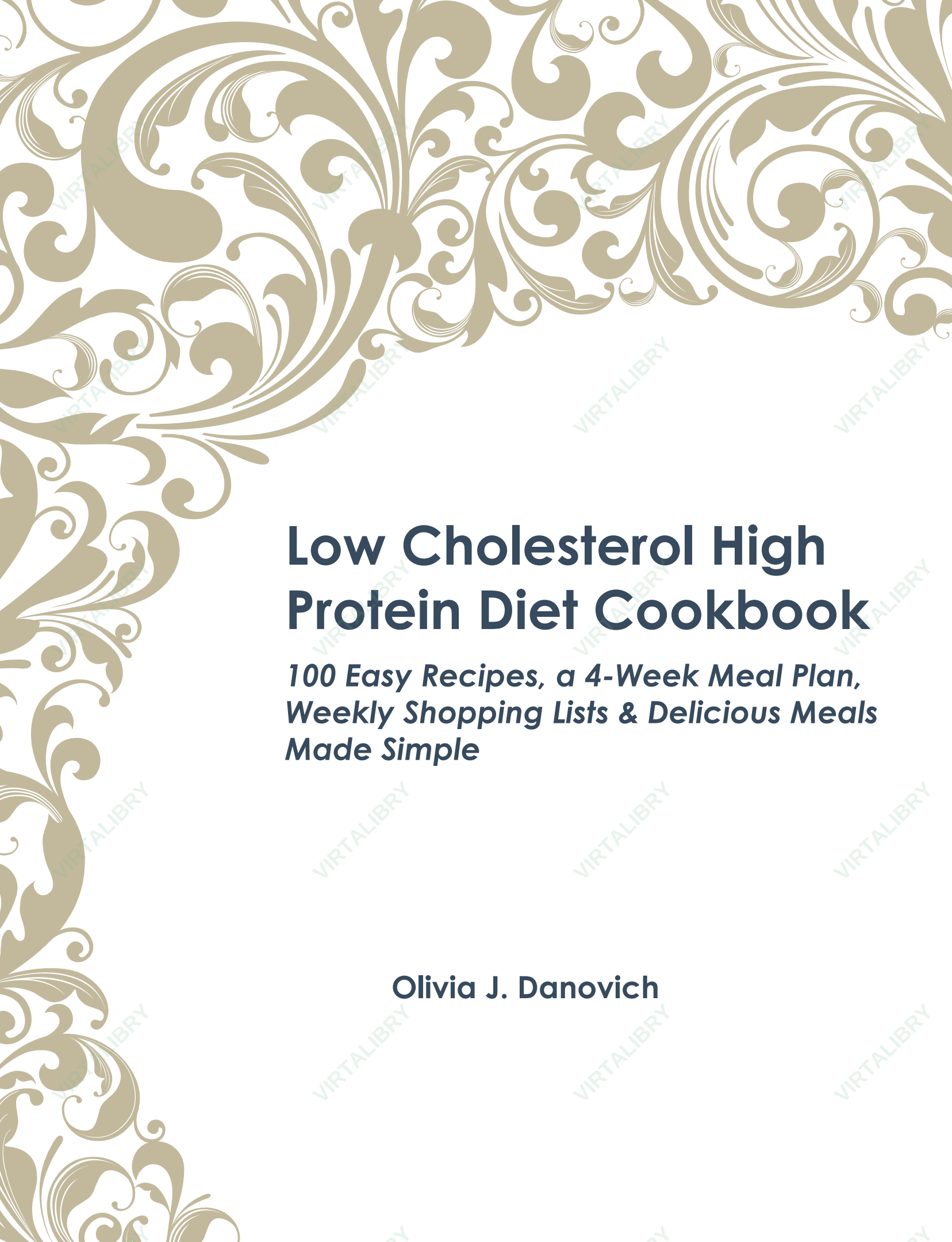




Low Cholesterol High Protein Diet Cookbook

*100 Easy Recipes, a 4-Week Meal Plan,
Weekly Shopping Lists & Delicious Meals
Made Simple*

Olivia J. Danovich

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Table of Contents

INTRODUCTION5

Breakfast & Brunches

Savory Lentil & Egg White Scramble	15
High-Protein Chia & Berry Oatmeal	16
Turkey Spinach Breakfast Muffins	17
Tofu “Feta” & Herb Scramble	18
Smoked Salmon & Cucumber Protein Bowl	19
Quinoa Breakfast Porridge with Almonds	20
Green Power Protein Smoothie	21
White Bean & Avocado Toast	22
Buckwheat Pancakes with Berry Compote ..	23
Spiced Chickpea Flour Omelette (Besan Chilla)	24

Soups & Stews

Hearty Turkey & White Bean Chili	26
Lemon & Herb Chicken Orzo Soup	27
Spicy Red Lentil & Tomato Soup	28
Moroccan Chickpea & Quinoa Stew	29
Garlicky Seafood Stew	30
Three-Bean Vegan Minestrone	31
Creamy Cauliflower & Roasted Garlic Soup	32
Asian-Inspired Ginger-Turkey Meatball Soup	33
Black-Eyed Pea & Collard Green Soup	34
Creamy Broccoli & Edamame Soup	35

Salads

Warm Lemon-Herb Lentil Salad	37
Asian Edamame & Grilled Tofu Salad	38
Southwestern Quinoa & Black Bean Salad ...	39
Mediterranean Tuna & White Bean Salad	40
Deconstructed Chicken Shawarma Salad	41
Shrimp & Avocado Citrus Salad	42
Roasted Beet & Chickpea Salad with Walnuts	43
Greek-Inspired Quinoa Salad	44
Steak & Farro Salad with Mustard Vinaigrette	45
“Cobb” Salad with Turkey Bacon	46

Poultry

Greek Yogurt Marinated Grilled Chicken	48
--	----

Turkey & Zucchini Meatballs with Marinara	49
Cajun-Spiced Chicken with Black-Eyed Pea Salsa	50
Slow-Cooked Salsa Verde Chicken	51
Herb-Roasted Chicken with Spinach & Sun-Dried Tomato Filling	52
Savory Turkey & Quinoa Stuffed Peppers	53
One-Pan Roasted Lemon Chicken with Asparagus	54
Spiced Chicken Skewers with Herbed Cucumber Sauce	55
Savory Turkey Patties with Grilled Portobello Caps	56
“Crispy” Baked Chicken Tenders	57

Fish & Seafood

Pistachio-Crusted Salmon	59
Shrimp & Broccoli Stir-fry with Ginger	60
Mediterranean Baked Cod	61
Seared Scallops with White Bean Puree	62
Tuna Steak with Avocado-Wasabi Mash	63
Lemon-Dill Baked Tilapia Packets	64
Miso-Glazed Mahi Mahi	65
Cioppino (Fisherman’s Stew)	66
Sardine & Whole-Grain Toast with Quick Pickled Onions	67
Blackened Snapper with Mango Salsa	68

Lean Meats (Beef, Pork, Lamb)

Herb-Crusted Lean Filet Mignon	70
Korean-Inspired Beef Bowl (Bibimbap-Style)	71
Pork Tenderloin with Apple-Onion Compote	72
Vietnamese Shaking Beef (Bo Luc Lac) with Watercress	73
Lean Bison & Mushroom Burgers	74
Rosemary & Garlic Grilled Lamb Kebabs	75
Beef & Broccoli Stir-fry	76
Stuffed Pork Loin with Figs & Herbs	77
Mexican-Spiced Ground Beef Lettuce Wraps	78
Peppercorn-Crusted Venison Medallions	79

Vegetarian & Vegan Mains

Lentil-Walnut "Meat" Loaf.....	81
Oven-Crisped Chickpea Rounds with Lemon-Tahini Drizzle	82
Zesty Bean and Corn Oat Patties	83
Baked Smoky Tempeh Strips on Toasted Bread.....	84
Savory Chickpea Mash in Avocado Boats	85
Roasted Squash and Bean Enchiladas	86
Ginger-Sesame Tofu and Vegetable Sauté...	87
Roasted Eggplant and Lentil Spheres	88
Spiced Sweet Potato and Quinoa Patties	89
Herbed White Bean and Vegetable Bake	90

Sides & Snacks

Spiced Oven-Crisped Chickpeas	92
Lemon-Garlic Kale with Almonds.....	93
Quinoa and Herb Salad with Lemon	94
Edamame and Tahini Spread.....	95
Chili-Roasted Brussels Sprouts.....	96
Sautéed Cauliflower and Herb Grains.....	97
Herbed Cheese Stuffed Mini Peppers.....	98
Zucchini Ribbons with Lemon and Basil.....	99
Chive and Cottage Cheese Celery Boats	100
Spiced Sweet Potato Wedges	101

Sauces, Dressings & Essentials

Herbed Avocado and Lime Dressing	103
Savory White Bean and Pepper Sauce.....	104

Garlic and Basil Tomato Simmer.....	105
Yogurt and Tahini Citrus Dressing.....	106
Tangy Apple Cider Onion Quick-Pickle.....	107
Roasted Red Pepper and Almond Sauce....	108
Rosemary and Thyme Infused Olive Oil.....	109
Herbed Yogurt and Lemon Dressing.....	110
Spicy Mango and Habanero Salsa	111
Spiced Black Bean and Lime Puree	112

Desserts & Sweet Treats

Cocoa and Black Bean Confection Squares.....	114
Avocado and Cocoa Silken Cream.....	115
Layered Cocoa-Chia Pudding with Berries.....	116
Peanut Butter and Seed Protein Rounds	117
Cinnamon-Walnut Stuffed Baked Apples ...	118
Berry-Swirled Yogurt Custards	119
Creamy Frozen Banana Delight.....	120
No-Bake Lemon-Poppy Seed Energy Squares.....	121
Caramelized Peaches with Balsamic Glaze.....	122
Baked Chickpea Almond Blondies	123

28-DAY MEAL PLAN	124
SHOPPING LISTS.....	126
CONCLUSION	135

*Before We Dive into the Details, Take a Look
at How Simple Your Journey Can Be!*

**4-WEEK
MEAL
PLAN**

**SHOPPING
LIST**





Introduction: Fueling Vitality

Welcome to a kitchen revolution where flavor meets vitality, and every meal becomes a joyful step toward feeling your absolute best. This book isn't about crossing foods off a list with a sigh of regret. Forget the dull, restrictive regimes of the past. Instead, imagine opening a guide to vibrant, satisfying plates that actively love you back—delicious food designed to support a strong heart, steady energy, and a future brimming with wellness. We're embarking on a journey to redefine nourishment, moving far beyond the tired concept of "dieting" into a world of purposeful, celebratory eating. Consider this your friendly map to a new and delicious relationship with food, one where abundance, not deprivation, is the core principle.

Think of your body as a magnificent engine, one that deserves the highest-quality fuel to run smoothly for years to come. The recipes you'll find here are precisely that: premium fuel. They are crafted with a thoughtful balance of lean, powerful proteins and complex carbohydrates, all working in harmony to nourish your muscles, stabilize your energy, and protect your cardiovascular health. You'll discover how the right ingredients can be transformative, turning simple meals into sources of lasting power and satisfaction. This approach to eating is a positive, affirming choice you make for yourself—a commitment to feeling light, energized, and truly cared for from the inside out.

We've meticulously designed each chapter to dissolve any anxiety about "healthy" cooking, replacing it with pure inspiration. You'll find everything from sun-drenched breakfast bowls that launch your morning to hearty, one-pan dinners that gather the family without fuss. Each recipe is a testament to the fact that food that supports your well-being can also dazzle your taste buds with bright herbs, warming spices, and captivating textures. Our goal is to make this way of eating so effortlessly delicious and integrated into your life that it simply becomes your natural way of eating—sustainable, enjoyable, and deeply rewarding.

So, take a deep breath and turn the page. Let's leave behind the old chatter of restriction and greet a new chapter of culinary excitement. Your kitchen is about to become a place of vibrant creation, where every chop, sizzle, and simmer contributes to your lasting health. Get ready to fill your plate with color, your home with wonderful aromas, and your life with the enduring vitality that comes from truly loving what you eat. Your journey to lasting wellness starts right here, and it tastes incredible.

The Core Principles: Understanding the Why

Let's start by clearing up one of the biggest confusions in the kitchen: cholesterol isn't a simple villain. Think of it more like a complex delivery system in your bloodstream, a necessary substance your body uses to build cells. The real story isn't about cholesterol itself, but the vehicles it uses to travel. Imagine two very different types of carriers. The first, low-density lipoprotein or LDL, is like a rickety, overloaded cart. As it bumps along your arterial highways, it can drop sticky parcels that slowly build up over time, narrowing the path for your vital blood flow. This is the "less-than-ideal" carrier we aim to gently reduce. Then there's its helpful counterpart, high-density lipoprotein or HDL. This one is the sleek, efficient cleanup crew, scouting your circulatory routes, picking up stray deposits, and whisking them away for disposal. Our goal with every meal in this book is a beautiful,

two-part mission: to gracefully lessen the load on those rickety LDL carts while actively supporting the diligent HDL cleanup fleet.

Now, here's the liberating twist that changes everything: the cholesterol you eat and the cholesterol in your blood are related, but they aren't the same thing. For most people, the saturated and trans fats in their diet have a far greater impact on their blood lipid profile than the cholesterol found naturally in foods like eggs or shellfish. This is fantastic news! It shifts our focus from nervously counting dietary milligrams to thoughtfully choosing the right types of fats and fibers. It means you can enjoy a beautifully runny yolk or a succulent shrimp skewer without a side of guilt, as long as the rest of your plate is built with intelligence. This understanding empowers you. It places the steering wheel firmly in your hands, because what you choose to eat day after day directly instructs your liver on how to manage this entire, intricate process. Your fork becomes a powerful tool, capable of sending clear, health-promoting signals throughout your body.

This is where your meal starts to have an impact. The food you consume interacts with your physiology, and you can steer it toward restoration and support. How? Through the brilliant, targeted choices you'll find in every recipe here. The soluble fiber in our oats, beans, apples, and barley acts like a gentle sponge in your digestive system, binding to those LDL particles and helping to usher them out of your body before they ever enter your bloodstream. The plentiful nuts, seeds, avocados, and olive oil supply a rich source of unsaturated fats, which help reduce the levels of problematic LDL cholesterol. Meanwhile, the vibrant antioxidants in our berries, leafy greens, and tomatoes help protect your precious HDL particles and keep your arterial pathways smooth and resilient. Every ingredient is a conscious participant in this positive, internal dialogue.

So, as you explore the recipes ahead, see them as more than just a collection of dishes. See each one as a strategic, delicious, and deeply nurturing plan for your inner world. You are not merely avoiding something; you are proactively building, protecting, and maintaining. You are choosing the crunchy almond topping, the creamy avocado slice, or the hearty lentil base not just for their wonderful textures and tastes, but for the specific, beneficial conversation they will start within you. This knowledge transforms cooking from a routine task into a daily act of profound self-care. With every meal you craft from these pages, you're doing far more than feeding hunger—you're cultivating vitality, one flavorful, heart-smart bite at a time.

THE PROTEIN ADVANTAGE

Imagine a nutrient so fundamental that it acts as the chief architect for your body's physical structure, a steady-handed manager for your metabolism, and a trusted regulator for your hunger signals. That multitasking marvel is protein. Far more than just a buzzword on a fitness label, it is the indispensable building block of you—the literal framework for your muscles, connective tissues, skin, and the enzymes that spark every cellular process. In our journey toward sustained vitality, understanding protein's starring role is like being handed the master blueprint. It's the key that helps you feel deeply satisfied after a meal, maintains the strong, metabolically active muscle tissue that keeps your energy furnace burning bright, and supports your body's tireless repair work from the inside out. This isn't about overloading or forcing anything; it's about providing consistent, intelligent support for the incredible work your body is already designed to do.

Let's talk about one of protein's most immediate and welcome gifts: the profound feeling of satiety. Unlike nutrients that can rush into your bloodstream and just as quickly vanish, protein takes its time. When you enjoy a meal rich in high-quality protein, it triggers a cascade of intelligent signals in your gut and brain that essentially say, "All is well. We are nourished." This gentle, natural process helps quiet the static of constant cravings and turns off the urge to graze mindlessly an hour after you've eaten. It provides a calm, steady fullness that allows you to move through your day with focus, free from the energy spikes and plummets that derail your best intentions. This lasting satisfaction is

the cornerstone of a sustainable, joyful way of eating. It means the vibrant plate in front of you truly feeds you, leaving you content and empowered until your next delicious meal.

