



# Pescatarian Recipe Bundle

IF ANIMAL PRODUCTS ARE NOT  
FOR YOU, BUT YOU  
UNDERSTAND THE BENEFITS  
OF EATING FISH, THIS RECIPE  
PACK IS FOR YOU!



Lean Living Jax  
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# Pescatarian Breakfast

KICKSTART YOUR DAY



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# Apple Cinnamon Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 apple Apples
- 1 cup [245 g] Almond Milk
- 1 medium (7" to 7-7/8" long) [118 g] Bananas
- 1 tablespoon [16 g] Peanut Butter
- 0.18 tsp [0.41 g] Cinnamon
- 1.5 scoop [36 g] Organic Vegan Protein Powder

## DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Serve cold and enjoy!

### NUTRITION INFO

Calories : 469.08

Fat : 15.34 g

Carbs : 59.91 g

Protein : 29.83 g

Fiber : 11.02 g



# Banana Oatmeal Breakfast Bars



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- 1 medium (7" to 7-7/8" long) [118 g] Banana (*Mashed*)
- 0.33 cup [82.5 g] Almond Butter
- 0.25 cup, sauce [63.75 g] Applesauce
- 0.25 cup [61.25 g] Almond Milk
- 1.5 cup [135 g] Rolled Oats Gluten Free
- 4 tbsp [28 g] Chopped Walnuts
- 0.5 tsp [2.5 g] Baking Powder (Low Sodium)
- 0.5 tsp [3 g] Salt
- 1 tsp [4.2 g] Vanilla Extract
- 2 tbsp [20 g] Hemp Hearts
- 0.5 cup, mini chips [86.5 g] Dark Chocolate Chips

## DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Line an 8x8 baking dish with parchment paper. Set aside.
3. Mix bananas, almond butter, apple sauce, almond milk, whole oats, walnuts, baking powder, kosher salt, vanilla extract, and chocolate chips until combined. The mixture will be sticky and chunky.
4. Add mixture to prepared baking dish and smooth top using a baking spatula.
5. Bake for 35 minutes.
6. Let cool for a minimum of 1 hour, then cut into 8 bars. Enjoy!

## NUTRITION INFO

Calories : 467.89

Fat : 27.3 g

Carbs : 49.5 g

Protein : 14.05 g

Fiber : 8.05 g

# Breakfast Quinoa and Blueberries



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- 0.25 cup [42.5 g] Quinoa (uncooked)
- 0.5 cup [118.5 g] Water
- 1.5 scoop [36 g] Organic Pea Protein
- 1 tbsp [20 g] Maple Syrup
- 1 tsp [2.3 g] Cinnamon
- 1 cup [145 g] Blueberries

## DIRECTIONS

1. Add quinoa to a microwave safe bowl with water. Cover and cook on high heat for 4 minutes.
2. Remove from microwave and stir in protein powder and cook for an additional minute.
3. Let the dish sit for a minute, then stir in maple syrup and cinnamon.
4. Serve with a side of blueberries.

## NUTRITION INFO

Calories : 435

Fat : 6.06 g

Carbs : 68.55 g

Protein : 29.23 g

Fiber : 8.7 g

# Chocolate Hummus and Strawberries



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1.5 cup [375 g] Chickpeas (canned and drained)
- 4.5 tbsp [4.5 8.5] Dry Roasted Cashew Nuts
- 4 tbsp [21.6 g] Cocoa Powder (Unsweetened)
- 3 tbsp [60 g] Maple Syrup
- 0.5 tsp [2.1 g] Vanilla Extract
- 2 tbsp [29.6 g] Water
- 2 cup, whole [288 g] Strawberries

## DIRECTIONS

1. De-shell canned chickpeas.
2. Place chickpeas, cashews, maple syrup, cocoa powder, water, salt and vanilla extract in blender or food processor.
3. Blend until creamy. If mixture is too thick add 1 tablespoon of water at a time until desired consistency.
4. Cut strawberries and serve.

## NUTRITION INFO

Calories : 420.63

Fat : 8.51 g

Carbs : 81.06 g

Protein : 13.48 g

Fiber : 14.79 g

# Nut Butter Oatmeal Breakfast Cookies



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 0.75 cup [67.5 g] Rolled Oats Gluten Free
- 0.25 cup [62.5 g] Chickpeas (canned and drained)
- 4 tbsp [64 g] Almond Butter
- 3 tbsp [60 g] Maple Syrup
- 0.25 cup [28 g] Almond Flour
- 0.5 tsp [1.15 g] Cinnamon
- 1 tbsp [14 g] Chia Seed
- 1 tbsp, ground [6.5 g] Flaxseeds
- 1 cup [112 g] Chopped Walnuts

## DIRECTIONS

1. Line cookie sheet with parchment paper. Sprinkle with 1/2 cup of chopped nuts.
2. Add oats to food processor and mix. Then, add nut butter, maple syrup, and almond flour to the food processor and mix.
3. Stir in chia and flax seeds. Using a spoon or scoop, scoop out mixture and place on cookie sheet. Once all dough is scooped, top each cookie with chopped nuts.
4. Place in the fridge to set, and enjoy cooled.

