 servings
15 minutes

Ingredients

2 tbsps Tahini

1 1/2 tbsps Lemon Juice

Sea Salt & Black Pepper (to taste)

2 cups Chickpeas (cooked, rinsed)

1/2 stalk Celery (finely chopped)

1/3 cup Walnuts (chopped)

1/3 cup Raisins

1/4 cup Parsley (chopped)

8 slices Gluten-Free Bread (toasted)

1/4 head Iceberg Lettuce (leaves pulled apart)

Nutrition

Amount per serving	
Calories	448
Fat	17g
Saturated	2g
Carbs	63g
Fiber	11g
Sugar	19g
Protein	15g
Cholesterol	0mg
Sodium	283mg
Calcium	134mg
Iron	4mg
Vitamin D	0IU

Directions

In a small bowl whisk together the tahini, lemon juice, salt, and pepper. Set aside.

In a large bowl, lightly smash the chickpeas with the back of a fork. Mix in the celery, walnut, raisins, and parsley. Add the tahini mixture and mix well.

Assemble the sandwich by placing a lettuce leaf on toasted bread, spoon the chickpea salad on top, and place another toasted bread on top.

4 Slice the sandwich in half and enjoy.

Notes

Leftovers: Refrigerate the chickpea salad in an airtight container for up to four days. Assemble the sandwich before serving.

Serving Size: One serving is equal to one sandwich with approximately 2/3 cup chickpea salad, two slices of bread, and one lettuce leaf.

Nut-Free: Use sunflower seeds instead of walnuts.

More Flavor: Add chopped red onions. No Parsley: Use chopped cilantro or dill.

No Raisins: Use dried cranberry.





Citrus Quinoa Veggie Bowl

2 servings 25 minutes

Ingredients

1/2 cup Quinoa

1/2 cup Lentils (cooked, rinsed well)

- 1 cup Baby Spinach
- 1 Carrot (medium, spiralized or cut into ribbons)
- 1 Navel Orange (cut into segments then chopped)
- 1/4 cup Walnuts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	483
Fat	26g
Saturated	3g
Carbs	52g
Fiber	11g
Sugar	9g
Protein	14g
Cholesterol	0mg
Sodium	38mg
Calcium	100mg
Iron	5mg
Vitamin D	0IU

Directions

Cook the quinoa according to package directions. When the quinoa is cooked stir in the lentils. Allow the quinoa and lentil mixture to cool slightly.

To assemble, divide the spinach, carrot, quinoa, and lentil mixture between bowls. Top with the orange segments and walnuts. Drizzle the oil and vinegar over top and enjoy!

Notes

2

Leftovers: Refrigerate in an airtight container for up to three days. Drizzle with lemon juice and olive oil just before serving.

Nut-Free: Omit walnuts or use pumpkin seeds or sunflower seeds instead.

More Flavor: Add fresh herbs or chopped green onion.

No Baby Spinach: Use mixed greens, arugula, or lettuce instead.

No Carrot: Use spiralized zucchini or cucumber instead.

No Brown Lentils: Use another lentil, chickpeas, or white beans instead.

No Spiralizer: Use grated carrot or carrot ribbons instead.





Healthy Grain Bowls

4 servings
15 minutes

Ingredients

- 1 Avocado
- 1 cup Plain Greek Yogurt
- 1/2 Cucumber (chopped)
- 1 Lemon Juice
- 1 Garlic Clove
- 1/8 tsp Sea Salt (or to taste)
- 2 tbsps Fresh Dill (finely chopped)
- 2 cups Baby Spinach
- 2 cups Sorghum
- 1/2 cup Hummus
- 1/2 cup Cherry Tomatoes (chopped)
- 1/2 cup Cucumber (chopped)
- 1/2 cup Artichoke Hearts (chopped)
- 1/2 cup Pitted Kalamata Olives (chopped)
- 1/2 cup Red Bell Pepper (chopped)
- 1/2 cup Feta Cheese

Nutrition

Amount per serving	
Calories	354
Fat	23g
Saturated	6g
Carbs	24g
Fiber	8g
Sugar	4g
Protein	14g
Cholesterol	25mg
Sodium	737mg
Calcium	285mg

Directions

To make the Avocado Tzatziki, combine avocado, Greek yogurt, cucumber, lemon juice garlic, and sea salt in a blender and blend on high speed until smooth and creamy. Spoon in to a serving bowl and stir in chopped dill. Set aside or refrigerate until ready to use.

To make the DIY Greek Salad bowls, set out all the remaining ingredients in individual serving bowls, and let everyone assemble their own. Top with Avocado Tzatziki before serving.