Protein always plays key roles in your body, but the source matters because each one adds something different. This knowledge helps you put together a more colorful and varied meal. On one hand, we have lean animal proteins—think of the clean zest of a grilled chicken breast, the rich flake of a wild salmon fillet, or the hearty simplicity of a turkey chili. These are what we call “complete” proteins, meaning they deliver all nine of the essential amino acids your body cannot make on its own in one efficient package. They are powerhouses of nourishment, fantastic for ensuring your body gets a full spectrum of building blocks in a single sitting. On the other hand, we have the wonderfully diverse world of plant-based proteins: the earthy heartiness of lentils and black beans, the versatile bite of tofu and tempeh, and the satisfying chew of quinoa. Most individual plant-based sources are “incomplete,” offering a brilliant but partial set of those essential amino acids. Yet, this is not a limitation—it’s an invitation to mix, match, and celebrate variety. By combining different plant friends throughout your day, like beans with whole grains or nuts with legumes, you effortlessly create a complete and powerful protein profile that is every bit as supportive and nourishing.

This brings us to the beautiful, practical symphony of it all. A lifestyle rich in varied, lean, and plant-powered proteins does more than just build muscle or curb appetite. It actively stokes your metabolic engine. Muscle tissue, even at rest, requires more energy to maintain than other tissues, meaning that by supporting your muscle health with adequate protein, you’re naturally encouraging your body to burn calories more efficiently. It’s a virtuous cycle: you feel fuller longer, you preserve and build metabolically active tissue, and you provide the raw materials for overall repair and robust health. The recipes in this book are designed to make this symphony easy and delicious to conduct. You’ll find clever ways to fold a scoop of legumes into a morning scramble, to crown a salad with grilled shrimp or spiced chickpeas, and to transform a humble bowl of soup into a protein-rich feast. Here, protein is never an afterthought or a chalky supplement—it’s the flavorful, satisfying heart of every dish. By welcoming this abundance onto your plate, you’re doing far more than following a dietary guideline. You’re laying a foundation of sustained strength, stable energy, and resilient health.

THE TRINITY OF HEART-HEALTHY EATING

Welcome to the heart of the matter—the simple, powerful framework that guides every single recipe in this book. Think of it not as a list of strict rules, but as a friendly, three-part compass for your kitchen adventures. This trinity of principles—what we mindfully minimize, what we joyfully embrace, and what we enthusiastically celebrate—will transform how you view your plate. It’s a positive, proactive approach that builds wellness from the ground up, focusing on all the wonderful foods you get to enjoy. Let’s explore this delicious logic together, one pillar at a time.

Our first pillar is about creating space for abundance by gently reducing the ingredients that don’t serve our heart’s best interests. This isn’t about sudden bans or a sense of lack; it’s a conscious shift. We’ll be looking at saturated fats, often found in fatty cuts of red meat, full-fat dairy products, and poultry skin. These fats, when enjoyed in excess, can encourage our bodies to produce more of that sticky LDL cholesterol we discussed. Similarly, artificial trans fats, lurking in some fried foods and processed snacks, are clever imitators that disrupt our body’s natural harmony. We also adopt a relaxed stance toward dietary cholesterol itself. While foods like shrimp and eggs have been unfairly scrutinized, we’ll simply enjoy them as part of a balanced plate, not the main event. Finally, we’ll sidestep the empty calories of refined carbohydrates—white breads, pastries, and sugars—that can spike our blood sugar and contribute to an unhealthy lipid profile. Minimizing these elements isn’t an act of deprivation; it’s the essential first step of clearing the deck, making wonderful room for the vibrant, nutrient-dense foods that are waiting to take center stage.

And what magnificent foods they are! This leads us to our second, and most exciting, pillar: the embrace. This is where we pour our energy and enthusiasm, actively welcoming the very foods that research shows love our hearts back. First and foremost, we embrace a rainbow of proteins that build and repair without burden. You'll become best friends with lean poultry, swift and flaky fish, and the incredible, versatile world of plants—lentils that simmer into comforting stews, chickpeas that crisp into glorious toppings, and tofu that soaks up every flavor you offer it. Next, we warmly welcome soluble fiber, a true unsung hero. This special type of fiber, found in oats, barley, beans, apples, and Brussels sprouts, performs a bit of daily magic in your digestive tract. It forms a gentle gel that helps bind to cholesterol, ushering it out of your body. Including these foods isn't a chore; it's a daily opportunity to give your heart a helping hand.

We also wholeheartedly embrace the world of healthy, unsaturated fats. These are the glorious, flavorful fats that are liquid at room temperature and come to us from plants and fish. Think of the creamy richness of a ripe avocado, the satisfying crunch of almonds or walnuts, and the golden, fragrant drizzle of extra virgin olive oil. These fats are not the enemy; they are essential allies. They help reduce harmful LDL levels, support your body's anti-inflammatory processes, and make your food taste profoundly satisfying. When you dress a salad with a lemon-olive oil vinaigrette or sprinkle toasted pumpkin seeds over a soup, you're doing more than adding taste—you're actively nourishing your cardiovascular system. This pillar of embrace is all about inclusion, abundance, and choosing the powerful ingredients that support your energy and longevity with every single bite.

Now, if the first pillar clears the stage and the second brings the talented performers on, then our third pillar is all about the show-stopping lighting, music, and costume design. We celebrate flavor—real, vibrant, unadulterated flavor that makes you truly fall in love with eating well. This is where we say a resounding yes to the entire garden of herbs, the globe-trotting array of spices, the bright zing of citrus, the complex tang of vinegars, and the foundational aroma of garlic, onions, and ginger. When you minimize added salts, sugars, and heavy creams, you don't resign yourself to blandness; you unlock a universe of taste you might have been missing.

Let's talk about the instant lift a handful of fresh cilantro or basil can bring, or how a dusting of smoked paprika can add a whisper of campfire warmth to simple roasted carrots. Consider how a splash of apple cider vinegar can brighten a soup, or how the zest of a lime can make a bowl of black beans sing. These elements are your secret weapons, your culinary superpowers. They contain zero cholesterol, negligible unhealthy fats, and a host of beneficial plant compounds. They engage all your senses and transform a simple piece of grilled chicken or a bowl of steamed vegetables into a memorable meal that you'll genuinely crave. This celebration is the joy at the core of this entire philosophy.

The true magic happens when these three pillars work in concert on your plate. They are not isolated ideas, but interconnected parts of a single, beautiful strategy. For instance, when you choose a lean, grilled salmon fillet (embracing lean protein and healthy fats), serve it over a bed of lemon-herb quinoa with a side of roasted broccoli (celebrating flavor and fiber), you have automatically minimized the need for heavy sauces, empty carbs, or less healthy fats. The principles naturally support one another, creating meals that are greater than the sum of their parts. Your focus effortlessly shifts from what's "missing" to the incredible symphony of textures, colors, and tastes you've created.

This interconnected approach also brings a wonderful sense of flexibility and personalization to your table. The "minimize" list isn't a prison; it's a guide that becomes second nature. You'll find yourself instinctively reaching for olive oil instead of butter, or savoring a square of dark chocolate instead of a sugar-laden dessert, not because you have to, but because you know how good the alternative makes you feel. The "embrace" list becomes your new shopping list, filled with ingredients that energize you. And the "celebrate" list becomes your playground, where you get to experiment with harissa, fresh dill, toasted sesame oil, or a new type of heirloom bean.

Implementing this trinity is a journey of discovery, not a final exam. Start with one meal. Look at your breakfast and see where you can add a bit of soluble fiber—perhaps some oats or chia seeds. At lunch, find an opportunity to celebrate flavor—a dash of cumin in your yogurt dressing, or fresh mint on your salad. For dinner, focus on embracing a beautiful protein and pairing it with a colorful vegetable. Small, consistent choices, guided by this friendly three-part compass, will steadily reshape your habits and your health. You are learning a new language of nourishment, one where every ingredient is chosen with purpose and pleasure.

This, in essence, is the foundational spirit of the recipes that follow. Every soup, salad, stir-fry, and bake has been crafted with this thoughtful balance in mind. They are your blueprints for success, designed to prove that heart-healthy eating is synonymous with vibrant, crave-worthy eating. As you turn the pages and begin to cook, carry this trinity with you: minimize with intention, embrace with gusto, and celebrate with every sense. You are not just feeding your body; you are cultivating a lasting, loving relationship with food that will sustain your vitality for years to come.

Your Kitchen Toolkit: The How

Imagine opening your cupboards and seeing not just ingredients, but a vibrant collection of trusted allies—all ready to help you create something nourishing and delicious in minutes, without a last-minute trip to the store. That's the goal of a thoughtful pantry makeover. This isn't about a rigid, single shopping spree that empties your wallet. Think of it instead as a gentle, gradual shift in what you choose to keep on hand. By intentionally stocking a core set of foundational players, you build a kitchen that supports your new way of eating effortlessly. It's the simplest secret to consistent success: when the right foods are the easiest to reach for, choosing them becomes a joyful habit, not a chore. Let's explore what these friendly staples are and why they deserve a permanent spot on your shelves.

First, we honor the humble heroes of convenience and longevity: the canned and dried legumes. Keep a variety of beans—like creamy cannellini, sturdy chickpeas, and bold black beans—in your pantry, always opting for low-sodium versions when you can and giving them a good rinse. Alongside them, store a rainbow of dried lentils; red ones dissolve into silky soups, while brown or green lentils hold their shape perfectly for salads and grain bowls. These little powerhouses are your instant protein and soluble fiber boost, ready to transform a simple vegetable sauté into a hearty, satisfying meal in the time it takes to warm them through. Next, let's build your whole-grain library. Beyond the familiar brown rice, invite in chewy farro, nutty quinoa, hearty barley, and of course, a big container of old-fashioned rolled oats. These complex carbohydrates provide steady energy and texture, forming the comforting base for countless breakfasts, sides, and salads. Having even just two or three of these on hand means you're never more than twenty minutes from a wholesome foundation for your plate.

Now, let's talk about the elements that bring richness, brightness, and life to all those beans and grains. Your collection of healthy fats and vibrant acids is absolutely essential. For fats, focus on quality over quantity. A good extra-virgin olive oil for dressings and finishing, a neutral-tasting avocado or grapeseed oil for higher-heat cooking, and perhaps a flavorful toasted sesame oil for an aromatic finish are perfect starters. Then, turn your attention to vinegars. A crisp apple cider vinegar, a versatile red or white wine vinegar, and a bottle of balsamic (for its sweet depth) will allow you to whip up an endless array of zesty dressings and pan sauces without a speck of added sugar or cream. This dynamic duo—good fats and bright acids—replaces the need for heavy, less-healthy sauces and teaches your palate to celebrate clean, layered flavors.

But the true soul of your cooking, the magic that will make your kitchen smell incredible and your food taste uniquely yours, lives on your spice rack. This is your flavor playground, and building it is an adventure. Start with a core of versatile dried herbs and ground spices: oregano, thyme, smoked

and sweet paprika, cumin, and cinnamon are fantastic all-rounders. Then, embrace the power of whole spices—like coriander seeds, mustard seeds, or peppercorns—which you can toast and grind for unmatched freshness and fragrance. Don't forget the allium and aromatics that aren't truly pantry items but are just as foundational: always keep fresh garlic, onions, and ginger in your kitchen. They are the first, most important scent you'll cook in almost any savory dish, building a base of flavor that is deep and complex. With a well-curated spice collection, you can travel the world from your stovetop, turning the same chicken breast or lentil into a Mediterranean feast, a smoky Tex-Mex bowl, or a warmly spiced curry.

Ultimately, this pantry makeover is about gifting yourself the gift of ease and possibility. It shifts your mindset from “What can I make with what's left?” to “What do I feel like creating today?” When your shelves are stocked with these foundational ingredients, you are never starting from zero. You have the building blocks for endless combinations right at your fingertips. The recipes in this book will show you exactly how to combine them, but with this toolkit in place, you'll soon find yourself improvising with confidence. You'll see a sweet potato and some black beans and know you have the cumin and lime for a quick taco bowl. You'll spot that last bit of broccoli and remember the quinoa and tamari for a fast stir-fry. This is the real goal: to make heart-healthy, protein-rich cooking so intuitive, convenient, and delicious that it becomes the most natural and rewarding part of your day. So, take this list, start small, and enjoy the process of building your kitchen's new foundation—one delicious jar, can, and spice at a time.

PROTEIN PRIMER

Think of your plate as a canvas where protein is the vibrant centerpiece, the element that brings everything into satisfying balance. But with so many wonderful options, where do you begin? This primer is your friendly map to the world of high-quality proteins, designed to help you mix, match, and explore with confidence. Each category offers its own unique texture, flavor, and culinary strengths, turning every meal into an opportunity for both nourishment and discovery. Let's get acquainted with these essential players, breaking them down into two delightful families: those from animal sources and the magnificent gifts from the plant kingdom.

From the animal world, we welcome proteins that are celebrated for their leanness and completeness. The sparkling bounty of the sea provides us with **fish & seafood**—flaky white fish like cod, meaty salmon rich in omega-3s, and quick-cooking shrimp. They are nature's swift, elegant answer to a protein-packed dinner. Next, we have the versatile champions of the land: **skinless poultry** like chicken and turkey breast, perfect for grilling, shredding into soups, or slicing over salads. For times when you crave a richer, deeper flavor, **lean meats** such as tenderloin cuts of pork or beef, or even game like bison, can be enjoyed in moderation, focusing on smart trims and sensible portions. And let's not forget the incredible, affordable duo of **eggs & egg whites** and **Greek yogurt & cottage cheese**. Eggs are the all-in-one package, while using just the whites gives you pure protein with zero fat. Greek yogurt and cottage cheese are the creamy, tangy secret weapons—stir them into dips, blend them into sauces, or enjoy them topped with fruit for a protein punch that feels like a treat.

Now, let's turn our attention to the extraordinary and diverse realm of plant-powered proteins. This is where culinary creativity truly shines. **Tofu & tempeh**, made from whole soybeans, are the versatile chameleons of the kitchen. Silken tofu whips into creamy desserts, firm tofu soaks up marinades and crisps beautifully, and tempeh, with its nutty flavor and hearty bite, is fantastic crumbled or sliced. Then, we have the humble yet mighty world of **lentils & legumes**—the beans, chickpeas, and peas that are the cornerstone of global cuisines. Red lentils melt into soups, black beans anchor vibrant bowls, and chickpeas can be roasted for a crunchy snack or blended into a velvety hummus. These plant-based stars bring not only substantial protein to your table but also a generous dose of gut-loving fiber, making them some of the most heart-smart choices you can make.

The true joy comes from weaving all these options together throughout your week. There's no single "best" choice—the magic is in the variety. You might start your day with a scramble of egg whites and black beans, enjoy a lunch of lemon-herb grilled chicken over a lentil salad, and settle into dinner with a ginger-soy glazed piece of salmon or a spicy tofu stir-fry. This rotation ensures you receive a full spectrum of nutrients while keeping your taste buds endlessly entertained. By seeing this list not as a restriction but as a palette of colorful possibilities, you empower yourself to build meals that are deeply satisfying, wonderfully diverse, and perfectly aligned with your vibrant health.

ESSENTIAL COOKING METHODS

Now that your pantry is stocked with vibrant ingredients, let's talk about how to unlock their full potential. The way you cook is just as important as what you cook. By mastering a handful of simple, essential techniques, you can create incredibly flavorful meals that preserve nutrients, minimize the need for added fats, and celebrate the natural goodness of every component. Think of these methods not as rigid rules from a culinary school, but as your personal toolkit of reliable, everyday strategies. Each one offers a different path to deliciousness, from the smoky whisper of the grill to the gentle touch of steam. Embracing these techniques is the final step in becoming confident and creative in your kitchen, transforming raw ingredients into heart-healthy masterpieces with ease and joy.