## NUTRITION INFO

Calories : 485.69

Fat : 35.5 g

Carbs : 34.51 g

Protein : 13.41 g

Fiber : 7.54 g

# Pesto Smoked Salmon Toast



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 large slice (5" x 2-1/2" x 1") [35 g] Sour Dough Bread
- 1 tbsp [14 g] Pesto Sauce
- 0.5 avocado [68 g] Avocado
- 3 oz, boneless [85.05 g] Smoked Salmon
- 0.5 cup [10 g] Arugula (Rocket)

## DIRECTIONS

1. Warm sourdough bread in the oven or toaster. Slice in half and spread with pesto sauce.
2. Top with sliced avocado, smoked salmon, and arugula (rocket).

### NUTRITION INFO

Calories : 402

Fat : 23.34 g

Carbs : 25.68 g

Protein : 23.09 g

Fiber : 6.37 g

# Simple Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 0.33 cup [29.7 g] Rolled Oats Gluten Free
- 0.5 cup [122.5 g] Almond Milk
- 0.25 tsp [1.05 g] Vanilla Extract
- 0.5 tsp [1.15 g] Cinnamon
- 1 tbsp [14 g] Chia Seed
- 0.75 scoop [18 g] Organic Vegan Protein Powder
- 1 tbsp [10 g] Hemp Hearts
- 1 dash [0.4 g] Sea Salt
- 0.25 cup [36.25 g] Blueberries

## DIRECTIONS

1. Mix all the ingredients, except for the blueberries, in a mason jar. Cover and place in the refrigerator overnight.
2. Add more milk before serving for desired consistency (optional).
3. Top with blueberries.

## NUTRITION INFO

Calories : 333.88

Fat : 15.13 g

Carbs : 32.41 g

Protein : 21.89 g

Fiber : 10.53 g

# Savory Tofu Scramble



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 14 MINUTES

## INGREDIENTS

- 12 oz [336 g] Firm Tofu
- 1 tbsp [14 g] Olive Oil
- 0.5 onion [55 g] Yellow Onions (*chopped*)
- 1 clove [3 g] Garlic (*Minced or pressed*)
- 1 cup [149 g] Cherry Tomatoes (*Halved*)
- 1 tbsp [5 g] Nutritional Yeast
- 0.5 tsp [3 g] Sea Salt
- 0.5 tsp [1.05 g] Paprika
- 1 cup [20 g] Arugula (Rocket)
- 1 avocado [136 g] Avocado (*Small, sliced*)

## DIRECTIONS

1. Remove tofu from package and press to drain the water. Wrap in a towel and place on a plate with something heavy (such as a cast iron skillet) on top. Leave for approximately 10 minutes or longer.
2. Heat olive oil in a medium skillet over medium heat. Add onion and garlic and cook 3-4 minutes.
3. Add cherry tomatoes and cook 1-2 minutes.
4. Cook for 6-8 minutes, adding arugula/rocket just before removing from heat. Serve warm with sliced avocado.

## NUTRITION INFO

Calories : 364.3

Fat : 25.92 g

Carbs : 18.24 g

Protein : 18.19 g

Fiber : 8.58 g



# Vegan Muffins and Coconut Yogurt



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 2.25 cup [202.5 g] Rolled Oats Gluten Free
- 0.5 cup [96 g] Organic Coconut Sugar
- 1 tsp [4.6 g] Baking Soda
- 1 tsp [5 g] Baking Powder (Low Sodium)
- 1 dash [0.4 g] Salt
- 1 tsp [2.3 g] Cinnamon
- 0.5 cup [122 g] Unsweetened Applesauce
- 0.5 cup [56.5 g] Shredded Carrots
- 0.5 cup [122.5 g] Almond Milk
- 4 tbsp [54.4 g] Coconut Oil
- 1 tsp [4.2 g] Vanilla Extract
- 2 scoop [48 g] Organic Vegan Protein Powder
- 2 cup [244 g] Unsweetened Coconut Milk Yogurt

## DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Line muffin tray with liners or spray with non-stick spray.
3. Blend oats in a food processor or blender until flour like consistency.
4. Combine oat flour, coconut palm sugar, baking powder, baking soda, cinnamon and salt.
5. In a separate bowl, combine unsweetened apple sauce, carrots, almond milk, coconut oil and salt.
6. Add dry ingredients to wet ingredients and stir until just combined, then add in protein powder.
7. Scoop batter into 10 cups and bake for 20-25 minutes
8. Let cool and place in air tight container for up to 5 days.
9. Serve with a side of coconut yogurt.