Notes

Grain Variations: Use your favorite gluten free whole grain, such as quinoa or rice, in place of the sorghum if desired.

Vegan Version: Omit feta cheese or use a dairy-free cheese of your choosing, and use non-dairy yogurt in place of Greek yogurt.

Low FODMAP Version: Omit garlic from Tzatziki, or add garlic oil; omit hummus, or use low FODMAP hummus; serve with your favorite low FODMAP veggies.



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Iron	3mg
Vitamin D	28IU





Three Bean Salad

2 servings 15 minutes

Ingredients

1/2 cup Chickpeas (cooked)

1/2 cup Red Kidney Beans (cooked)

1/2 cup Cannellini Beans (cooked)

1 Tomato (medium, diced)

1/2 Red Bell Pepper (medium, diced)

2 tbsps Red Onion (diced)

1/4 cup Cilantro (chopped)

1 tbsp Extra Virgin Olive Oil

1 tbsp Lime Juice (to taste)

Nutrition

Amount per serving	
Calories	260
Fat	8g
Saturated	1g
Carbs	37g
Fiber	12g
Sugar	4g
Protein	11g
Cholesterol	0mg
Sodium	201mg
Calcium	69mg
Iron	4mg
Vitamin D	0IU

Directions



Add all the ingredients to a mixing bowl and combine well. Divide into bowls and enjoy!

Notes

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

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

More Flavor: Add sliced chili peppers, crushed garlic, salt and pepper.





Chocolate Tahini Puffed Quinoa Bars

8 servings 40 minutes

Ingredients

1/2 cup Pitted Dates (softened in hot water and drained)

1/2 cup Tahini (well stirred)

1/2 cup Oat Milk

1 tbsp Cocoa Powder

1/4 cup Chocolate Protein Powder

1/4 tsp Sea Salt

3 cups Puffed Quinoa

Nutrition

Amount per serving	
Calories	241
Fat	11g
Saturated	1g
Carbs	30g
Fiber	4g
Sugar	7g
Protein	9g
Cholesterol	0mg
Sodium	102mg
Calcium	116mg
Iron	3mg
Vitamin D	0IU

Directions

1 Line a pan with parchment paper.

Add the softened dates to a food processor with the tahini. Mix on high until well blended. Add the milk, cocoa powder, protein powder, and salt and blend again until smooth.

Pour the puffed quinoa into a large bowl. Add the tahini mixture into the bowl and use a spatula to mix until well combined.

Transfer into the prepared pan and use damp hands to press the mixture into the pan. Place in the freezer to set for about 30 minutes. Remove the bars from the pan and slice. Enjoy!

Notes

Leftovers: Store in the freezer for best results. Freeze for up to three months.

Serving Size: An 8×4 -inch pan was used to make eight servings. One serving is one two-inch bar.

No Oat Milk: Use cow's milk or any other milk alternative.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

More Flavor: Add a pinch of cinnamon.

More Crunch: Add nuts and/or seeds to the mixture.

No Puffed Quinoa: Use rice puffs cereal instead.





Pecan Trail Mix

4 servings
5 minutes

Ingredients

1 cup Pecans1/4 cup Pumpkin Seeds1/4 cup Dried UnsweetenedCranberries2 ozs Dark Chocolate (at least 70%, chopped)

Nutrition

Amount per serving	
Calories	324
Fat	28g
Saturated	6g
Carbs	16g
Fiber	5g
Sugar	9g
Protein	6g
Cholesterol	0mg
Sodium	3mg
Calcium	31mg
Iron	3mg
Vitamin D	0IU

Directions

1

Add all of the ingredients into a jar. Shake well until mixed together. Enjoy!

Notes

Leftovers: Store in an airtight container in the pantry for up to one month.

Serving Size: One serving equals approximately 1/2 cup.





Chocolate Pistachio Protein Balls

15 servings15 minutes

Ingredients

6 ozs Dark Chocolate (roughly chopped)

1/4 cup Cocoa Powder

1 1/2 tbsps Vanilla Protein Powder

2/3 cup Sunflower Seed Butter

1 cup Pistachios (removed from shell, divided)

Nutrition

Amount per serving	
Calories	189
Fat	15g
Saturated	4g
Carbs	11g
Fiber	3g
Sugar	5g
Protein	5g
Cholesterol	0mg
Sodium	4mg
Calcium	29mg
Iron	2mg
Vitamin D	OIU

Directions

Add the dark chocolate, cocoa powder, protein powder, sunflower seed butter, and half the pistachios to a food processor and blend until well mixed and sticky. Add more sunflower seed butter if the mixture is too dry, or more pistachios if too wet.