Let's begin with the dry-heat methods, beloved for the deep, rich flavors they develop without submerging food in oil. **Grilling and broiling** use direct, radiant heat to sear the surface of proteins and vegetables, creating those desirable, caramelized edges that are packed with taste. A quick marinade in herbs and citrus is all you need to ensure chicken breasts, fish fillets, or slices of eggplant emerge juicy and full of character. **Baking and roasting** surround your food with steady, enveloping heat, perfect for cooking meals hands-free. This method works wonders for everything from a tray of salmon and asparagus to a medley of chickpeas and cauliflower florets tossed with mere teaspoons of oil and a generous dusting of spices. The oven's even air works to concentrate natural sugars and deepen flavors beautifully, making it a cornerstone of effortless, elegant cooking.

For preserving delicate textures and maximizing nutritional value, we turn to the gentle, moist-heat approaches. **Steaming** is the ultimate minimalist technique, using the vapor from simmering water to cook food to tender perfection. It's the ideal way to prepare vegetables like broccoli and green beans, locking in their bright color and crisp-tender bite, and it's equally magnificent for delicate fish fillets or chicken dumplings. **Poaching** takes this gentleness a step further by submerging food in a warm, flavorful liquid like a light vegetable broth, water with lemon slices and herbs, or even tomato juice. This method cooks proteins like eggs, chicken, or firm white fish gently and evenly, resulting in a marvelously moist and tender outcome. These techniques prove that you don't need heavy sauces or fats to create food that is succulent and satisfying.

Finally, let's explore the swift, dynamic techniques that form the heartbeat of weeknight cooking. **Sautéing and stir-frying** are your go-to methods for quick, flavorful meals built in a single pan. The key is to use a high-quality non-stick or well-seasoned cast-iron pan and to measure your oil consciously—a simple tablespoon is often plenty. The goal is to heat the oil until it shimmers, then add your ingredients in a swift, continuous motion. This quick cooking over high heat seals in juices, softens aromatics like garlic and ginger in seconds, and wilts greens while keeping them vibrant. For stir-frying, have all your components prepped and within arm's reach before you begin. This method is a celebration of fresh vegetables and lean proteins coming together in a lively, quick dance in the pan, finished with a splash of citrus or a light, savory sauce. It's the embodiment of fast, fresh, and fantastically healthy.

With these six foundational methods in your repertoire—grilling, baking, steaming, poaching, sautéing, and stir-frying—you have the power to approach any recipe or ingredient with confidence.

You'll learn to match the technique to the food: roasting sturdy root vegetables for sweetness, gently poaching a piece of fish for a light dinner, or stir-frying a colorful array of peppers and shrimp for a rapid feast. This knowledge frees you. It moves you away from relying on deep-frying or drowning dishes in butter and cream, and instead guides you toward a brighter, cleaner, and more flavorful way of cooking. As you practice, you'll discover that these methods aren't just about preparation; they're active ingredients in your wellness journey, turning simple, wholesome foods into the delicious, life-affirming meals you'll crave day after day.

ADAPTING FAMILY FAVORITES

One of the most rewarding parts of this journey is realizing that your new way of eating doesn't mean saying goodbye to the beloved meals that hold memories and comfort. Those cherished family recipes—the hearty lasagnas, the creamy casseroles, the savory meatloaves—aren't off-limits. They're simply waiting for a thoughtful refresh. Think of yourself not as a rule-enforcer, but as a culinary translator. With a few smart swaps and a spirit of gentle innovation, you can transform those classic dishes into versions that align with your health goals without sacrificing an ounce of the soul-satisfying joy they bring. This is where cooking becomes truly personal and powerful.

The first and most impactful translation often begins with the protein at the heart of the dish. That rich ground beef in your chili or spaghetti sauce? Consider inviting a leaner, more versatile ingredient to the pot. Ground turkey or chicken breast, especially when browned well with plenty of onions, garlic, and your favorite herbs, provides the same satisfying texture and savoriness without the heavy load of saturated fat. For stews and braises, choose lean cuts like pork tenderloin or beef sirloin tip, trimming any visible fat, and let slow, moist cooking tenderize them to perfection. Even in a breakfast scramble, using two egg whites for every whole egg instantly boosts the protein and cuts the cholesterol, while still giving you that golden, fluffy texture you love. It's a seamless shift that keeps the character of the dish perfectly intact.

Next, we tackle the realm of creamy textures and rich finishes, where some of the most magical swaps happen. That dollop of sour cream on your baked potato or the cup of heavy cream in your soup doesn't have to be a relic of the past. Enter the humble, protein-packed hero: plain Greek yogurt. Its thick, tangy profile makes it a flawless stand-in for sour cream in toppings, dips, and even baked goods. For an even richer, more neutral creaminess, try blending silken tofu or cooked white beans—like cannellini or great northern—until they're utterly smooth. This bean puree can be stirred into soups, mashed into potatoes, or used as a base for a decadent-tasting pasta sauce, adding body, fiber, and plant-based protein where there once was only empty fat. You'll be amazed at how these simple exchanges create luxuriously smooth results that are not just “good for you,” but genuinely delicious in their own right.

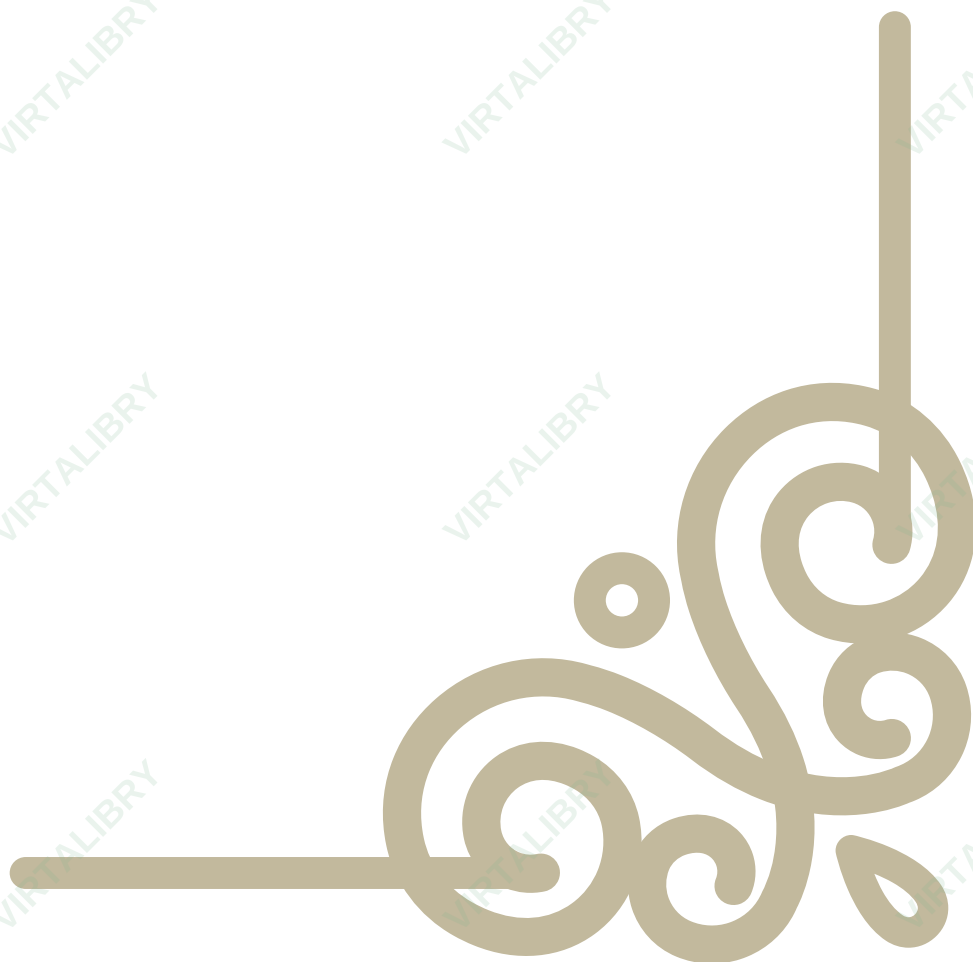
Finally, we amplify flavor and substance in clever, healthful ways. Instead of using breadcrumbs soaked in butter as a binder or topping, try using whole rolled oats or finely chopped mushrooms mixed into lean ground meat. They add moisture and structure while contributing beneficial fiber. When a recipe feels like it's missing “something,” look to our celebration pillar: a double handful of fresh herbs, a generous squeeze of citrus, a splash of balsamic vinegar, or a sprinkle of smoked paprika can add a dimension of taste that makes you forget about the salt or fat you've reduced. Bulk up any dish with more vegetables—grated zucchini in meatballs, roasted mushrooms in a pasta sauce, or a layer of spinach in a lasagna. This doesn't just add vitamins; it creates a more satisfying, voluminous meal that naturally helps with portion control.

Embracing this adaptive approach is the key to a sustainable, joyful lifestyle. Start by choosing one family favorite and applying just one of these principles. Make your famous chili with lean turkey and an extra can of beans. Prepare that potato salad with a dressing of Greek yogurt, mustard, and dill. The goal isn't to create a perfect, rigid replica, but to craft a new, evolved version that becomes

a future classic in its own right. You are not erasing your food history; you are thoughtfully writing its next delicious chapter. With each successful adaptation, your confidence will grow, and your kitchen will remain a place of tradition, innovation, and deep, heartfelt nourishment for everyone who gathers at your table.

And now, with our compass set and our kitchen ready, the real adventure begins. Everything we've explored together—the vibrant principles, the stocked pantry, the clever techniques—finds its beautiful, practical expression on the page that follows.

So, tie on your apron and open your senses. The recipes ahead are your invitation to play, to nourish, and to thrive. Let's start cooking!





Breakfasts & Brunches

Savory Lentil & Egg White Scramble

A protein-rich morning scramble combining fluffy egg whites with hearty lentils, tender spinach, and sweet roasted tomatoes. This dish delivers sustained energy and robust flavor while remaining exceptionally low in saturated fat and cholesterol.

INGREDIENTS:

- 1 cup (150 g) cherry tomatoes, halved
- 1 teaspoon (5 ml) extra virgin olive oil
- 1 cup (240 ml) liquid egg whites
- $\frac{3}{4}$ cup (130 g) cooked brown or green lentils, no-salt-added, drained and rinsed
- 1 $\frac{1}{2}$ cups (45 g) fresh baby spinach, lightly packed
- $\frac{1}{4}$ cup (35 g) yellow onion, finely diced
- 2 tablespoons (30 ml) unsweetened almond milk, plain
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon ground turmeric
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- Fresh herbs (such as chives or parsley), chopped, for garnish (optional)

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss the halved cherry tomatoes with $\frac{1}{2}$ teaspoon (2.5 ml) of the olive oil on the prepared baking sheet. Arrange them cut-side up and roast for 10–12 minutes, until softened and their edges begin to caramelize.
3. While the tomatoes roast, whisk together the liquid egg whites, almond milk, garlic powder, turmeric, and black pepper in a medium bowl until slightly frothy.
4. Heat the remaining $\frac{1}{2}$ teaspoon (2.5 ml) of olive oil in the non-stick skillet over moderate heat. Add the diced onion and cook, stirring repeatedly, for 3–4 minutes until translucent and fragrant.
5. Incorporate the cooked lentils into the skillet with the onions. Stir and cook for 1–2 minutes to warm them through.
6. Reduce the heat to medium-low. Pour the seasoned egg white mixture into the skillet over the lentils and onions. Let it sit undisturbed for 30 seconds to begin setting at the edges.
7. Using a silicone spatula, gently push the cooked edges toward the center, allowing the uncooked egg whites to flow to the hot pan. Continue this gentle pushing and folding motion every 30–45 seconds for 4–5 minutes total, until the egg whites are fully set but still moist and fluffy.
8. Add the baby spinach and the roasted cherry tomatoes to the skillet. Gently fold them into the scramble just until the spinach wilts, about 1 minute.
9. Divide the scramble evenly between two plates. Top with fresh herbs if desired, and serve immediately.



Time to Prepare: 10 minutes

Time to Cook: 15 minutes

Makes: 2 servings

EQUIPMENT:

- Medium mixing bowl
- Small mixing bowl
- Whisk
- 10-inch (25 cm) non-stick skillet
- Baking sheet
- Parchment paper
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 215 kcal
- Protein: 24 g
- Carbohydrates: 22 g
- Dietary Fiber: 7 g
- Sugars: 5 g
- Fat: 4 g
- Saturated Fat: 0.5 g
- Sodium: 210 mg
- Potassium: 720 mg
- Phosphorus: 255 mg

Values are approximations based on specified ingredients and brands without added salt.



High-Protein Chia & Berry Oatmeal

Steel-cut oats and chia seeds simmered slowly in almond milk create a luxuriously thick, nutrient-dense porridge. Topped with a vibrant mix of fresh berries and finished with vanilla protein powder, this dish provides lasting energy and a complete, balanced breakfast.

INGREDIENTS:

- ½ cup (80 g) uncooked steel-cut oats
- 2 ½ cups (590 ml) unsweetened almond milk, plain, divided
- 2 tablespoons (20 g) chia seeds
- 1 teaspoon pure vanilla extract
- ¼ teaspoon ground cinnamon
- 1 scoop (30 g) vanilla whey protein powder or vanilla plant-based protein powder
- 1 cup (145 g) mixed fresh berries (such as blueberries, raspberries, and sliced strawberries)
- 1 tablespoon (15 ml) pure maple syrup (optional)

Time to Prepare: 5 minutes

Time to Cook: 20 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan (2-quart / 2-liter)
- Whisk
- Measuring cups and spoons
- Wooden spoon or heat-resistant spatula

NUTRITIONAL INFORMATION (PER SERVING, WITH WHEY PROTEIN, WITHOUT OPTIONAL MAPLE SYRUP):

- Calories: 325 kcal
- Protein: 24 g
- Carbohydrates: 42 g
- Dietary Fiber: 11 g
- Sugars: 8 g
- Fat: 8 g
- Saturated Fat: 1 g
- Sodium: 180 mg
- Potassium: 380 mg
- Phosphorus: 310 mg

*Values are approximations.
Using plant-based protein
powder may slightly alter
protein and mineral values.*

INSTRUCTIONS:

1. Combine the steel-cut oats, 2 ¼ cups (530 ml) of the almond milk, chia seeds, vanilla extract, and cinnamon in the medium saucepan. Stir thoroughly.
2. Heat the mixture over medium-high until it reaches a full boil, giving it an occasional stir so it doesn't catch on the bottom.
3. Turn the heat down at once to hold a very gentle simmer. Place the lid on the pan, leaving a small gap for steam to escape.
4. Cook for 18–20 minutes, stirring every 5 minutes, until the oats are tender and the mixture has thickened to a creamy porridge consistency. Remove the saucepan from the heat.
5. In a small bowl, vigorously whisk the protein powder with the remaining ¼ cup (60 ml) of cold almond milk until completely smooth and free of lumps.
6. Stir the thinned protein mixture into the cooked oatmeal until fully and evenly incorporated.
7. Divide the oatmeal evenly between two bowls. Top each serving with ½ cup (72.5 g) of mixed berries. Drizzle with ½ tablespoon (7.5 ml) of maple syrup per bowl, if desired.

Turkey Spinach Breakfast Muffins

Savory, protein-rich muffins combining lean ground turkey, fluffy egg whites, and finely diced vegetables. These individually portioned muffins are baked until set and golden, offering a convenient, handheld breakfast option that is low in saturated fat and highly satisfying.

INGREDIENTS:

- 8 ounces (225 g) 93% lean ground turkey
- 1 cup (240 ml) liquid egg whites
- 1 cup (30 g) fresh baby spinach, finely chopped
- 1/3 cup (45 g) red bell pepper, finely diced
- 1/4 cup (35 g) yellow onion, finely diced
- 2 tablespoons (15 g) oat flour
- 1 tablespoon (5 g) nutritional yeast
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon baking powder

INSTRUCTIONS:

1. Set the oven's temperature to 350°F (175°C). Lightly coat six cups of the muffin tin with non-stick cooking spray.
2. Heat the skillet over moderate heat. Add the ground turkey and cook, breaking it apart with a spoon, for 5–6 minutes until it is fully cooked and no longer pink. Drain any excess liquid or fat from the skillet.
3. Transfer the cooked turkey to the mixing bowl. Add the finely chopped spinach, diced bell pepper, and diced onion to the warm turkey. Stir to combine; the residual heat will slightly wilt the spinach.
4. Sprinkle the oat flour, nutritional yeast, garlic powder, oregano, black pepper, and baking powder over the turkey mixture. Keep stirring until the dry ingredients are fully and evenly incorporated.
5. Pour the liquid egg whites into the mixing bowl. Stir thoroughly until all ingredients are fully incorporated and the mixture is cohesive.
6. Evenly portion the mixture into the six prepared muffin cups, filling each almost to the rim.
7. Bake for 22–25 minutes, checking that the muffins are set through, the tops spring back when touched, and the edges show a pale golden color.
8. Allow the muffins to cool in the tin for 5 minutes before easing them out with a knife or offset spatula. Enjoy warm, or let them cool fully on a wire rack before storing.