## NUTRITION INFO

Calories : 511.69

Fat : 22.45 g

Carbs : 68.2 g

Protein : 15.8 g

Fiber : 7.23 g



# Zucchini Bread Loaf



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 2 cup [184 g] Chickpea Flour</li><li>• 2 tsp [4.6 g] Cinnamon</li><li>• 1 dash [0.4 g] Salt</li><li>• 0.5 cup [122 g] Unsweetened Applesauce</li><li>• 4 tbsp [84 g] Honey</li><li>• 2 cup, grated [248 g] Zucchini</li><li>• 2 tbsp, ground [13 g] Flaxseeds</li><li>• 6 tbsp [88.8 g] Water</li><li>• 0.18 cup [16.2 g] Rolled Oats Gluten Free <i>(Optional for topping)</i></li><li>• 4 tbsp [64 g] Almond Butter <i>(For topping)</i></li></ul>	<ol style="list-style-type: none"><li>1. Mix together ground flaxseed and water. Allow to sit for 5 minutes or longer.</li><li>2. Preheat the oven to 350°F (176°C) and line a bread pan with parchment paper.</li><li>3. In a large mixing bowl, combine flour, cinnamon, and salt and set aside.</li><li>4. In a separate bowl, combine applesauce, honey, zucchini, and flaxseed mixture. Mix until combined.</li><li>5. Slowly add the dry ingredients to the wet and combine until evenly mixed.</li><li>6. Place the batter into the bread pan and top with rolled oats. (This size pan is for when the recipe is make with four servings).</li><li>7. Bake for 45-50 minutes, or until a toothpick comes out clean.</li><li>8. Cool for 10 minutes before removing from the bread pan.</li><li>9. Slice, spread with almond butter, and enjoy!</li></ol>

NUTRITION INFO				
Calories : 403.62	Fat : 14.17 g	Carbs : 56.75 g	Protein : 14.99 g	Fiber : 8.37 g



# Pescatarian Lunch

RE-FUEL AND RE-ENERGIZE



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# Avocado Tuna Salad Sandwich



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 4 oz [113.4 g] Tuna in Water (Canned) *(Drained)*
- 0.5 avocado [68 g] Avocado
- 0.25 fruit [16.75 g] Lime *(Juice of 1/2 lime)*
- 1.5 tsp [6.9 g] Everything Bagel Seasoning
- 0.25 cup, sliced [29.75 g] Cucumber
- 0.5 cup [15 g] Baby Spinach
- 2 large slice (5" x 2-1/2" x 1") [70 g] Sour Dough Bread

## DIRECTIONS

1. Lightly toast bread. Set aside.
2. Mix avocado, lime juice, kosher salt, and everything bagel seasoning in a blender until smooth.
3. Drain tuna and place it in a bowl.
4. Mix avocado "mayo" with tuna until combined.
5. Thinly slice cucumber.
6. Add a layer of spinach, cucumber, and tuna avocado salad onto the whole grain bread to form a sandwich.

## NUTRITION INFO

Calories : 473.5

Fat : 14.24 g

Carbs : 47.44 g

Protein : 37.42 g

Fiber : 8.55 g

# Easy Pumpkin Hummus



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 1 clove [3 g] Garlic
- 0.75 cup [187.5 g] Pumpkin Puree
- 1.5 cup [375 g] Chickpeas (canned and drained) (*Drained and rinsed*)
- 1 tsp [2.1 g] Cumin
- 2 tbsp [28 g] Lemon Juice
- 0.5 tsp [3 g] Salt
- 0.25 tbsp [5 g] Maple Syrup
- 0.5 tbsp [7 g] Olive Oil
- 1 cup [149 g] Baby Carrots
- 2 cup, florets [142 g] Broccoli
- 0.25 cup, whole [35.75 g] Almonds

## DIRECTIONS

1. Peel garlic cloves and place in food processor. Using the processor, finely chop garlic.
2. Add remaining ingredients, except fresh vegetables and goat cheese, to the food processor. Blend to thoroughly mix.
3. Serve with fresh vegetables.