2 Transfer to a mixing bowl and form into even balls with your hands, roughly one-inch in diameter.

Crush the remaining pistachios and coat each ball evenly. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days or in the freezer for

Serving Size: One serving is equal to one ball.

More Flavor: Add vanilla extract.





Oatmeal Cookie Smoothie

1 serving 5 minutes

Ingredients

3/4 cup Unsweetened Almond Milk
1/2 cup Frozen Banana
3 tbsps Oats
1 1/2 tsps Almond Butter
1/8 tsp Vanilla Extract
1/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	287
Fat	8g
Saturated	1g
Carbs	47g
Fiber	6g
Sugar	21g
Protein	10g
Cholesterol	0mg
Sodium	89mg
Calcium	272mg
Iron	2mg
Vitamin D	0IU

Directions



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

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Almond Milk: Use another type of milk such as oat, coconut, or dairy milk.

Nut-Free: Use tahini.

Protein Powder: Add a scoop of vanilla protein powder.





Healthy Energy Bites with Dates, Apricots, Cashews, and Coconut

20 servings 10 minutes

Ingredients

2 cups Cashews (raw, unsalted)

1 cup Dried Apricots

1/3 cup Unsweetened Coconut Flakes (shredded)

1/4 cup Pitted Dates (chopped)

1 tsp Orange Zest

1 tsp Lemon Zest

1/2 tsp Cinnamon

1/2 tsp Ground Ginger

1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	108
Fat	7g
Saturated	2g
Carbs	10g
Fiber	1g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	17mg
Calcium	8mg
Iron	1mg
Vitamin D	0IU

Directions

Combine cashew nuts, apricots, coconut, and dates in a food processor bowl.

Pulse ingredients until mixture is crumbly.

Add citrus zest, spices, and salt to mixture. Pulse ingredients to combine well, and process on high speed until mixture starts to stick together.

Line a tray with parchment paper. With clean hands, shape mixture into ~ 20 1-inch balls.

Store in refrigerator in a sealed container for up to 3 days. Or, store in freezer for up to 3 weeks.

Notes

Meal Prep: Make these up to 3 weeks in advance when stored in the freezer for an easy on-the-go snack anytime.

Kitchen Tools: Zest fresh citrus like a pro with a microplane grater too add a burst of flavor to foods, without adding a lot of salt/sodium. Glass storage containers are great for storing these or other healthy snacks.





Easy Gluten Free Berry Crisp

4 servings 35 minutes

Ingredients

2 cups Strawberries (sliced)

2 cups Blueberries

1/2 Meyer Lemon Juice

2 tbsps Chia Seeds

1 tbsp Maple Syrup (optional depending on your level of sweetness)

1/2 cup Oats

1/4 cup Brown Rice Flour Or Sorghum

1/4 cup Tapioca Starch

1/4 cup Brown Sugar

1/4 cup Melted Virgin Coconut Oil (plus extra for ramekins)

1/8 tsp Sea Salt

Nutrition

375
17g
11g
55g
6g
26g
4g
0mg
77mg
61mg
2mg
0IU

Directions

1 Preheat oven to 350 degrees.

2 Stir together strawberries, blueberries, lemon juice, and chia seeds in a mixing bowl.

3 In another bowl, stir together oats, flours, brown sugar, coconut oil, and salt.

Grease 4 ramekins {or custard cups} with coconut oil, then spoon fruit mixture in to ramekins and top with oatmeal/flour mixture. Place on a baking sheet in oven for approximately 20 minutes, or until topping is crispy.

5 Remove from oven to cool slightly, then serve.

Notes

Low FODMAP Option: Feel free to substitute another gluten-free flour, such as brown rice, millet, or quinoa flour for the sorghum flour.

Meal Prep: Make these in advance and store in the fridge or freezer for busy mornings and on-the-go snacks!





Popcorn, Blackberries & Walnuts

1 serving 5 minutes

Ingredients

1 cup Popcorn1/2 cup Blackberries1/4 cup Walnuts

Nutrition

282
23g
2g
17g
7g
4g
7g
0mg
99mg
51mg
2mg
0IU

Directions



Serve all ingredients in a bowl or store them in a portable container if on-thego. Enjoy!

Notes

No Walnuts: Use almonds, pumpkin seeds, sunflower seeds, pistachios or pecans instead.

Storage: Refrigerate blackberries and walnuts in an airtight container up to 3 to 5 days. Add popcorn just before serving or when you are ready to pack for the day if on-the-go.