

OVEN-BAKED SALMON

With Sweet Potato & Broccoli



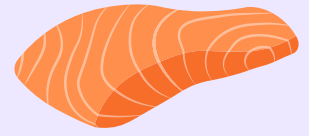
3 tbsp
low-fat mayonnaise



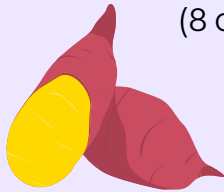
4 cups broccoli florets
(8 oz; 1 medium crown)



¼ cup crumbled feta
or cotija cheese



1 ¼ lbs salmon fillet,
cut into 4 portions



2 medium sweet potatoes,
peeled & cut into 1-inch cubes



1 tsp
chilli powder



½ tsp salt,
divided

4 tsp olive oil,
divided



¼ tsp ground
pepper, divided



½ cup chopped
fresh cilantro



2 limes, 1 zested & juiced,
1 cut into wedges
for serving

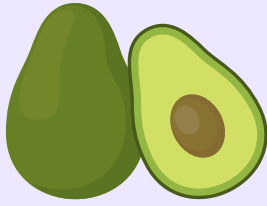
Directions:

- Preheat oven to 218°C. Line tray with foil, spray with cooking spray.
- Mix mayo and chilli powder.
- Coat sweet potatoes with 2 tsp oil, 1/4 tsp salt, and 1/8 tsp pepper. Roast 15 min.
- Coat broccoli with remaining oil, salt, pepper.
- After 15 mins, remove the sweet potato from the oven and move it to the side of the pan.
- Place your salmon in the centre of the pan & surround it with broccoli.
- Apply mayo mixture to salmon. Bake this until your salmon is tender and your sweet potato is cooked.
- Add lime zest and lime juice to the rest of your mayonnaise mixture and drizzle over your cooked vegetables.



Servings: 4

AVOCADO TOAST

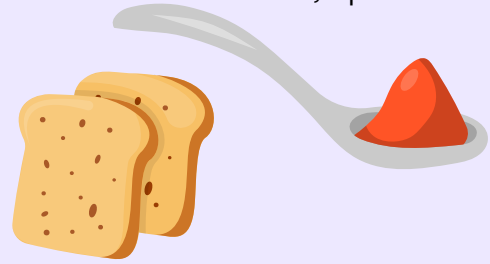


1 avocado
peeled & seeded

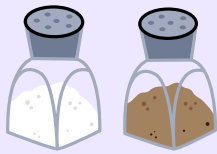


2 tbsp
chopped cilantro

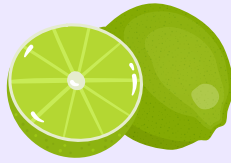
1/2 tsp red pepper
flakes, optional



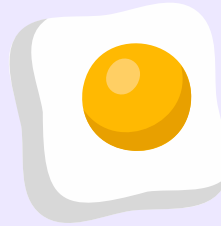
2 slices whole grain bread,
or bread of choice



Salt & pepper to taste



Juice of 1/2 lime



2 eggs, fried,
scrambled,
or poached, optional

Directions:

- Toast 2 slices of bread until golden brown
- In a bowl, mash avocado and combine with cilantro, lime, salt and pepper to your liking
- Prepare your eggs in your favourite style
- Spread avocado on your crispy toast and top with your eggs.



Servings: 2

BRAIN BOOSTING Smoothie



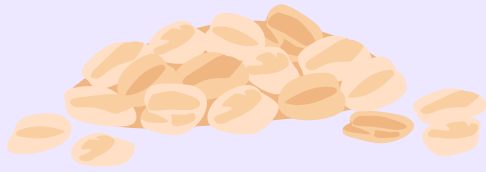
Directions:

- Chop spinach and kale into small pieces & add to your blender
- Peel and cut your orange into halves and add to your blender
- Add your frozen raspberries to the blender
- Chop up your banana & add it to the blender
- Peel & chop your carrot and all to the blender
- Add your seed of choice to the mixture.
- Add turmeric
- Add your liquid of choice
- Blend until it reaches your desired consistency.

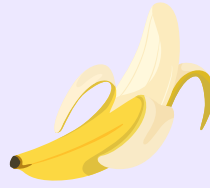


Servings: 1

BANANA CINNAMON Oatmeal



1 cup rolled oats



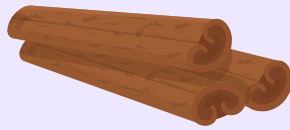
1 medium
banana mashed



Pinch of salt



1/2 tsp
vanilla extract



1/2 tsp ground
cinnamon

2 cups plain, unsweetened
almond milk (any kind
of milk works)



Directions:

- Combine all the ingredients and cook the oatmeal on medium heat until it reaches your desired consistency.
- Once done remove from heat and serve.
- You can also add fresh bananas and berries to your oats.



Servings: 1

BEETROOT, MANDARIN & Farro Salad



2 lbs small
beets, trimmed

½ cup
semi-pearled farro



2 tbsp red wine
vinegar



½ medium shallot,
finely chopped



¼ tsp salt



3 mandarin oranges,
segmented



1 ¼ cups



¼ cup crumbled
feta cheese



½ cup rinsed
no-salt-added
canned chickpeas



2 cups
baby arugula



1 ½ tsp honey



¾ tsp fresh
thyme leaves



3 tbsp chopped
fresh parsley



¾ tsp
Dijon mustard



6 tbsp
extra-virgin
olive oil

Directions:

- Preheat your oven to 200°C.
- On a foil-rimmed baking sheet, place your beetroot in the center and make a packet. Bake until the beetroot is tender.
- Cook the farro in water on the stove for about 25 - 35 mins until tender and cooked through
- Once the farro is done, let it drain
- Mix your vinegar, shallot, honey, mustard, thyme, and salt in a bowl. Slowly whisk in oil.
- Add your chickpeas, arugula, parsley, farro, and roasted beets to this mixture and toss to coat.
- Top your salad with mandarin and feta.



Servings: 4