### NUTRITION INFO

Calories : 452.25

Fat : 16.68 g

Carbs : 65.03 g

Protein : 16.6 g

Fiber : 16.82 g

# Hearty Bean Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 0.5 tbsp [7 g] Olive Oil
- 0.5 tsp [0.5 g] Dill (Dried)
- 0.5 small lemon [15 g] Lemon Juice
- 1 dash [0.4 g] Sea Salt
- 0.25 cup [65.5 g] Navy Beans (Canned)  
(*Drained and rinsed*)
- 0.25 cup [62.5 g] Chickpeas (canned  
and drained) (*Drained and rinsed*)
- 2 tbsp, chopped [10 g] Red Onions
- 0.25 cup [15 g] Parsley (*Chopped*)
- 4 tbsp [56 g] Kalamata Olives
- 0.5 cup [74.5 g] Cherry Tomatoes  
(*Halved*)
- 0.5 medium (approx 2-3/4" long, 2-1/2"  
dia) [57 g] Red Bell Pepper (*Chopped*)
- 2 tbsp [15 g] Slivered Almonds
- 1 tbsp [10 g] Hemp Hearts

## DIRECTIONS

1. In a small bowl mix together the olive oil, dried dill, lemon juice, and salt to make the dressing.
2. Mix together all other ingredients in a salad bowl and toss with the dressing.

## NUTRITION INFO

Calories : 500.5

Fat : 26.29 g

Carbs : 51.07 g

Protein : 20.3 g

Fiber : 12.65 g

# Hemp Spinach and Shrimp Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 5 oz [142 g] Shrimp
- 1 tbsp [14 g] Olive Oil
- 2 cup [60 g] Baby Spinach
- 1.5 tbsp [15 g] Hemp Hearts
- 0.5 cup, hearts [130 g] Cooked Artichoke (Canned/Jarred)
- 1 tbsp [14 g] Red Wine Vinegar

## DIRECTIONS

1. Add olive oil to pan and heat on medium high heat.
2. Cook shrimp on pan for 3-5 minutes per side, until pink in color.
3. Place baby spinach, hemp seeds, vinegar, and artichoke hearts on a plate.
4. Peel shrimp once it is cool and add to the top of the salad.

## NUTRITION INFO

Calories : 422.5

Fat : 23.76 g

Carbs : 23.66 g

Protein : 32.48 g

Fiber : 10.95 g

# Peppery Tuna Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

## INGREDIENTS

- 5 oz [141.75 g] Tuna in Water (Canned) *(Drained)*
- 0.5 cup [110 g] Marinated Artichoke Hearts
- 0.5 tsp [1.05 g] Black Pepper
- 2 cup [40 g] Arugula (Rocket)
- 0.5 cup [74.5 g] Cherry Tomatoes *(Halved)*
- 2 tbsp [28 g] Kalamata Olives *(Chopped)*
- 0.24 cup [27.12 g] Shredded Carrots
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 1 tbsp [14 g] Lemon Juice

## DIRECTIONS

1. In a medium bowl mix together tuna, artichoke hearts, and black pepper.
2. Add arugula, cherry tomatoes, olives, shredded carrots, and sunflower seeds.
3. Drizzle with lemon juice and enjoy!

## NUTRITION INFO

Calories : 421.3

Fat : 22.52 g

Carbs : 15.56 g

Protein : 43.4 g

Fiber : 5.54 g

# Roasted Butternut Squash and Grain Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 1 cup, cubes [140 g] Butternut Winter Squash
- 0.5 cup, cooked [80 g] Quinoa (Cooked)
- 2 tbsp [22 g] Pomegranate arils
- 1 tbsp [8.8 g] Dry Roasted Sunflower Seeds (with Salt Added)
- 1 tbsp, chopped [8 g] Pecans
- 0.5 tbsp [5 g] Hemp Hearts
- 1.5 tsp [8.25 g] Dijon Mustard
- 0.5 tbsp [7 g] Olive Oil
- 0.5 tbsp [7 g] Lemon Juice
- 1 tbsp [5 g] Nutritional Yeast

## DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Coat the butternut squash with half of the oil and all of the nutritional yeast and roast in the oven for 20 minutes, until soft on the inside and lightly crisp on the outside.
3. In a small mixing bowl, mix together the dijon mustard, olive oil, and lemon juice.
4. Top the squash and grain bowl with the dressing and enjoy!

## NUTRITION INFO

Calories : 414.9

Fat : 21.45 g

Carbs : 48.26 g

Protein : 13.42 g

Fiber : 8.89 g



# Sesame Tempeh Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 1 tbsp [13.6 g] Sesame Oil
- 1 clove [3 g] Garlic
- 1 tsp [2 g] Ginger (*Grated*)
- 0.5 fruit [33.5 g] Lime (*Juice only*)
- 1 tbsp [14 g] Coconut Aminos
- 1 tbsp [16 g] Almond Butter
- 6 oz [170.1 g] Tempeh
- 1.5 cup, cooked [240 g] Quinoa (*Cooked*)
- 2 cup, whole [126 g] Snow or Sugar Snap Peas (*Chopped*)
- 0.5 cup [56.5 g] Shredded Carrots

## DIRECTIONS

1. In a medium bowl, mix together the sesame oil, garlic, ginger, lime, coconut aminos, and almond butter. Add tempeh and toss to coat tempeh with dressing.
2. Heat a skillet over medium heat. Add tempeh and cook for approximately 5 minutes, turning occasionally.
3. Add snap peas and shredded carrots and cook an additional 2 minutes.
4. Enjoy warm or cool.