Time to Prepare: 15 minutes

Time to Cook: 25 minutes

Makes: 2 servings (6 muffins total)

EQUIPMENT:

- Standard 6-cup muffin tin
- Mixing bowl
- Skillet (8-inch / 20 cm)
- Measuring cups and spoons
- Cutting board and knife
- Spoon or cookie scoop

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 265 kcal
- Protein: 38 g
- Carbohydrates: 13 g
- Dietary Fiber: 3 g
- Sugars: 3 g
- Fat: 7 g
- Saturated Fat: 2 g
- Sodium: 230 mg
- Potassium: 620 mg
- Phosphorus: 340 mg

Values are approximations based on specified lean turkey and ingredients without added salt.



Time to Prepare: 15 minutes

Time to Cook: 20 minutes

Makes: 2 servings

EQUIPMENT:

- Baking sheet
- Large non-stick skillet (10-inch / 25 cm)
- Mixing bowl
- Paper towels or clean kitchen towel
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, HALF OF SCRAMBLE AND ASPARAGUS):

- Calories: 245 kcal
- Protein: 22 g
- Carbohydrates: 16 g
- Dietary Fiber: 7 g
- Sugars: 6 g
- Fat: 13 g
- Saturated Fat: 2 g
- Sodium: 85 mg
- Potassium: 810 mg
- Phosphorus: 290 mg

Values are approximations based on low-sodium vegetable broth and specified ingredients.

Tofu "Feta" & Herb Scramble

A savory, protein-rich scramble where crumbled firm tofu simulates the texture of scrambled eggs, infused with vibrant turmeric, aromatic oregano, and briny notes reminiscent of feta. Served alongside simply roasted asparagus, it creates a bright, satisfying plate ideal for a leisurely brunch.

INGREDIENTS:

- 14 ounces (400 g) firm tofu, drained
- 12 ounces (340 g) fresh asparagus, woody ends trimmed
- 1 tablespoon (15 ml) extra virgin olive oil, divided
- ¼ cup (60 ml) vegetable broth, low-sodium
- 2 tablespoons (30 ml) fresh lemon juice, divided
- 1 tablespoon (3 g) nutritional yeast
- 1 teaspoon dried oregano
- ½ teaspoon ground turmeric
- ¼ teaspoon garlic powder
- ⅛ teaspoon freshly ground black pepper
- 2 tablespoons (20 g) red onion, finely diced
- 3 tablespoons (12 g) fresh dill, chopped, divided
- 2 tablespoons (8 g) fresh parsley, chopped

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Place the trimmed asparagus on the baking sheet and drizzle with ½ tablespoon (7.5 ml) of the olive oil. Stir to coat thoroughly, then lay the pieces out in a single layer.
2. Cook the asparagus in the oven for 12–15 minutes, until it becomes tender and slightly browned. Shake the pan once at the halfway point. Remove from the oven and immediately pour 1 tablespoon (15 ml) of lemon juice over it.
3. While the asparagus is roasting, wrap the tofu block in a few layers of paper towels or a clean kitchen towel. Place it on a plate, set a heavy pan or bowl on top, and press gently for 5 minutes to remove excess moisture. Crumble the pressed tofu into pea-sized pieces into the mixing bowl.
4. Combine the nutritional yeast, dried oregano, turmeric, garlic powder, and black pepper with the crumbled tofu. Toss carefully until the tofu is fully coated in the spice blend.
5. Heat the remaining ½ tablespoon (7.5 ml) of olive oil in the non-stick skillet over moderate heat. Add the diced red onion and cook for 2–3 minutes until softened.
6. Add the seasoned tofu crumbles to the skillet. Cook undisturbed for 2 minutes to allow the bottom to lightly set, then gently stir.
7. Pour the vegetable broth and the remaining 1 tablespoon (15 ml) of lemon juice over the tofu. Reduce the heat to medium-low and simmer, stirring intermittently, for 6–8 minutes, until the liquid is mostly absorbed and the tofu has a moist, cohesive texture.
8. Remove the skillet from the heat. Stir in 2 tablespoons (8 g) of the chopped dill and all of the chopped parsley.
9. Divide the tofu scramble evenly between two plates. Arrange the roasted asparagus alongside. Garnish with the remaining tablespoon of fresh dill before serving.

Smoked Salmon & Cucumber Protein Bowl

A crisp, elegant bowl featuring a base of lemony Greek yogurt topped with delicate smoked salmon, fresh cucumber ribbons, briny capers, and fragrant dill. This no-cook assembly delivers a powerful protein boost with minimal saturated fat and a refreshing, satisfying crunch.

INGREDIENTS:

- 1 cup (245 g) plain, non-fat Greek yogurt
- 2 teaspoons (10 ml) fresh lemon juice
- 1 teaspoon lemon zest
- 1/8 teaspoon freshly ground black pepper
- 4 ounces (115 g) cold-smoked salmon, sliced
- 1 1/2 cups (180 g) English cucumber, thinly ribboned or sliced
- 2 tablespoons (20 g) red onion, very thinly sliced
- 4 teaspoons (12 g) capers, drained
- 2 tablespoons (8 g) fresh dill, chopped, divided
- 2 teaspoons (10 ml) extra virgin olive oil (optional)
- 2 lemon wedges, for serving

INSTRUCTIONS:

1. Using the mixing bowl, combine the Greek yogurt, fresh lemon juice, lemon zest, and black pepper. Whisk until smooth and fully blended.
2. Divide the lemon yogurt mixture evenly between the two serving bowls, spreading it to form a base layer.
3. Arrange the smoked salmon slices neatly over the yogurt in each bowl.
4. Top the salmon with the cucumber ribbons or slices and the thinly sliced red onion.
5. Sprinkle 2 teaspoons (6 g) of capers and half of the chopped fresh dill over each bowl.
6. If desired, drizzle 1 teaspoon (5 ml) of extra virgin olive oil over the top of each bowl just before serving.
7. Serve right away, with a lemon wedge on the side for squeezing.



Time to Prepare: 15 minutes

Time to Cook: 0 minutes

Makes: 2 servings

EQUIPMENT:

- 2 serving bowls
- Vegetable peeler or mandoline
- Mixing bowl
- Whisk
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER BOWL, WITHOUT OPTIONAL OLIVE OIL):

- Calories: 170 kcal
- Protein: 23 g
- Carbohydrates: 10 g
- Dietary Fiber: 1 g
- Sugars: 6 g
- Fat: 4 g
- Saturated Fat: 0.5 g
- Sodium: 850 mg
- Potassium: 480 mg
- Phosphorus: 300 mg

Values are approximations. Sodium content is primarily from the smoked salmon and capers; for a lower-sodium version, reduce salmon quantity or seek low-sodium smoked salmon.



Quinoa Breakfast Porridge with Almonds

A protein-packed, whole-grain porridge where quinoa is simmered in almond milk until creamy, infused with cinnamon and vanilla. This hearty breakfast is topped with toasted almonds and a sugar-free syrup, offering a satisfying, warm start to the day with balanced nutrients and minimal added sugar.

INGREDIENTS:

- $\frac{3}{4}$ cup (135 g) uncooked quinoa, rinsed
- 2 $\frac{1}{2}$ cups (590 ml) unsweetened almond milk, plain
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground nutmeg
- 3 tablespoons (22 g) sliced almonds
- 4 teaspoons (20 ml) sugar-free maple syrup

INSTRUCTIONS:

1. Place the quinoa in a fine-mesh sieve and rinse under cold running water for 30 seconds, stirring with your fingers, to remove its natural saponin coating.
2. In the medium saucepan, combine the rinsed quinoa, almond milk, vanilla extract, cinnamon, and nutmeg. Stir to combine.
3. Bring the mixture to a boil over medium-high heat.
4. Immediately reduce the heat to the lowest setting to maintain a gentle simmer. Cover the saucepan.
5. Simmer for 18 minutes without stirring. After 18 minutes, check to ensure the quinoa has absorbed most of the liquid and the grains are tender with a slight “pop” and a visible white germ ring. If liquid remains, cover and simmer for an additional 2 minutes.
6. Remove the saucepan from the heat. Let the porridge stand, covered, for 5 minutes. This allows it to thicken to a creamy consistency.
7. While the porridge rests, toast the sliced almonds if desired. Place them in a small dry skillet over medium-low heat. Stir constantly for 2–3 minutes until fragrant and lightly golden, then transfer immediately to a plate to cool.
8. After resting, fluff the quinoa porridge gently with a fork.
9. Divide the porridge evenly between two bowls. Top each serving with half of the toasted almonds and drizzle with 2 teaspoons (10 ml) of sugar-free maple syrup. Serve warm.

Time to Prepare: 5 minutes

Time to Cook: 20 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan (2-quart / 2-liter)
- Fine-mesh sieve
- Measuring cups and spoons
- Spoon or heat-resistant spatula
- Small skillet (for toasting almonds, optional)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 315 kcal
- Protein: 11 g
- Carbohydrates: 48 g
- Dietary Fiber: 7 g
- Sugars: 3 g
- Fat: 9 g
- Saturated Fat: 1 g
- Sodium: 160 mg
- Potassium: 440 mg
- Phosphorus: 320 mg

Values are approximations.
Sugar content reflects natural
sugars in quinoa and almond
milk.

Green Power Protein Smoothie

A vibrantly green, nutrient-dense smoothie blending leafy spinach, unsweetened pea protein, creamy avocado, and ripe banana with almond milk. This drink delivers a substantial serving of plant-based protein, healthy fats, and fiber in a refreshing, easily digestible form.

INGREDIENTS:

- 2 cups (480 ml) unsweetened almond milk, plain
- 2 scoops (60 g) unsweetened pea protein powder
- 3 cups (90 g) fresh baby spinach, lightly packed
- 1 cup (150 g) frozen banana slices (about 1 medium banana)
- ¼ cup (35 g) ripe avocado, diced
- ½ teaspoon ground cinnamon
- 1 cup (140 g) ice cubes (optional, for a colder texture)

INSTRUCTIONS:

1. Pour the almond milk into the blender pitcher.
2. Add the pea protein powder, fresh spinach, frozen banana slices, diced avocado, and ground cinnamon to the blender.
3. Secure the lid and blend on high speed for 45 to 60 seconds, or until the mixture is completely smooth, with no visible pieces of spinach or avocado.
4. If a thicker, colder consistency is desired, add the ice cubes and blend for an additional 15 to 20 seconds until fully incorporated.
5. Pour the smoothie evenly into two glasses.



Time to Prepare: 5 minutes

Time to Cook: 0 minutes

Makes: 2 servings

EQUIPMENT:

- High-speed blender
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER SERVING, WITHOUT OPTIONAL ICE):

- Calories: 240 kcal
- Protein: 25 g
- Carbohydrates: 25 g
- Dietary Fiber: 8 g
- Sugars: 10 g
- Fat: 6 g
- Saturated Fat: 0.5 g
- Sodium: 300 mg
- Potassium: 780 mg
- Phosphorus: 270 mg

Values are approximations. Sugar content reflects natural sugars from banana and spinach. Sodium content is primarily from the pea protein powder and almond milk.



White Bean & Avocado Toast

A hearty, savory toast where creamy cannellini beans are mashed with lemon and garlic into a flavorful spread, layered onto crisp whole-grain bread, and finished with fresh avocado and a hint of spice. This dish provides a satisfying balance of plant-based protein, healthy fats, and complex carbohydrates.

INGREDIENTS:

- 4 slices whole-grain bread (approx. 1.5 oz / 42 g per slice)
- 1 cup (170 g) cooked cannellini beans, no-salt-added, drained and rinsed
- ½ medium avocado, sliced (approx. ¼ cup / 35 g per serving)
- 2 teaspoons (10 ml) fresh lemon juice, divided
- ½ teaspoon lemon zest
- ¼ teaspoon garlic powder
- ⅛ teaspoon freshly ground black pepper
- 1 tablespoon (4 g) fresh parsley, finely chopped
- ⅛ teaspoon crushed red pepper flakes
- 1 teaspoon (5 ml) extra virgin olive oil (optional)

Time to Prepare: 10 minutes

Time to Cook: 5 minutes

Makes: 2 servings

EQUIPMENT:

- Toaster or oven
- Small mixing bowl
- Fork
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING OF 2 TOASTS):

- Calories: 320 kcal
- Protein: 15 g
- Carbohydrates: 48 g
- Dietary Fiber: 13 g
- Sugars: 5 g
- Fat: 9 g
- Saturated Fat: 1.5 g
- Sodium: 220 mg
- Potassium: 710 mg
- Phosphorus: 260 mg

INSTRUCTIONS:

1. Toast the whole-grain bread slices in a toaster or under a broiler until crisp and golden brown.
2. While the bread toasts, place the drained cannellini beans in the small mixing bowl. Add 1 teaspoon (5 ml) of the lemon juice, lemon zest, garlic powder, and black pepper.
3. Use a fork to mash the beans with the seasonings until a coarse, spreadable paste forms. Some whole beans may remain for texture.
4. Stir the chopped parsley into the bean mixture until evenly distributed.
5. In a separate small dish, gently toss the avocado slices with the remaining 1 teaspoon (5 ml) of lemon juice to prevent browning.
6. Spread one-quarter of the bean mixture evenly onto each slice of toasted bread.
7. Arrange the lemon-dressed avocado slices over the bean spread on each toast.
8. Sprinkle a pinch of crushed red pepper flakes over each serving. If desired, finish with a light drizzle of extra virgin olive oil.

Values are approximations based on no-salt-added beans and a specific bread choice. Sodium will vary with bread selection.

Buckwheat Pancakes with Berry Compote

Nutrient-dense pancakes made from buckwheat and oat flours, offering a robust, earthy flavor and a tender crumb. Served with a warm, gently simmered mixed berry compote that relies on the fruit's natural sweetness, this breakfast provides a satisfying balance of plant-based protein and fiber.

INGREDIENTS:

- 1 ½ cups (215 g) frozen mixed berries (such as blueberries, raspberries, blackberries)
- 2 tablespoons (30 ml) water
- 1 teaspoon lemon juice
- ½ teaspoon pure vanilla extract
- ½ cup (60 g) buckwheat flour
- ¼ cup (25 g) oat flour
- 1 scoop (30 g) vanilla plant-based protein powder
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¾ cup (180 ml) unsweetened almond milk, plain
- ¼ cup (60 ml) liquid egg whites
- 1 teaspoon apple cider vinegar
- ½ teaspoon pure vanilla extract
- Non-stick cooking spray

INSTRUCTIONS:

1. Begin the compote. Combine the frozen mixed berries, water, and lemon juice in the small saucepan. Bring to a simmer over moderate heat, stirring occasionally.
2. Reduce the heat to medium-low and simmer lightly for 8–10 minutes, using the back of a spoon to lightly mash some of the berries as they soften. The compote is ready when thickened slightly but still fluid. Remove from heat and stir in the ½ teaspoon vanilla extract. Cover to keep warm.
3. While the compote simmers, prepare the pancake batter. In the first mixing bowl, whisk together the buckwheat flour, oat flour, protein powder, baking powder, baking soda, and cinnamon until no lumps remain.
4. Using the second bowl, combine the almond milk, liquid egg whites, apple cider vinegar, and the ½ teaspoon vanilla extract. Whisk thoroughly.
5. Pour the wet ingredients into the dry ingredients. Whisk gently until just combined; the batter will be slightly thick and may have a few small lumps. Do not overmix. Let the batter rest for 5 minutes.
6. Heat the medium skillet over medium-low heat. Lightly coat the surface with non-stick cooking spray.
7. For each pancake, pour approximately 3 tablespoons (45 ml) of batter onto the skillet. Cook for 2–3 minutes, until bubbles form on the surface and the edges appear set.
8. Carefully flip each pancake with a spatula. Cook for an additional 1–2 minutes on the second side until golden brown and cooked through. Transfer to a plate and repeat with the remaining batter, spraying the skillet as needed.
9. Serve the warm pancakes immediately, topped evenly with the warm berry compote.