## NUTRITION INFO

Calories : 509.5

Fat : 23.59 g

Carbs : 55.27 g

Protein : 25.35 g

Fiber : 6.6 g

# Shrimp Burgers



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 12 oz [340.8 g] Shrimp (Prawns) (*Peeled, deveined, tails removed*)
- 1 tbsp, ground [6.5 g] Flaxseeds
- 2 tbsp, chopped [10 g] Red Onions
- 1 tsp [1 g] Dill (Dried)
- 1 tsp [2.1 g] Paprika
- 1 tsp [2.8 g] Garlic Powder
- 1 dash [0.4 g] Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)
- 0.5 tbsp [7 g] Avocado Oil
- 0.5 cup [10 g] Arugula (Rocket)
- 2 bun [124 g] Hamburger Buns (gluten free)
- 1 avocado [136 g] Avocado (*Sliced*)

## DIRECTIONS

1. In a food processor, combine 2/3 of the shrimp, flaxseed, red onion, dill, paprika, garlic powder, salt and pepper and pulse until shrimp are finely chopped and ingredients are combined.
2. Add in the remaining 1/3 shrimp and pulse until coarsely chopped.
3. Form the shrimp mixture into 2 patties of equal size.
4. In a medium skillet, heat avocado oil over medium heat.
5. Place the burgers in the skillet and cook for 4-5 minutes or until the edges begin to cook. Flip and cook another 4-5 minutes.
6. Serve on a hamburger bun with arugula and avocado.
7. Enjoy!

## NUTRITION INFO

Calories : 486.5

Fat : 20.25 g

Carbs : 45.16 g

Protein : 33.63 g

Fiber : 9.05 g

# Shrimp Burrito Bowl



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 0.5 cup [92.5 g] White Rice (Uncooked) *(Uncooked)*
- 0.75 cup [180 g] Black Beans (Canned) *(Low sodium)*
- 1 cup [154 g] Corn *(Canned or frozen)*
- 0.5 tbsp [4.5 g] Taco Seasoning
- 3 tsp [12 g] Lite Adobo All Purpose Seasoning
- 2 tsp [9.4 g] Pepper or Hot Sauce
- 0.5 fruit [33.5 g] Lime *(Juice only)*
- 0.5 cucumber (8-1/4") [150.5 g] Cucumber (with Peel)
- 0.5 avocado [68 g] Avocado
- 8 oz [227.2 g] Shrimp (Prawns)
- 1 tbsp [14 g] Olive Oil
- 2 tbsp [2 g] Cilantro *(Optional for garnish)*

## DIRECTIONS

1. Cook white rice according to package instructions.
2. In a pan over medium heat, sauté black beans, sweet corn, half of the taco seasoning, adobo seasoning, chipotle hot sauce, and lime juice. Do not drain black beans or sweet corn.
3. Bring black beans and corn to a simmer and cook on low heat, stirring occasionally, while other ingredients are prepared.
4. Dice avocado and cucumber. Set aside.
5. Toss raw shrimp in 1/2 tbsp of taco seasoning. Sauté shrimp in olive oil until pink on both sides.
6. Serve shrimp, bean and corn mixture, avocado, and cucumber over white rice.
7. Garnish with cilantro.

## NUTRITION INFO

Calories : 557.75

Fat : 15.73 g

Carbs : 79.04 g

Protein : 29.17 g

Fiber : 12.83 g

# Vegan Buddha Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 1 tbsp [16 g] Almond Butter
- 0.5 tbsp [7 g] Rice Vinegar
- 1 tbsp [14.8 g] Water
- 1 tbsp [14 g] Coconut Aminos
- 4 g Sesame Seeds
- 0.5 tsp [1.4 g] Garlic Powder
- 1 sweetpotato, 5" long [130 g] Sweet Potato (*Cut into small cubes*)
- 6 oz [170.1 g] Tempeh (*Cut into small cubes*)
- 0.75 cup [187.5 g] Chickpeas (canned and drained) (*Drained and rinsed*)
- 1 cup [56.7 g] Shredded Red Cabbage
- 1 cup [20 g] Arugula (Rocket)
- 0.25 cup [31.25 g] Brown Rice (*Uncooked*)

## DIRECTIONS

1. Cook rice according to package.
2. In a medium bowl mix together almond butter, rice vinegar, water, coconut aminos, sesame seeds, and garlic powder.
3. Toss tempeh, sweet potato, and chickpeas with almond butter marinade. Allow to marinate in the refrigerator for 20 minutes.
4. Preheat oven to 400°F (204°C).
5. Spread tempeh, sweet potato cubes, and chickpeas on a baking sheet and bake for 15-20 minutes.
6. Add brown rice to two bowls and top with shredded cabbage, arugula, cooked tempeh, sweet potato, and chickpeas.
7. Serve warm or cooled.

## NUTRITION INFO

Calories : 512.84

Fat : 16.68 g

Carbs : 69.78 g

Protein : 25.56 g

Fiber : 9.15 g



# Pescatarian Dinner

FINISH STRONG



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# BBQ Brussel Sprouts with Grilled Shrimp



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 3 cup [264 g] Brussels Sprouts
- 1.5 tbsp [21 g] Olive Oil
- 0.25 cup [62.5 g] Barbecue Sauce
- 10 oz [284 g] Shrimp (Prawns)
- 1.5 tsp [5.4 g] Ranch Seasoning Mix
- 2 sweetpotato, 5" long [260 g] Sweet Potato

## DIRECTIONS

1. Cut brussels sprouts in half.
2. Toss brussels sprout halves in BBQ sauce and half of the olive oil.
3. Bake brussels sprouts for 15 minutes at 375°F (190°C) or until preferred crispiness is reached.
4. Toss shrimp in the remaining olive oil and ranch seasoning.
5. Grill or sauté shrimp until pink on both sides. Serve shrimp with baked potato and cooked brussels sprouts.

## NUTRITION INFO

Calories : 399.25

Fat : 13.39 g

Carbs : 44.78 g

Protein : 27.56 g

Fiber : 9.23 g

# Cauliflower Fried Rice w/ Salmon



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 0.5 tbsp [6.8 g] Sesame Oil *((use avocado oil if you are following and AIP diet))*
- 1 cup [100 g] Riced Cauliflower
- 2 tsp [5.6 g] Garlic *(Minced)*
- 1 cup, florets [71 g] Broccoli
- 1 cup, whole [63 g] Snow or Sugar Snap Peas
- 1 tbsp [14 g] Coconut Aminos
- 6 oz, boneless, raw [170.1 g] Salmon
- 1 dash [0.1 g] Black Pepper *(To taste)*

## DIRECTIONS

1. In a large skillet, heat sesame oil over medium heat.
2. Add cauliflower rice and garlic to the skillet and sauté until the cauliflower begins to soften.
3. Add the stir fry vegetable blend and the coconut aminos and sauté until all vegetables are cooked through.
4. Push the vegetables to the side of the skillet and add the cubed salmon. Season with salt and pepper.
5. Cook salmon to desired temperature and stir everything together before serving.
6. Serve hot and enjoy!

## NUTRITION INFO

Calories : 404

Fat : 17.23 g

Carbs : 20.38 g

Protein : 43.01 g

Fiber : 5.3 g



# "Cheesy" Sweet Potato Chickpea Stack



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 50 MINUTES

## INGREDIENTS

- 2 sweetpotato, 5" long [260 g] Sweet Potato
- 1.25 cup [312.5 g] Chickpeas (canned and drained) (*Drained and Rinsed*)
- 0.5 tbsp [7 g] Olive Oil
- 1 tsp [2.1 g] Paprika
- 0.5 tsp [3 g] Salt
- 1 tsp, ground [0.6 g] Oregano
- 1 tsp [2.8 g] Garlic Powder
- 1.5 tbsp [7.5 g] Nutritional Yeast
- 1 avocado [136 g] Avocado (*Mashed*)
- 1 tbsp [10 g] Hemp Hearts
- 3 tbsp, chopped [15 g] Red Onions

## DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Pierce sweet potato with a knife and back in the oven for approximately 1 hour, until easily pierced with a fork.
3. Meanwhile, drain and dry chickpeas. Toss with olive oil, paprika, salt, oregano, garlic powder, and nutritional yeast. Add to a skillet and cook over medium heat for approximately 10 minutes, turning occasionally.
4. Once sweet potato is baked through, slice in half lengthwise. Spread with avocado and top with chickpeas, hemp hearts, and red onion.