Time to Prepare: 10 minutes

Time to Cook: 20 minutes

Makes: 2 servings (6 pancakes total)

EQUIPMENT:

- Medium skillet (10-inch / 25 cm)
- Small saucepan (1-quart / 1-liter)
- 2 mixing bowls
- Whisk
- Spatula
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER SERVING OF 3 PANCAKES WITH HALF THE COMPOTE):

- Calories: 310 kcal
- Protein: 22 g
- Carbohydrates: 48 g
- Dietary Fiber: 10 g
- Sugars: 12 g
- Fat: 5 g
- Saturated Fat: 0.5 g
- Sodium: 380 mg
- Potassium: 520 mg
- Phosphorus: 340 mg

*Values are approximations.
Sugar content is primarily
natural sugars from berries.*



Spiced Chickpea Flour Omelette (Besan Chilla)

A flavorful, protein-rich savory pancake made from spiced chickpea flour batter, cooked until golden, and filled with a mixture of sautéed mushrooms and onions. This gluten-free dish offers a satisfying, egg-free alternative with a pleasantly dense and custardy texture.

INGREDIENTS:

- 1 cup (100 g) chickpea flour (besan)
- $\frac{3}{4}$ cup (180 ml) water
- $\frac{1}{4}$ cup (35 g) yellow onion, finely diced
- $\frac{1}{4}$ cup (25 g) cremini mushrooms, finely chopped
- 2 tablespoons (8 g) fresh cilantro, finely chopped
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon turmeric
- $\frac{1}{8}$ teaspoon cayenne pepper (optional)
- $\frac{1}{8}$ teaspoon baking soda
- 1 tablespoon (15 ml) extra virgin olive oil, divided
- $\frac{1}{2}$ cup (15 g) fresh baby spinach, chopped (for filling)

Time to Prepare: 15 minutes

Time to Cook: 15 minutes

Makes: 2 servings (2 omelettes total)

EQUIPMENT:

- Medium mixing bowl
- Whisk
- 8-inch (20 cm) non-stick skillet
- Spatula
- Small bowl
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING OF 2 TOASTS):

- Calories: 275 kcal
- Protein: 13 g
- Carbohydrates: 30 g
- Dietary Fiber: 7 g
- Sugars: 7 g
- Fat: 11 g
- Saturated Fat: 1.5 g
- Sodium: 130 mg
- Potassium: 580 mg
- Phosphorus: 220 mg

Values are approximations. Fat content is primarily from olive oil and chickpea flour.

INSTRUCTIONS:

1. In the medium mixing bowl, combine the chickpea flour, cumin, coriander, turmeric, cayenne (if using), and baking soda. Whisk to blend the dry ingredients thoroughly.
2. Gradually add the water to the dry ingredients while whisking continuously until a completely smooth, lump-free batter forms with a consistency similar to heavy cream.
3. Stir the finely diced onion and chopped cilantro into the batter. Let the batter rest for 10 minutes.
4. While the batter rests, heat $\frac{1}{2}$ tablespoon (7.5 ml) of the olive oil in the non-stick skillet over moderate heat. Add the chopped mushrooms and cook, stirring intermittently, for 3–4 minutes until softened and they release their moisture.
5. Incorporate the chopped spinach into the skillet with the mushrooms and cook for 1 more minute, just until wilted. Transfer this vegetable mixture to a small bowl.
6. Wipe the skillet clean with a paper towel and return it to medium heat. Add $\frac{1}{4}$ tablespoon (approx. 3.5 ml) of the remaining olive oil, swirling to coat the bottom.
7. Stir the rested batter once more. Pour half of the batter (approximately $\frac{3}{4}$ cup / 180 ml) into the center of the skillet, then quickly tilt and swirl the pan to spread it into an even 7-inch (18 cm) circle.
8. Cook undisturbed for 3–4 minutes, until the top appears mostly set and the edges are pulling away from the pan. Gently lift an edge with the spatula to check for a golden-brown underside.
9. Spoon half of the cooked mushroom and spinach mixture over one half of the omelette. Carefully use the spatula to fold the other half over the filling.
10. Cook for an additional 1–2 minutes to warm the filling, then slide the omelette onto a plate. Repeat steps 6 through 9 with the remaining oil, batter, and filling to make the second omelette.



Soups & Stews



Hearty Turkey & White Bean Chili

A robust, protein-rich chili featuring lean ground turkey, creamy white beans, and fire-roasted tomatoes simmered with a blend of warm, smoky spices. This hearty stew delivers deep, satisfying flavors while remaining low in saturated fat and high in fiber.

INGREDIENTS:

- 8 ounces (225 g) 99% lean ground turkey breast
- 1 ½ cups (255 g) cooked cannellini beans, no-salt-added, drained and rinsed
- 1 cup (245 g) canned fire-roasted diced tomatoes, no-salt-added, with juices
- ¾ cup (180 ml) low-sodium vegetable broth
- ½ cup (75 g) green bell pepper, finely diced
- ⅓ cup (45 g) yellow onion, finely diced
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 1 ½ teaspoons chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon smoked paprika
- ¼ teaspoon dried oregano
- ⅛ teaspoon garlic powder
- 1 tablespoon (15 ml) extra virgin olive oil
- 2 tablespoons (8 g) fresh cilantro, chopped (for garnish)

INSTRUCTIONS:

1. Heat the olive oil in the saucepan over moderate heat. Add the diced onion and bell pepper. Cook, stirring repeatedly, for 4–5 minutes until the vegetables are softened.
2. Add the ground turkey to the saucepan. Cook, breaking it apart with the spoon, for 5–6 minutes until it is no longer pink and is crumbled into small pieces.
3. Stir in the tomato paste, chili powder, cumin, smoked paprika, oregano, and garlic powder. Cook for 1 minute, stirring continuously, until the spices are fragrant and coat the turkey and vegetables.
4. Add the fire-roasted tomatoes with their juices, the drained white beans, and the vegetable broth to the saucepan. Stir to combine all ingredients.
5. Increase the heat to bring the mixture to a boil. Once boiling, immediately reduce the heat to low to maintain a light simmer.
6. Place the lid on the saucepan, leaving a small gap for steam. Let it simmer for 20 minutes, stirring occasionally, until the flavors have joined and the chili has slightly thickened.
7. After 20 minutes, remove the lid and simmer uncovered for an additional 5 minutes to further concentrate the flavors.
8. Ladle the chili evenly into two bowls. Garnish each serving with fresh chopped cilantro before serving.

Time to Prepare: 15 minutes

Time to Cook: 30 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan or Dutch oven (3-quart / 3-liter)
- Wooden spoon or spatula
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 385 kcal
- Protein: 38 g
- Carbohydrates: 40 g
- Dietary Fiber: 12 g
- Sugars: 9 g
- Fat: 9 g
- Saturated Fat: 1.5 g
- Sodium: 190 mg
- Potassium: 1180 mg
- Phosphorus: 410 mg

Values are approximations based on no-salt-added canned goods and low-sodium broth.

Lemon & Herb Chicken Orzo Soup

A revitalizing, protein-rich soup featuring tender shredded chicken breast, whole wheat orzo, and a medley of vegetables in a clear, lemony broth infused with fresh herbs. This comforting bowl offers lightness and nourishment with a vibrant, citrus finish.

INGREDIENTS:

- 6 ounces (170 g) boneless, skinless chicken breast
- 3 cups (720 ml) low-sodium chicken broth
- 1 cup (240 ml) water
- $\frac{1}{3}$ cup (55 g) whole wheat orzo, dry
- $\frac{1}{2}$ cup (60 g) carrot, diced
- $\frac{1}{2}$ cup (60 g) celery, diced
- $\frac{1}{4}$ cup (35 g) yellow onion, finely diced
- 3 tablespoons (30 ml) fresh lemon juice
- 1 tablespoon (15 ml) extra virgin olive oil
- 2 tablespoons (8 g) fresh parsley, finely chopped, divided
- 1 tablespoon (4 g) fresh dill, finely chopped
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 bay leaf

INSTRUCTIONS:

1. Warm the olive oil in the saucepan over moderate heat. Add the diced onion, carrot, and celery. Cook, stirring repeatedly, for 6–7 minutes until the vegetables are softened and the onions are translucent.
2. Add the chicken broth, water, bay leaf, and black pepper to the saucepan. Increase the heat to high and bring the liquid to a boil.
3. Once boiling, carefully add the whole chicken breast to the saucepan. Reduce the heat to low to maintain a light simmer.
4. Place the lid on the saucepan and simmer for 15 minutes, until the chicken breast is cooked through and reaches an internal temperature of 165°F (74°C).
5. Using tongs, transfer the cooked chicken breast to a clean plate. Add the dry whole wheat orzo to the simmering broth.
6. Increase the heat to medium-low to maintain the simmer. Cook the orzo, uncovered, for 8–9 minutes, stirring intermittently, until the pasta is al dente.
7. While the orzo cooks, use two forks to shred the chicken breast into bite-sized pieces.
8. Once the orzo is cooked, return the shredded chicken to the saucepan. Remove the saucepan from the heat.
9. Stir in the fresh lemon juice, one tablespoon of the chopped parsley, and all of the chopped dill. Discard the bay leaf.
10. Ladle the soup evenly into two bowls. Garnish each serving with the remaining tablespoon of fresh parsley.



Time to Prepare: 15 minutes

Time to Cook: 35 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan or Dutch oven (3-quart / 3-liter)
- Tongs
- Fork or two shredding forks
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320 kcal
- Protein: 28 g
- Carbohydrates: 33 g
- Dietary Fiber: 5 g
- Sugars: 6 g
- Fat: 9 g
- Saturated Fat: 1.5 g
- Sodium: 280 mg
- Potassium: 820 mg
- Phosphorus: 310 mg

Values are approximations based on low-sodium broth and a specific brand of orzo.



Spicy Red Lentil & Tomato Soup

A velvety, protein-packed soup where red lentils break down into a naturally creamy consistency with tomatoes, all spiced with warm cumin and a touch of heat. This hearty, plant-based stew is deeply satisfying without any dairy or added fats for richness.

INGREDIENTS:

- $\frac{3}{4}$ cup (150 g) dry red lentils, rinsed
- 2 cups (480 ml) low-sodium vegetable broth
- 1 $\frac{1}{2}$ cups (360 ml) water
- 1 cup (245 g) canned crushed tomatoes, no-salt-added
- $\frac{1}{2}$ cup (75 g) yellow onion, finely diced
- $\frac{1}{2}$ cup (60 g) carrot, finely diced
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 2 teaspoons ground cumin
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon cayenne pepper
- 1 tablespoon (15 ml) fresh lemon juice
- 2 tablespoons (8 g) fresh cilantro or parsley, chopped (for garnish)

Time to Prepare: 10 minutes

Time to Cook: 25 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan or Dutch oven (3-quart / 3-liter)
- Wooden spoon
- Measuring cups and spoons
- Cutting board and knife
- Immersion blender or standard blender (optional)

NUTRITIONAL INFORMATION (PER SERVING, SOUP BLENDED SMOOTH):

- Calories: 300 kcal
- Protein: 20 g
- Carbohydrates: 55 g
- Dietary Fiber: 11 g
- Sugars: 13 g
- Fat: 1.5 g
- Saturated Fat: 0 g
- Sodium: 180 mg
- Potassium: 1150 mg
- Phosphorus: 360 mg

Values are approximations based on no-salt-added tomatoes and low-sodium broth. Sugar content is natural from tomatoes and carrots.

INSTRUCTIONS:

1. Place the rinsed red lentils in a fine-mesh sieve and rinse under cold running water until the water runs clear.
2. In the saucepan, combine the rinsed lentils, vegetable broth, water, crushed tomatoes, diced onion, diced carrot, tomato paste, cumin, garlic powder, and cayenne pepper. Stir thoroughly.
3. Heat the mixture on high until it reaches a boil, stirring one or two times.
4. Once boiling, reduce the heat to low to maintain a light simmer. Cover the saucepan.
5. Simmer for 20–25 minutes, stirring intermittently, until the lentils and carrots are completely tender and the soup has thickened considerably.
6. Take the saucepan off the heat. For a silky soup, blend it directly in the pot with an immersion blender until smooth. Or, for a standard blender, transfer the soup in batches, blend until smooth, and return it to the pot. If you prefer a chunkier texture, you can skip blending altogether.
7. Stir the fresh lemon juice into the hot soup.
8. Ladle the soup evenly into two bowls. Finish each serving with a garnish of chopped cilantro or parsley.

Moroccan Chickpea & Quinoa Stew

A warmly spiced, nutrient-dense stew combining protein-rich chickpeas and quinoa with sweet potatoes and dried apricots. Fragrant cinnamon and cumin create a complex, savory-sweet profile in this hearty, plant-based one-pot meal.

INGREDIENTS:

- ¾ cup (125 g) cooked chickpeas, no-salt-added, drained and rinsed
- ⅓ cup (60 g) uncooked quinoa, rinsed
- 1 ½ cups (210 g) sweet potato, peeled and diced into ½-inch (1.3 cm) cubes
- ¼ cup (40 g) dried apricots, unsulfured, finely chopped
- 3 cups (720 ml) low-sodium vegetable broth
- ½ cup (75 g) yellow onion, finely diced
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon freshly ground black pepper
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 2 teaspoons (10 ml) fresh lemon juice
- 1 tablespoon (4 g) fresh cilantro or parsley, chopped (for garnish)
- 1 teaspoon (5 ml) extra virgin olive oil

INSTRUCTIONS:

1. Heat the olive oil in the saucepan over moderate heat. Add the diced onion and cook, stirring repeatedly, for 4–5 minutes until softened and translucent.
2. Add the tomato paste, cumin, cinnamon, ginger, and black pepper to the saucepan. Cook, stirring continuously, for 1 minute until the spices are fragrant.
3. Add the diced sweet potato, rinsed quinoa, chopped dried apricots, vegetable broth, and drained chickpeas to the pot. Stir thoroughly to combine and scrape up any spices from the bottom.
4. Increase the heat to high and bring the stew to a boil.
5. Once boiling, immediately reduce the heat to low to maintain a light simmer. Cover the saucepan.
6. Simmer for 25–28 minutes, stirring once halfway through, until the sweet potatoes are fork-tender, the quinoa has unfurled its germ, and the liquid has thickened into a stew consistency.
7. Remove the saucepan from the heat. Stir in the fresh lemon juice.
8. Keep the stew covered and let it rest for 5 minutes, allowing the quinoa to fully absorb the remaining liquid.
9. Ladle the stew evenly into two bowls. Top with fresh chopped cilantro or parsley before serving.



Time to Prepare: 15 minutes

Time to Cook: 35 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan or Dutch oven (3-quart / 3-liter)
- Wooden spoon
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 395 kcal
- Protein: 14 g
- Carbohydrates: 78 g
- Dietary Fiber: 14 g
- Sugars: 22 g
- Fat: 5 g
- Saturated Fat: 0.5 g
- Sodium: 190 mg
- Potassium: 1120 mg
- Phosphorus: 320 mg

Values are approximations based on no-salt-added chickpeas and low-sodium broth. Sugar content is primarily natural from sweet potatoes and apricots.



Garlicky Seafood Stew

A light yet deeply flavorful Mediterranean-inspired stew featuring a delicate tomato and fennel broth, brimming with lean cod, tender shrimp, and briny mussels. This dish highlights the natural sweetness of seafood with a fragrant garlic and herb finish.

INGREDIENTS:

- 6 ounces (170 g) cod fillet, skinless, cut into 1.5-inch (4 cm) chunks
- 4 ounces (115 g) large shrimp, peeled and deveined
- ½ pound (225 g) mussels, debearded and scrubbed
- 2 cups (480 ml) low-sodium fish or vegetable broth
- 1 cup (245 g) canned diced tomatoes, no-salt-added, with juices
- ½ cup (75 g) fennel bulb, thinly sliced
- ¼ cup (35 g) yellow onion, thinly sliced
- 3 cloves garlic, minced
- 2 tablespoons (30 ml) dry white wine (optional)
- 1 tablespoon (15 ml) extra virgin olive oil
- 1 teaspoon lemon zest
- 1 tablespoon (15 ml) fresh lemon juice
- 2 tablespoons (8 g) fresh parsley, finely chopped
- 1 teaspoon fresh thyme leaves
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon crushed red pepper flakes (optional)

INSTRUCTIONS:

1. Heat the olive oil in the saucepan over moderate heat. Add the sliced fennel and onion. Cook, stirring intermittently, for 6–7 minutes until softened and beginning to turn translucent.
2. Add the minced garlic, thyme, black pepper, and red pepper flakes (if using). Cook, stirring continuously, for 1 minute until the garlic is fragrant.
3. If using, add the white wine and bring the heat to medium-high. Simmer for 1 minute to evaporate the alcohol.
4. Add the diced tomatoes with their juices and the fish broth to the saucepan. Bring to a gentle boil.
5. After boiling, turn the heat down to low to keep a steady simmer. Cover and cook for 10 minutes so the flavors can blend.
6. Increase the heat to medium to return the broth to a lively simmer. Add the mussels to the saucepan, cover, and cook for 3 minutes.
7. After 3 minutes, add the chunks of cod and the shrimp to the simmering broth. Gently submerge them. Cover and cook for an additional 4–5 minutes, or until the cod flakes easily with a fork, the shrimp are opaque and pink, and the mussels have opened.
8. Discard any mussels that remain firmly closed after cooking.
9. Remove the saucepan from the heat. Gently stir in the lemon zest, lemon juice, and half of the chopped parsley.
10. Using a slotted spoon, carefully divide the seafood and vegetables between two deep bowls. Ladle the hot broth over the top. Garnish with the remaining fresh parsley.

Time to Prepare: 20 minutes

Time to Cook: 25 minutes

Makes: 2 servings

EQUIPMENT:

- Large saucepan or Dutch oven with lid (4-quart / 4-liter)
- Slotted spoon
- Measuring cups and spoons
- Cutting board and knife
- Bowl for discarded shells

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 290 kcal
- Protein: 36 g
- Carbohydrates: 15 g
- Dietary Fiber: 3 g
- Sugars: 7 g
- Fat: 9 g
- Saturated Fat: 1.5 g
- Sodium: 520 mg
- Potassium: 1150 mg
- Phosphorus: 480 mg

Values are approximations. Sodium content is inherent to seafood and broth; using no-salt-added tomatoes and low-sodium broth is essential.

Three-Bean Vegan Minestrone

A hearty, fiber-rich Italian vegetable soup featuring a trio of beans, seasonal vegetables, and whole-grain pasta in a savory tomato-herb broth. This plant-based stew is deeply satisfying and packed with protein, offering classic comfort food flavor without animal products.

INGREDIENTS:

- ½ cup (85 g) cooked kidney beans, no-salt-added, drained and rinsed
- ½ cup (85 g) cooked cannellini beans, no-salt-added, drained and rinsed
- 1 cup (120 g) fresh green beans, trimmed and cut into 1-inch (2.5 cm) pieces
- ½ cup (60 g) carrot, diced
- ½ cup (60 g) celery, diced
- ½ cup (75 g) yellow onion, finely diced
- ½ cup (70 g) zucchini, diced
- 2 cups (480 ml) low-sodium vegetable broth
- 1 ½ cups (360 ml) water
- 1 cup (245 g) canned diced tomatoes, no-salt-added, with juices
- ⅓ cup (35 g) whole-grain ditalini or small shell pasta, dry
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon garlic powder
- ⅛ teaspoon freshly ground black pepper
- 1 tablespoon (15 ml) extra virgin olive oil
- 1 tablespoon (8 g) nutritional yeast (optional, for garnish)
- 2 tablespoons (8 g) fresh parsley, chopped (for garnish)

INSTRUCTIONS:

1. Heat the olive oil in the saucepan over moderate heat. Add the diced onion, carrot, and celery. Cook, stirring repeatedly, for 7–8 minutes until the vegetables are softened and the onions are translucent.
2. Stir in the tomato paste, dried oregano, dried basil, garlic powder, and black pepper. Cook for 1 minute, stirring continuously, until aromatic.
3. Add the diced tomatoes with their juices, vegetable broth, and water to the saucepan. Increase the heat to high and bring to a boil.
4. Once it boils, lower the heat to low to keep a steady simmer. Cover and simmer for 10 minutes.
5. Increase the heat to medium to return the soup to a lively simmer. Add the dry whole-grain pasta and the fresh green beans. Cook, uncovered, for 8 minutes, stirring occasionally.
6. Add the diced zucchini, kidney beans, and cannellini beans to the soup. Stir to combine.
7. Continue to simmer, uncovered, for an additional 7–9 minutes, or until the pasta is al dente, the zucchini is soft, and the green beans are crisp-tender.
8. Remove the saucepan from the heat. Let the soup stand for 5 minutes to allow the flavors to integrate and the pasta to absorb some broth.
9. Ladle the soup evenly into two bowls. Garnish each serving with fresh parsley and a sprinkle of nutritional yeast (if desired) before serving.



Time to Prepare: 20 minutes

Time to Cook: 35 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan or Dutch oven (3-quart / 3-liter)
- Wooden spoon
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 350 kcal
- Protein: 16 g
- Carbohydrates: 60 g
- Dietary Fiber: 16 g
- Sugars: 13 g
- Fat: 8 g
- Saturated Fat: 1 g
- Sodium: 200 mg
- Potassium: 1220 mg
- Phosphorus: 320 mg

Values are approximations based on no-salt-added beans and tomatoes and low-sodium broth. Sugar content is natural from vegetables.



Creamy Cauliflower & Roasted Garlic Soup

A luxuriously smooth, velvety soup where roasted cauliflower and garlic are pureed with white beans to create a rich, savory texture without dairy. This elegant, plant-based soup offers a comforting depth of flavor and a significant protein boost from blended legumes.

INGREDIENTS:

- 4 cups (400 g) cauliflower florets (from about ½ large head)
- 1 whole head of garlic
- ¾ cup (130 g) cooked cannellini beans, no-salt-added, drained and rinsed
- 2 ½ cups (600 ml) low-sodium vegetable broth
- ½ cup (75 g) yellow onion, finely diced
- 1 teaspoon fresh thyme leaves
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon ground nutmeg
- 1 tablespoon (15 ml) extra virgin olive oil, divided
- 1 tablespoon (15 ml) fresh lemon juice
- 1 tablespoon (4 g) fresh chives, finely chopped (for garnish)

Time to Prepare: 15 minutes

Time to Cook: 40 minutes

Makes: 2 servings

EQUIPMENT:

- Baking sheet
- Parchment paper
- Medium saucepan (3-quart / 3-liter)
- Blender or immersion blender
- Aluminum foil
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 240 kcal
- Protein: 12 g
- Carbohydrates: 35 g
- Dietary Fiber: 10 g
- Sugars: 9 g
- Fat: 8 g
- Saturated Fat: 1 g
- Sodium: 210 mg
- Potassium: 980 mg
- Phosphorus: 210 mg

Values are approximations based on no-salt-added beans and low-sodium broth. Sugar content is natural from roasted cauliflower and onion.

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Slice approximately ¼ inch (6 mm) off the top of the garlic head to expose the cloves. Place the garlic head on a small piece of aluminum foil, drizzle with ½ teaspoon of olive oil, and wrap tightly into a packet. Place the packet on one corner of the baking sheet.
3. Using a bowl, toss the cauliflower florets with 2 teaspoons (10 ml) of the remaining olive oil. Spread them in a single layer on the rest of the prepared baking sheet.
4. Roast the cauliflower and the garlic packet for 25–30 minutes, until the cauliflower is tender and has golden-brown edges, and the garlic cloves are soft and caramelized.
5. While the vegetables roast, heat the remaining ½ teaspoon of olive oil in the saucepan over moderate heat. Add the diced onion and cook, stirring repeatedly, for 5–6 minutes until softened and translucent.
6. Add the vegetable broth, thyme, black pepper, and nutmeg to the saucepan. Increase the heat and bring to a simmer, then remove from the heat.
7. Once the cauliflower and garlic are roasted, carefully unwrap the garlic packet. When cool enough to handle, squeeze the roasted garlic cloves from their papery skins into the saucepan with the broth.
8. Add the roasted cauliflower florets and the drained cannellini beans to the saucepan.
9. Blend the mixture in the saucepan using an immersion blender until it reaches a completely smooth, creamy texture. Alternatively, carefully transfer the hot mixture in batches to a stand blender, secure the lid (vent if possible), and blend until smooth. Return the blended soup to the pot.
10. Place the pureed soup over low heat to warm through gently for 2–3 minutes, stirring constantly. Do not boil.
11. Remove the soup from the heat and stir in the fresh lemon juice.
12. Ladle the soup evenly into two bowls. Top with fresh chopped chives before serving.

Asian-Inspired Ginger-Turkey Meatball Soup

A light, restorative soup featuring delicate lean turkey meatballs infused with ginger and green onion, served in a clear aromatic broth with shiitake mushrooms and tender bok choy. This dish offers a high-protein, low-fat meal with clean, vibrant flavors.

INGREDIENTS:

- 8 ounces (225 g) 99% lean ground turkey breast
- 1 tablespoon (10 g) green onion, finely chopped
- 1 teaspoon fresh ginger, finely grated
- ½ teaspoon low-sodium tamari or coconut aminos
- ¼ teaspoon toasted sesame oil
- ⅛ teaspoon freshly ground black pepper
- 4 cups (960 ml) low-sodium chicken broth
- 1 cup (240 ml) water
- 4 ounces (115 g) shiitake mushrooms, stems removed, caps thinly sliced
- 4 cups (180 g) baby bok choy, leaves separated, large leaves torn
- 1 tablespoon (15 ml) fresh ginger, finely julienned or grated
- 1 tablespoon (15 ml) low-sodium tamari or coconut aminos
- 1 teaspoon rice vinegar
- 1 tablespoon (10 g) green onion, thinly sliced (for garnish)

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Line a baking sheet with parchment paper.
2. Using the mixing bowl, combine the ground turkey, 1 tablespoon chopped green onion, 1 teaspoon grated ginger, ½ teaspoon tamari, sesame oil, and black pepper. Mix gently with a fork or your hands until just combined; do not overmix.
3. Shape the mixture into 12–14 small meatballs, each about 1-inch (2.5 cm) in diameter. Place them on the prepared baking sheet.
4. Bake the meatballs for 12–14 minutes, or until they are cooked through and firm to the touch.
5. While the meatballs bake, prepare the soup broth. In the saucepan, combine the chicken broth, water, sliced shiitake mushrooms, and 1 tablespoon of julienned ginger. Bring to a simmer over medium-high heat.
6. Once simmering, reduce the heat to low, cover, and cook for 10 minutes to allow the mushrooms to soften and the ginger to infuse the broth.
7. Stir the 1 tablespoon of tamari and the rice vinegar into the broth.
8. Incorporate the baby bok choy into the simmering broth. Cook for 2–3 minutes, just until the bok choy stems are tender-crisp and the leaves are wilted.
9. Gently add the baked turkey meatballs to the hot broth. Simmer for 2–3 minutes to allow the meatballs to heat through and absorb some of the broth's flavor.
10. Ladle the soup evenly into two deep bowls, ensuring each serving has plenty of broth, vegetables, and meatballs. Garnish with thinly sliced green onion.



Time to Prepare: 25 minutes

Time to Cook: 25 minutes

Makes: 2 servings
(12–14 meatballs total)

EQUIPMENT:

- Medium saucepan or Dutch oven (3-quart / 3-liter)
- Mixing bowl
- Baking sheet
- Parchment paper
- Measuring cups and spoons
- Cutting board and knife
- Spoon or small cookie scoop

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 230 kcal
- Protein: 32 g
- Carbohydrates: 12 g
- Dietary Fiber: 3 g
- Sugars: 5 g
- Fat: 6 g
- Saturated Fat: 1.5 g
- Sodium: 580 mg
- Potassium: 1050 mg
- Phosphorus: 350 mg

Values are approximations based on low-sodium broth and tamari. Sodium is primarily from the tamari; use coconut aminos for a lower-sodium option.



Black-Eyed Pea & Collard Green Soup

A hearty, soul-warming soup where tender black-eyed peas and robust collard greens simmer in a savory, smoky broth. This plant-based stew captures traditional flavor using liquid smoke and aromatic vegetables, offering a high-fiber, protein-rich meal completely free of animal products.

INGREDIENTS:

- 1 ½ cups (255 g) cooked black-eyed peas, no-salt-added, drained and rinsed
- 4 cups (160 g) collard greens, stems removed, leaves chopped into 1-inch (2.5 cm) ribbons
- 3 cups (720 ml) low-sodium vegetable broth
- 1 cup (240 ml) water
- ¾ cup (110 g) yellow onion, finely diced
- ½ cup (60 g) carrot, finely diced
- ½ cup (60 g) celery, finely diced
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 1 teaspoon smoked paprika
- ½ teaspoon dried thyme
- ¼ teaspoon garlic powder
- ⅛ teaspoon freshly ground black pepper
- ¼ teaspoon liquid smoke
- 1 tablespoon (15 ml) apple cider vinegar
- 1 tablespoon (15 ml) extra virgin olive oil

Time to Prepare: 20 minutes

Time to Cook: 40 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan or Dutch oven (3-quart / 3-liter)
- Wooden spoon
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 300 kcal
- Protein: 15 g
- Carbohydrates: 50 g
- Dietary Fiber: 14 g
- Sugars: 12 g
- Fat: 7 g
- Saturated Fat: 1 g
- Sodium: 220 mg
- Potassium: 950 mg
- Phosphorus: 240 mg

Values are approximations based on no-salt-added peas and low-sodium broth. Sugar content is natural from vegetables.

INSTRUCTIONS:

1. Heat the olive oil in the saucepan over moderate heat. Add the diced onion, carrot, and celery. Cook, stirring repeatedly, for 7–8 minutes until the vegetables are softened and the onion is translucent.
2. Add the tomato paste, smoked paprika, dried thyme, garlic powder, and black pepper to the vegetables. Cook, stirring continuously, for 1 minute until the spices are fragrant.
3. Pour in the vegetable broth and water, stirring to lift any browned bits from the bottom of the pot. Turn the heat to high and bring it to a boil.
4. Once boiling, add the chopped collard greens to the pot. Reduce the heat to low to maintain a steady simmer. Cover the saucepan.
5. Simmer, covered, for 20 minutes to allow the collard greens to become tender.
6. Add the drained black-eyed peas and liquid smoke to the soup. Stir to combine.
7. Continue to simmer, uncovered, for an additional 10–12 minutes to allow the flavors to meld and the soup to thicken slightly.
8. Remove the saucepan from the heat. Stir in the apple cider vinegar.
9. Let the soup rest for 5 minutes before serving to allow the flavors to fully integrate.
10. Ladle the soup evenly into two bowls. Serve hot.

Creamy Broccoli & Edamame Soup

A brilliantly green, velvety soup where steamed broccoli and protein-rich edamame are blended into a luxuriously smooth, dairy-free puree. This vibrant bowl offers a powerhouse of plant-based nutrition with a rich, satisfying texture from legumes rather than cream.

INGREDIENTS:

- 3 cups (270 g) broccoli florets
- 1 ½ cups (225 g) frozen shelled edamame, thawed
- 2 ½ cups (600 ml) low-sodium vegetable broth
- ½ cup (75 g) yellow onion, finely diced
- 1 clove garlic, minced
- 1 tablespoon (15 ml) extra virgin olive oil
- 1 tablespoon (15 ml) fresh lemon juice
- ½ teaspoon dried tarragon
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon ground nutmeg
- 2 tablespoons (8 g) fresh parsley or chives, chopped (for garnish)

INSTRUCTIONS:

1. If using a steamer basket, steam the broccoli florets over boiling water for 6–7 minutes until bright green and fork-tender. Alternatively, you can cook them directly in the soup in step 4.
2. Heat the olive oil in the saucepan over moderate heat. Add the diced onion and cook, stirring repeatedly, for 5–6 minutes until softened and translucent.
3. Add the minced garlic, dried tarragon, black pepper, and nutmeg. Cook, stirring continuously, for 1 minute until fragrant.
4. Add the vegetable broth to the saucepan. If you did not steam the broccoli separately, add the raw broccoli florets now. Increase the heat to high and bring to a boil.
5. Once boiling, reduce the heat to low, cover, and simmer for 8 minutes. If you added raw broccoli, it should now be tender.
6. Add the thawed edamame to the saucepan. If you steamed the broccoli separately, add it now as well. Return to a simmer and cook, uncovered, for 3 minutes to heat the edamame through.
7. Remove the saucepan from the heat. Using an immersion blender directly in the pot, puree the soup until completely smooth. Alternatively, carefully transfer the hot mixture in batches to a stand blender, secure the lid (vent if possible), and blend until velvety. Return the blended soup to the pot.
8. Stir the fresh lemon juice into the blended soup.
9. Place the soup over low heat to warm through gently for 2–3 minutes, stirring constantly. Do not allow it to boil.
10. Ladle the soup evenly into two bowls. Top with fresh chopped parsley or chives before serving.