## NUTRITION INFO

Calories : 514

Fat : 18.95 g

Carbs : 73.5 g

Protein : 15.48 g

Fiber : 17.93 g



# Cod, Fresh Salad & Roasted Cauliflower



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 8 oz [224 g] Cod
- 1 cup [47 g] Romaine Lettuce (*Chopped*)
- 0.5 cup [74.5 g] Cherry Tomatoes
- 2 tbsp, chopped [10 g] Red Onions
- 0.5 small (6-3/8" long) [79 g] Cucumber
- 1 tbsp [14 g] Olive Oil
- 1 dash [0.4 g] Salt
- 1 dash [0.1 g] Black Pepper
- 1 small lemon [30 g] Lemon Juice
- 0.5 medium head (5-6" dia) [287.5 g] Cauliflower

## DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Line a baking tray with parchment paper. Place cod on the baking tray, seasoning with salt, pepper and olive oil. Set aside.
3. Cut the cauliflower into florets and toss in olive oil, salt and pepper. Add it to the pan next to the cod and bake for 15 minutes.
4. While the cod and cauliflower cooks, wash and chop the romaine lettuce, onion, tomatoes, and cucumber into a rough dice. Season with olive oil, salt and pepper and lemon juice.
5. Once cod and cauliflower are done, enjoy with the salad!

## NUTRITION INFO

Calories : 430.9

Fat : 15.77 g

Carbs : 24.95 g

Protein : 47.64 g

Fiber : 10.7 g

# Curried Lentils and Peas



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

## INGREDIENTS

- 1 cup [200 g] Brown Lentils
- 3 clove [9 g] Garlic (*Pressed or minced*)
- 1 tsp [2 g] Ginger (*grated*)
- 0.5 tbsp [7 g] Olive Oil
- 2 tsp [4 g] Curry Powder
- 4 cup [960 ml] Vegetable Broth
- 1 dash [0.4 g] Salt (*To taste*)
- 1 cup [140 g] Peas and Carrots (Frozen)

## DIRECTIONS

1. Add vegetable broth, lentils, and a dash of salt to a pot and bring to a boil. Reduce heat to a simmer and cook for 15 minutes.
2. Add garlic, olive oil, and curry powder and continue to simmer until lentil are soft (approximately 10 minutes).
3. Add peas and carrots and cook until lentils are at desired consistency.

## NUTRITION INFO

Calories : 439.75

Fat : 5.53 g

Carbs : 73.62 g

Protein : 26.94 g

Fiber : 30.25 g

# Fish Tacos with Cilantro Sauce



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 10 oz [280 g] Cod
- 0.5 tbsp [7 g] Avocado Oil
- 1.5 tbsp [13.5 g] Taco Seasoning
- 1 avocado [136 g] Avocado (*Sliced*)
- 1 cup [56.7 g] Shredded Red Cabbage
- 0.25 onion (small) [37 g] Red Onions
- 4 medium (approx 5" dia) [53.2 g] Taco Shell (grain free)
- 0.25 cup [30.5 g] Unsweetened Coconut Milk Yogurt
- 1 fruit [67 g] Lime (*Zest from full lime and juice of 1/2 lime*)
- 4 tbsp [4 g] Cilantro (Coriander) (*Chopped*)
- 1 dash [0.4 g] Sea Salt (*To taste*)
- 1 dash [0.1 g] Black Pepper (*To taste*)

## DIRECTIONS

1. Heat avocado oil in a skillet over medium heat. Season both sides of the cod fillet with taco seasoning and add to the skillet. Cook for approximately 10 minutes, flipping once, until thoroughly cooked.
2. In a small blender, blend together coconut milk yogurt, lime zest, lime juice, half of the cilantro, salt, and pepper.
3. Heat taco shells over the stove or in the oven until warm and lightly crispy.
4. Fill taco shells with fish, avocado, red cabbage, and red onion. Drizzle coconut yogurt sauce and top with remaining cilantro.

## NUTRITION INFO

Calories : 478.75

Fat : 23.04 g

Carbs : 42.11 g

Protein : 30.45 g

Fiber : 12.56 g

# Roasted Cod with Vegetables



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

## INGREDIENTS

- 12 oz [336 g] Cod
- 3 tsp [18 g] Salt
- 3 tsp [6.3 g] Black Pepper
- 1 Potato large (3" to 4-1/4" dia) [369 g] Russet Potatoes (Flesh and Skin)
- 1 cup [149 g] Cherry Tomatoes
- 20 medium spear (5-1/4" to 7" long) [320 g] Asparagus
- 2 tbsp [28 g] Olive Oil

## DIRECTIONS

1. Preheat oven to 375° F (190° C).
2. Cut potato into bite sized pieces, and trim asparagus.
3. Season tomatoes, potatoes, and asparagus with olive oil, salt and pepper and place on sheet pan. Cook for 15 minutes.
4. Season cod with salt and pepper.
5. Remove asparagus and tomatoes from sheet pan and add cod (leave potatoes to cook longer). Cook for an additional 15 minutes.
6. Let cool and serve.