Time to Prepare: 15 minutes

Time to Cook: 25 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan (3-quart / 3-liter)
- Blender or immersion blender
- Steamer basket (optional)
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 290 kcal
- Protein: 18 g
- Carbohydrates: 28 g
- Dietary Fiber: 11 g
- Sugars: 9 g
- Fat: 13 g
- Saturated Fat: 1.5 g
- Sodium: 210 mg
- Potassium: 1100 mg
- Phosphorus: 290 mg

Values are approximations based on low-sodium broth. Fat is primarily unsaturated from edamame and olive oil. Sugar content is natural from vegetables.



Salads

Warm Lemon-Herb Lentil Salad

A robust, protein-packed salad featuring tender French lentils tossed while warm with a vibrant lemon-herb vinaigrette, sweet cherry tomatoes, and a sprinkle of tangy low-fat feta. This dish offers a satisfying balance of earthy legumes, bright acidity, and fresh herbs.

INGREDIENTS:

- ¾ cup (150 g) dry French green lentils (Lentilles du Puy), rinsed
- 2 cups (480 ml) water
- 1 cup (150 g) cherry tomatoes, halved
- 2 tablespoons (30 ml) fresh lemon juice
- 1 teaspoon lemon zest
- 1 tablespoon (15 ml) extra virgin olive oil
- ¼ cup (35 g) red onion, finely diced
- 2 tablespoons (8 g) fresh parsley, finely chopped
- 1 tablespoon (4 g) fresh dill, finely chopped
- ¼ teaspoon Dijon mustard
- ⅛ teaspoon freshly ground black pepper
- ¼ cup (30 g) low-fat feta cheese, crumbled

INSTRUCTIONS:

1. Place the rinsed lentils in the saucepan with the water. Bring to a boil over high heat.
2. Once boiling, reduce the heat to low to maintain a light simmer. Cover the saucepan, leaving the lid slightly ajar.
3. Simmer for 20–25 minutes, until the lentils are tender but still hold their shape (al dente). Avoid overcooking, which will make them mushy.
4. While the lentils cook, prepare the vinaigrette. In the small bowl, whisk together the lemon juice, lemon zest, olive oil, Dijon mustard, and black pepper until emulsified.
5. Stir the diced red onion into the prepared vinaigrette and set aside to allow the onion to slightly mellow.
6. When the lentils are done, drain them through the fine-mesh sieve. Immediately transfer the warm, drained lentils to the mixing bowl.
7. Pour the vinaigrette and onion mixture over the warm lentils. Add the chopped parsley and dill. Gently fold everything together until the lentils are evenly coated.
8. Let the lentil mixture rest for 5 minutes to absorb the flavors.
9. Gently fold in the halved cherry tomatoes.
10. Divide the warm lentil salad evenly between two plates or shallow bowls. Top each serving with 2 tablespoons (15 g) of crumbled low-fat feta.



Time to Prepare: 15 minutes

Time to Cook: 25 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan (2-quart / 2-liter)
- Fine-mesh sieve
- Mixing bowl
- Small bowl for vinaigrette
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 340 kcal
- Protein: 21 g
- Carbohydrates: 45 g
- Dietary Fiber: 18 g
- Sugars: 7 g
- Fat: 10 g
- Saturated Fat: 2.5 g
- Sodium: 180 mg
- Potassium: 820 mg
- Phosphorus: 380 mg

Values are approximations based on low-fat feta and specific brands. Sodium can vary with cheese choice.



Time to Prepare: 25 minutes
(includes pressing tofu)

Time to Cook: 15 minutes

Makes: 2 servings

EQUIPMENT:

- Tofu press or weighted plates with paper towels
- Grill pan, non-stick skillet, or baking sheet
- Mixing bowls (2)
- Whisk
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320 kcal
- Protein: 28 g
- Carbohydrates: 30 g
- Dietary Fiber: 10 g
- Sugars: 14 g
- Fat: 12 g
- Saturated Fat: 1.5 g
- Sodium: 480 mg
- Potassium: 1120 mg
- Phosphorus: 360 mg

Values are approximations based on low-sodium tamari. Sodium is primarily from the tamari; use coconut aminos for a lower-sodium option. Sugar is natural from vegetables and a small amount of maple syrup.

Asian Edamame & Grilled Tofu Salad

A vibrant, crunchy salad combining protein-rich edamame and marinated grilled tofu with shredded cabbage and carrots, all tossed in a light sesame-ginger dressing. This dish offers a satisfying contrast of textures and clean, umami-forward flavors without heavy oils or added salt.

INGREDIENTS:

- 8 ounces (225 g) extra-firm tofu, drained and pressed
- 1 tablespoon (15 ml) low-sodium tamari or coconut aminos
- 1 teaspoon rice vinegar
- ½ teaspoon toasted sesame oil
- ¼ teaspoon fresh ginger, grated
- 1 ½ cups (225 g) frozen shelled edamame, thawed
- 2 cups (140 g) red cabbage, thinly shredded
- 1 cup (110 g) carrot, shredded
- ¼ cup (35 g) red bell pepper, thinly sliced
- 2 tablespoons (20 g) green onion, thinly sliced
- 2 tablespoons (30 ml) fresh lime juice
- 1 tablespoon (15 ml) low-sodium tamari or coconut aminos
- 1 teaspoon fresh ginger, finely grated
- 1 teaspoon pure maple syrup
- ½ teaspoon toasted sesame oil
- ⅛ teaspoon crushed red pepper flakes (optional)

INSTRUCTIONS:

1. Press the tofu for at least 20 minutes. Slice the pressed tofu into ¾-inch (2 cm) cubes.
2. Using a shallow dish, whisk together the 1 tablespoon tamari, rice vinegar, ½ teaspoon sesame oil, and ¼ teaspoon grated ginger. Add the tofu cubes and gently toss to coat. Let marinate for 10–15 minutes, turning once.
3. While the tofu marinates, prepare the dressing. Using a small bowl, whisk together the lime juice, 1 tablespoon tamari, 1 teaspoon grated ginger, maple syrup, ½ teaspoon sesame oil, and red pepper flakes (if using) until well combined.
4. In a spacious mixing bowl, combine the thawed edamame, shredded red cabbage, shredded carrot, sliced bell pepper, and green onion.
5. Preheat a grill pan or non-stick skillet over medium-high heat. Place the marinated tofu cubes in one layer, keeping the remaining marinade aside. Cook for 3–4 minutes per side, or until golden brown and grill marks appear. Alternatively, bake on a parchment-lined baking sheet at 400°F (200°C) for 20–25 minutes, flipping halfway.
6. Pour the prepared dressing over the vegetable and edamame mixture. Toss thoroughly until all components are evenly coated.
7. Divide the dressed salad evenly between two plates or bowls. Top each serving with the warm grilled tofu cubes.

Southwestern Quinoa & Black Bean Salad

A vibrant, protein-packed salad featuring fluffy quinoa and hearty black beans combined with crisp corn, bell peppers, and fresh cilantro, all dressed in a zesty lime-cumin vinaigrette. This dish is a complete meal offering robust flavor and substantial fiber.

INGREDIENTS:

- ½ cup (90 g) uncooked quinoa, rinsed
- 1 cup (240 ml) water
- 1 cup (170 g) cooked black beans, no-salt-added, drained and rinsed
- ¾ cup (115 g) frozen corn kernels, thawed
- ½ cup (70 g) red bell pepper, finely diced
- ⅓ cup (45 g) red onion, finely diced
- ¼ cup (12 g) fresh cilantro, finely chopped
- 2 tablespoons (30 ml) fresh lime juice
- 1 tablespoon (15 ml) extra virgin olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon chili powder
- ⅛ teaspoon freshly ground black pepper
- 1 small avocado, diced (for garnish, optional)

INSTRUCTIONS:

1. Place the rinsed quinoa and water in the saucepan. Bring to a boil over high heat.
2. As soon as it boils, drop the heat to the lowest setting, cover the saucepan, and simmer for 15 minutes.
3. Take the saucepan off the heat and keep it covered for 5 minutes. Fluff the quinoa with a fork, then move it to a mixing bowl to cool a bit.
4. While the quinoa cooks and cools, prepare the vinaigrette. In the small bowl, whisk together the lime juice, olive oil, cumin, chili powder, and black pepper until well combined.
5. To the mixing bowl with the slightly warm quinoa, add the black beans, thawed corn, diced bell pepper, diced onion, and chopped cilantro.
6. Pour the prepared vinaigrette over the quinoa and vegetable mixture. Toss carefully, making sure everything is evenly coated.
7. Let the salad rest at room temperature for 10 minutes to allow the flavors to meld.
8. Divide the salad evenly between two plates or bowls. If desired, top each serving with diced avocado just before serving.



Time to Prepare: 20 minutes

Time to Cook: 20 minutes

Makes: 2 servings

EQUIPMENT:

- Small saucepan (1.5-quart / 1.5-liter)
- Fine-mesh sieve
- Mixing bowl
- Small bowl for vinaigrette
- Fork
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, WITHOUT OPTIONAL AVOCADO):

- Calories: 380 kcal
- Protein: 15 g
- Carbohydrates: 60 g
- Dietary Fiber: 13 g
- Sugars: 7 g
- Fat: 10 g
- Saturated Fat: 1.5 g
- Sodium: 30 mg
- Potassium: 740 mg
- Phosphorus: 310 mg

Values are approximations based on no-salt-added beans and specific brands. Adding an optional avocado will increase healthy fats and calories.



Time to Prepare: 15 minutes

Time to Cook: 0 minutes

Makes: 2 servings

EQUIPMENT:

- Mixing bowl
- Small bowl
- Fork
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING GREENS):

- Calories: 285 kcal
- Protein: 26 g
- Carbohydrates: 25 g
- Dietary Fiber: 8 g
- Sugars: 4 g
- Fat: 10 g
- Saturated Fat: 1.5 g
- Sodium: 320 mg
- Potassium: 720 mg
- Phosphorus: 280 mg

Values are approximations based on no-salt-added tuna and beans. Sodium is primarily from the olives.

Mediterranean Tuna & White Bean Salad

A protein-rich, briny salad combining flaked albacore tuna with creamy cannellini beans, crisp red onion, and Kalamata olives, all dressed in a bright lemon-oregano vinaigrette. This no-cook dish offers the robust flavors of the Mediterranean with minimal added fat.

INGREDIENTS:

- 1 (5-ounce / 142 g) can solid white albacore tuna in water, no-salt-added, drained
- 1 cup (170 g) cooked cannellini beans, no-salt-added, drained and rinsed
- ¼ cup (35 g) red onion, very thinly sliced
- 3 tablespoons (30 g) Kalamata olives, pitted and halved
- 2 tablespoons (30 ml) fresh lemon juice
- 1 tablespoon (15 ml) extra virgin olive oil
- ½ teaspoon dried oregano
- ¼ teaspoon lemon zest
- ⅛ teaspoon freshly ground black pepper
- 2 tablespoons (8 g) fresh parsley, finely chopped
- 2 cups (60 g) mixed baby greens (for serving)

INSTRUCTIONS:

1. Place the drained tuna in the mixing bowl. Use a fork to flake it into small, bite-sized pieces.
2. Add the drained cannellini beans, thinly sliced red onion, and halved olives to the bowl with the tuna.
3. Using the small bowl, whisk together the lemon juice, olive oil, dried oregano, lemon zest, and black pepper until well combined.
4. Pour the dressing over the tuna and bean mixture. Add the chopped parsley.
5. Carefully fold all ingredients until they're evenly coated, avoiding smashing the beans.
6. Let the salad mixture rest for 10 minutes to allow the flavors to meld.
7. Divide the mixed baby greens evenly between two plates, creating a bed on each.
8. Spoon half of the tuna and bean salad over the greens on each plate.

Deconstructed Chicken Shawarma Salad

A vibrant, spiced salad featuring tender, marinated grilled chicken strips served atop crisp romaine with fresh cucumber, tomatoes, and a creamy yogurt-tahini sauce. This dish captures the essential flavors of shawarma in a lighter, salad format that is high in protein and rich in herbs.

INGREDIENTS:

- 8 ounces (225 g) boneless, skinless chicken breast, sliced into ½-inch (1.3 cm) strips
- 1 tablespoon (15 ml) fresh lemon juice
- 1 teaspoon extra virgin olive oil
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon ground coriander
- ⅛ teaspoon ground turmeric
- ⅛ teaspoon freshly ground black pepper
- 6 cups (300 g) romaine lettuce, chopped
- 1 cup (150 g) cherry tomatoes, halved
- 1 cup (120 g) English cucumber, halved and sliced
- ¼ cup (35 g) red onion, thinly sliced
- ¼ cup (60 g) plain, non-fat Greek yogurt
- 1 tablespoon (15 ml) tahini
- 1 tablespoon (15 ml) fresh lemon juice
- 1 tablespoon (15 ml) water
- ⅛ teaspoon garlic powder

INSTRUCTIONS:

1. Using a small bowl, whisk together the 1 tablespoon lemon juice, 1 teaspoon olive oil, cumin, smoked paprika, garlic powder, coriander, turmeric, and black pepper to form the marinade.
2. Place the chicken strips in the bowl with the marinade. Toss to coat evenly. Let marinate at room temperature for 15 minutes.
3. While the chicken marinates, make the sauce. In a separate small bowl, whisk together the Greek yogurt, tahini, 1 tablespoon lemon juice, water, and ⅛ teaspoon garlic powder until smooth. If it's too thick, add another teaspoon of water. Set aside.
4. Assemble the salad base. In the large bowl, combine the chopped romaine, cherry tomatoes, cucumber slices, and red onion.
5. Warm a grill pan or non-stick skillet over medium-high heat. Place the marinated chicken strips in one even layer. Cook for 5–6 minutes, turning occasionally with tongs, until the chicken is cooked through and has visible grill marks or browning.
6. Divide the salad mixture evenly between two plates or shallow bowls.
7. Arrange the warm grilled chicken strips over the top of each salad.
8. Drizzle the prepared yogurt-tahini sauce over each salad.



Time to Prepare: 20 minutes
(includes marinating)

Time to Cook: 12 minutes

Makes: 2 servings

EQUIPMENT:

- Grill pan or non-stick skillet
- Mixing bowls (2 small, 1 large)
- Whisk
- Tongs
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 285 kcal
- Protein: 35 g
- Carbohydrates: 18 g
- Dietary Fiber: 6 g
- Sugars: 8 g
- Fat: 9 g
- Saturated Fat: 1.5 g
- Sodium: 130 mg
- Potassium: 1050 mg
- Phosphorus: 390 mg

Values are approximations based on non-fat Greek yogurt and a specific brand of tahini. Sodium is naturally occurring.



Shrimp & Avocado Citrus Salad

A light, refreshing salad featuring chilled poached shrimp and creamy avocado arranged over mixed greens with fresh grapefruit and orange segments. This dish offers a bright contrast of sweet, tangy, and savory flavors alongside lean protein and healthy fats.

INGREDIENTS:

- 8 ounces (225 g) raw large shrimp, peeled and deveined
- 4 cups (120 g) mixed baby greens or spring mix
- 1 medium avocado, sliced
- 1 medium red grapefruit
- 1 medium navel orange
- 2 tablespoons (30 ml) fresh lime juice, divided
- 1 tablespoon (15 ml) extra virgin olive oil
- 1 teaspoon honey or pure maple syrup
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons (8 g) fresh mint or cilantro, chopped (for garnish)

Time to Prepare: 20 minutes

Time to Cook: 3 minutes

Makes: 2 servings

EQUIPMENT:

- Small saucepan
- Mixing bowls (2)
- Whisk
- Slotted spoon
- Measuring cups and spoons
- Cutting board and knife
- Small bowl for ice water

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 320 kcal
- Protein: 20 g
- Carbohydrates: 28 g
- Dietary Fiber: 10 g
- Sugars: 16 g
- Fat: 17 g
- Saturated Fat: 2.5 g
- Sodium: 180 mg
- Potassium: 1050 mg
- Phosphorus: 290 mg

These values are estimates. Most of the sugar comes naturally from citrus fruits, and the sodium is naturally present in shrimp.