## NUTRITION INFO

Calories : 455.8

Fat : 15.31 g

Carbs : 44.5 g

Protein : 38.45 g

Fiber : 7.8 g

# Seared Scallops with Italian White Beans



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

## INGREDIENTS

- 12 scallop (2" x 1-1/4" x 3/4") [192 g] Scallops
- 1 cup [261 g] Canned White Beans  
(*Drained and rinsed*)
- 4 cup [120 g] Baby Spinach
- 3 clove [9 g] Garlic
- 2 tbsp [28 g] Olive Oil
- 1 tsp [6 g] Salt
- 2 tsp [4.2 g] Black Pepper
- 1 tsp [1.8 g] Red Pepper Flakes
- 4 tbsp [60 g] White Cooking Wine
- 4 tbsp [59.2 g] Water

## DIRECTIONS

1. Add olive oil to pan and cook on medium heat.
2. Add garlic cloves to pan and cook until fragrant.
3. Add beans, spinach and red pepper flakes to pan and cook for about 2 minutes.
4. Season scallops with salt and pepper. Move beans and spinach mix to the side and add scallops to the pan.
5. Cook scallops on each side for about 3-5 minutes.
6. Let cool and serve.

## NUTRITION INFO

Calories : 484

Fat : 24.34 g

Carbs : 34.1 g

Protein : 27.64 g

Fiber : 8.75 g

# Tuna Poke Bowl



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none"><li>• 6 oz, boneless, raw [170.1 g] Tuna (Sushi Grade)</li><li>• 1 tbsp [14 g] Coconut Aminos</li><li>• 1 tsp [2 g] Ginger</li><li>• 0.5 tsp [1.4 g] Garlic Powder</li><li>• 0.5 tbsp [6.8 g] Sesame Oil</li><li>• 0.5 cup [85 g] Edamame (Shelled) <i>(Cooked)</i></li><li>• 1 small (6-3/8" long) [158 g] Cucumber <i>(Sliced thin)</i></li><li>• 1 avocado [136 g] Avocado <i>(Peeled and chopped)</i></li><li>• 0.5 cup [92.5 g] White Rice (Uncooked) <i>(Uncooked)</i></li><li>• 4.5 g Sesame Seeds</li></ul>	<ol style="list-style-type: none"><li>1. Cook rice according to package.</li><li>2. In a medium bowl, mix together coconut aminos, ginger, garlic powder, and sesame oil.</li><li>3. Slice tuna into finger width sized cubes and toss with coconut aminos mixture. Allow tuna to marinate for 10 minutes or longer (up to 2 hours) in the refrigerator.</li><li>4. Divide the cooked rice into two bowls and top with edamame, cucumber, avocado, tuna, and sesame seeds.</li></ol>

NUTRITION INFO				
Calories : 502.76	Fat : 18.81 g	Carbs : 53.36 g	Protein : 29.95 g	Fiber : 8.71 g

# Whole Roasted Cauliflower



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 35 MINUTES

## INGREDIENTS

- 1 medium head (5-6" dia) [575 g] Cauliflower
- 1.5 tbsp [21 g] Olive Oil
- 1 tsp, ground [0.6 g] Oregano
- 0.5 tbsp [1.05 g] Basil (Dried)
- 1 tsp [2.1 g] Paprika
- 1 tsp [2.4 g] Onion Powder
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [6 g] Salt
- 1 tsp [4 g] Minced Garlic
- 3 tbsp [15 g] Nutritional Yeast
- 0.25 cup [56.25 g] Dairy-Free Yogurt Plain
- 2 tsp [9.4 g] Pepper or Hot Sauce
- 1 fruit [67 g] Lime (*Juice only*)
- 1 tsp [6 g] Salt

## DIRECTIONS

1. Preheat oven to 350°F (175°C.)
2. Mix olive oil, oregano, basil, paprika, onion powder, garlic powder, 1 tsp salt, and garlic paste in a bowl with 2 tbsp of water. Set aside.
3. Remove as many leaves and cut off as much of the stem of the cauliflower as possible without it coming apart.
4. Brush the seasoning mixture onto the cauliflower, paying attention to getting inside all its nooks and crannies.
5. Bake for 25 minutes.
6. Top cauliflower with vegan mozzarella and bake for another 10 minutes.
7. Mix dairy-free greek yogurt, hot sauce, lime juice, and 1 tbsp of kosher salt in a bowl.
8. Drizzle greek yogurt sauce onto baked cauliflower.

## NUTRITION INFO

Calories : 499.5

Fat : 24.34 g

Carbs : 61.87 g

Protein : 24.03 g

Fiber : 23.5 g