INSTRUCTIONS:

1. Fill the small saucepan with water and bring to a gentle simmer over moderate heat. Incorporate the shrimp and cook for 2–3 minutes, until they are pink, opaque, and curled.
2. Immediately transfer the cooked shrimp with a slotted spoon to a small bowl of ice water to stop the cooking process. Let chill for 2 minutes, then drain and pat dry with a paper towel.
3. While the shrimp chills, prepare the citrus. With a sharp knife, cut off the top and bottom of the grapefruit and orange. Stand each fruit upright on a cut end and slice away the peel and white pith, following the fruit's curve.
4. Hold the peeled fruit over a bowl to catch juices. Carefully cut between the membranes to release individual segments into the bowl. Squeeze the remaining membranes over the bowl to extract any additional juice. You should have about 1/2 cup (120 ml) of combined citrus segments and juice.
5. Using a separate small bowl, prepare the dressing. Measure 2 tablespoons (30 ml) of the reserved citrus juice. Whisk in 1 tablespoon (15 ml) of the lime juice, olive oil, honey or maple syrup, and black pepper until well combined.
6. Place the mixed greens in a large bowl. Drizzle with the remaining 1 tablespoon (15 ml) of lime juice and toss gently.
7. Divide the dressed greens evenly between two plates.
8. Arrange the chilled shrimp, avocado slices, and citrus segments over the greens on each plate.
9. Drizzle the prepared citrus dressing over the top of each salad.
10. Garnish with chopped fresh mint or cilantro.

Roasted Beet & Chickpea Salad with Walnuts

A hearty, nutrient-dense salad featuring sweet, earthy roasted beets and protein-rich chickpeas served over peppery arugula, topped with toasted walnuts and a light citrus dressing. This plant-based dish offers a satisfying blend of textures and robust flavors.

INGREDIENTS:

- 12 ounces (340 g) raw beets (2–3 medium), peeled and cut into ¾-inch (2 cm) cubes
- 1 cup (170 g) cooked chickpeas, no-salt-added, drained and rinsed
- 4 cups (80 g) fresh arugula
- 3 tablespoons (22 g) walnuts, chopped
- 1 tablespoon (15 ml) fresh orange juice
- 1 tablespoon (15 ml) fresh lemon juice
- 2 teaspoons (10 ml) extra virgin olive oil
- ½ teaspoon Dijon mustard
- ⅛ teaspoon freshly ground black pepper
- 1 teaspoon fresh thyme leaves (optional)

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper or foil.
2. Spread the cubed beets in a single layer on the prepared baking sheet. Roast for 40–45 minutes, stirring once halfway through, until they are tender and easily pierced with a fork. Remove from the oven and let cool for 10 minutes.
3. While the beets roast, spread the chopped walnuts in a small, dry skillet over medium-low heat. Toast for 3–4 minutes, stirring repeatedly, until fragrant and lightly golden. Immediately transfer to a plate to cool.
4. In the small mixing bowl, whisk together the orange juice, lemon juice, olive oil, Dijon mustard, and black pepper until emulsified to make the dressing.
5. Place the warm roasted beets and drained chickpeas in a large bowl. Pour half of the dressing over the mixture and gently toss to coat evenly.
6. Divide the arugula evenly between two plates or shallow bowls.
7. Spoon the dressed beet and chickpea mixture over the arugula on each plate.
8. Sprinkle the toasted walnuts and fresh thyme (if using) over each salad.
9. Drizzle the remaining dressing over the top of each salad. Serve immediately while the beets are still slightly warm.



Time to Prepare: 15 minutes

Time to Cook: 45 minutes

Makes: 2 servings

EQUIPMENT:

- Baking sheet
- Parchment paper or aluminum foil
- Small mixing bowl
- Whisk
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 335 kcal
- Protein: 12 g
- Carbohydrates: 42 g
- Dietary Fiber: 12 g
- Sugars: 16 g
- Fat: 15 g
- Saturated Fat: 1.5 g
- Sodium: 130 mg
- Potassium: 950 mg
- Phosphorus: 230 mg

Values are approximations based on no-salt-added chickpeas. Sugar content is primarily natural from beets and citrus juice. Fat is primarily unsaturated from walnuts and olive oil.



Greek-Inspired Quinoa Salad

A refreshing, protein-rich salad featuring fluffy quinoa with crisp cucumber, juicy tomatoes, and sharp red onion, all tossed with fresh parsley and a bright lemon-oregano vinaigrette. This plant-based dish captures the essence of Greek flavors in a hearty, whole-grain format.

INGREDIENTS:

- ½ cup (90 g) uncooked quinoa, rinsed
- 1 cup (240 ml) water
- 1 cup (150 g) cherry tomatoes, halved
- 1 cup (120 g) English cucumber, diced
- ⅓ cup (45 g) red onion, finely diced
- ¼ cup (12 g) fresh parsley, finely chopped
- 2 tablespoons (30 ml) fresh lemon juice
- 1 tablespoon (15 ml) extra virgin olive oil
- ½ teaspoon dried oregano
- ⅛ teaspoon freshly ground black pepper
- 2 tablespoons (15 g) crumbled low-fat feta cheese (optional)

Time to Prepare: 15 minutes

Time to Cook: 20 minutes

Makes: 2 servings

EQUIPMENT:

- Small saucepan (1.5-quart / 1.5-liter)
- Fine-mesh sieve
- Mixing bowl
- Small bowl for dressing
- Fork
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, WITHOUT OPTIONAL FETA):

- Calories: 260 kcal
- Protein: 9 g
- Carbohydrates: 40 g
- Dietary Fiber: 6 g
- Sugars: 7 g
- Fat: 9 g
- Saturated Fat: 1.5 g
- Sodium: 20 mg
- Potassium: 560 mg
- Phosphorus: 240 mg

INSTRUCTIONS:

1. Place the rinsed quinoa and water in the saucepan. Bring to a boil over high heat.
2. After it begins to boil, reduce the heat to the lowest level, cover the saucepan, and let it simmer for 15 minutes.
3. Take the saucepan off the heat and keep it covered for 5 minutes. Fluff the quinoa with a fork, then move it to a mixing bowl to cool a bit.
4. While the quinoa cooks and cools, prepare the dressing by whisking lemon juice, olive oil, dried oregano, and black pepper together in a small bowl until well combined.
5. To the mixing bowl with the slightly warm quinoa, add the halved cherry tomatoes, diced cucumber, diced red onion, and chopped parsley.
6. Pour the prepared dressing over the quinoa and vegetable mixture. Toss gently but thoroughly until all components are evenly coated.
7. Allow the salad to sit for 10 minutes, giving the flavors time to blend and the quinoa time to soak up the dressing.
8. Divide the salad evenly between two plates or bowls. If desired, top each serving with 1 tablespoon of crumbled low-fat feta cheese. Serve immediately or chilled.

Values are approximations.
Adding optional low-fat feta
will increase protein, sodium,
and calcium content.

Steak & Farro Salad with Mustard Vinaigrette

A hearty, whole-grain salad featuring lean seared sirloin strips served over chewy farro with caramelized roasted Brussels sprouts, all dressed in a tangy whole-grain mustard vinaigrette. This robust dish delivers a satisfying balance of protein, fiber, and deep, savory flavors.

INGREDIENTS:

- 8 ounces (225 g) lean sirloin steak, trimmed of all visible fat
- ½ cup (100 g) uncooked semi-pearled farro, rinsed
- 2 cups (180 g) Brussels sprouts, trimmed and halved
- 3 cups (720 ml) water
- 1 tablespoon (15 ml) extra virgin olive oil, divided
- ⅛ teaspoon freshly ground black pepper
- 2 tablespoons (30 ml) red wine vinegar
- 1 tablespoon (15 ml) whole-grain mustard
- 1 teaspoon pure maple syrup
- 1 clove garlic, minced
- 2 tablespoons (8 g) fresh parsley, chopped

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss the halved Brussels sprouts with ½ tablespoon (7.5 ml) of the olive oil and a pinch of the black pepper. Spread in a single layer on the baking sheet and roast for 25–28 minutes, until tender and browned at the edges.
3. While the Brussels sprouts roast, cook the farro. In the saucepan, combine the rinsed farro and water. Bring to a boil over high heat.
4. Reduce the heat to maintain a simmer. Cook, uncovered, for 25–30 minutes, or until the farro is tender but still chewy. Drain any excess water, then transfer the cooked farro to a large mixing bowl.
5. While the farro cooks, prepare the vinaigrette. In the small bowl, whisk together the red wine vinegar, whole-grain mustard, maple syrup, and minced garlic.
6. Pat the steak dry with a paper towel and season with the remaining black pepper. Heat the remaining ½ tablespoon (7.5 ml) of olive oil in the skillet over medium-high heat.
7. Cook the steak for 3–4 minutes on each side for medium-rare, or until it reaches your preferred doneness. Move it to a cutting board and let it rest for 5 minutes.
8. Add the warm roasted Brussels sprouts to the bowl with the cooked farro. Pour the prepared vinaigrette over the top and toss to combine.
9. Slice the rested steak thinly against the grain into strips.
10. Divide the farro and Brussels sprout mixture evenly between two plates. Arrange the sliced steak strips over the top of each portion. Garnish with chopped parsley.



Time to Prepare: 20 minutes

Time to Cook: 40 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan (2-quart / 2-liter)
- Baking sheet
- Parchment paper
- Small bowl for vinaigrette
- Whisk
- Cast-iron or heavy skillet
- Tongs
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 420 kcal
- Protein: 33 g
- Carbohydrates: 50 g
- Dietary Fiber: 10 g
- Sugars: 8 g
- Fat: 12 g
- Saturated Fat: 3 g
- Sodium: 130 mg
- Potassium: 950 mg
- Phosphorus: 410 mg

Values are approximations. Sodium is primarily from the mustard; use a low-sodium variety if desired.



Time to Prepare: 25 minutes

Time to Cook: 15 minutes

Makes: 2 servings

EQUIPMENT:

- Grill pan or non-stick skillet
- Small saucepan
- Mixing bowls (2 small)
- Whisk
- Tongs
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, WITH DRESSING):

- Calories: 310 kcal
- Protein: 33 g
- Carbohydrates: 15 g
- Dietary Fiber: 6 g
- Sugars: 6 g
- Fat: 13 g
- Saturated Fat: 3.5 g
- Sodium: 480 mg
- Potassium: 920 mg
- Phosphorus: 380 mg

Values are approximations based on specific brands of turkey bacon and blue cheese. Sodium is primarily from the turkey bacon and blue cheese.

“Cobb” Salad with Turkey Bacon

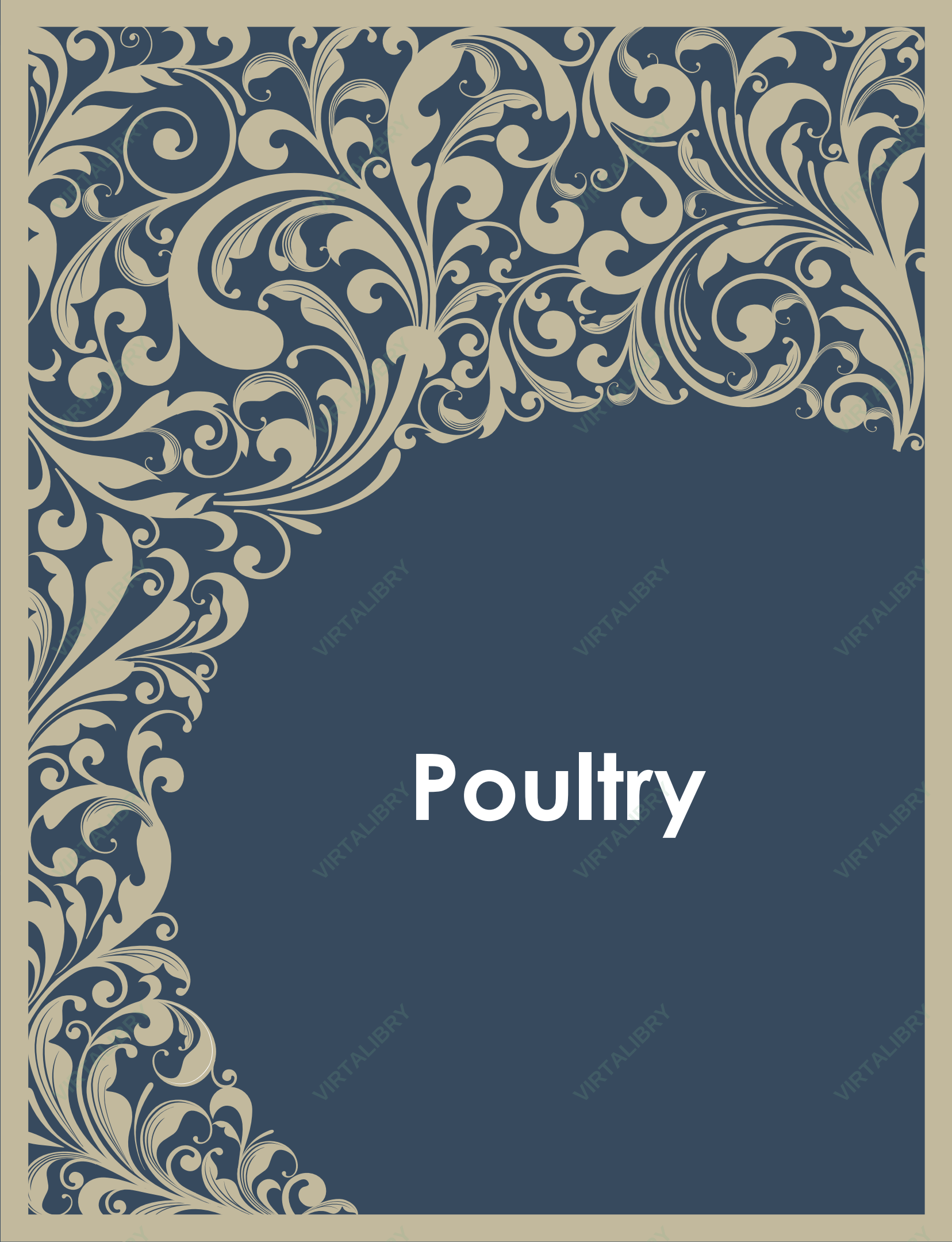
A modern, protein-rich interpretation of the classic Cobb salad, featuring grilled chicken breast, hard-boiled egg whites, avocado, and crispy turkey bacon over a bed of crisp greens, all served with a tangy yogurt-based blue cheese dressing. This chopped salad delivers robust flavor and satisfaction while prioritizing lean proteins and healthy fats.

INGREDIENTS:

- 6 ounces (170 g) boneless, skinless chicken breast
- 4 slices (28 g) turkey bacon
- 4 cups (120 g) mixed romaine and iceberg lettuce, chopped
- 2 large egg whites, hard-boiled and chopped
- ½ medium avocado, diced (approx. ¼ cup / 35 g per serving)
- ½ cup (75 g) cherry tomatoes, halved
- ¼ cup (35 g) red onion, finely diced
- ¼ cup (30 g) English cucumber, diced
- ¼ cup (60 g) plain, non-fat Greek yogurt
- 1 tablespoon (7 g) crumbled blue cheese
- 1 tablespoon (15 ml) buttermilk or low-fat milk
- 2 teaspoons (10 ml) fresh lemon juice
- ⅛ teaspoon freshly ground black pepper
- ⅛ teaspoon garlic powder

INSTRUCTIONS:

1. Put the eggs in a small saucepan and add cold water until it covers them by 1 inch (2.5 cm). Bring to a boil over high heat. When boiling, cover the pan, remove it from the heat, and let it stand for 10 minutes. Move the eggs to ice water to cool. Peel, discard the yolks, and chop the egg whites.
2. While the eggs cook, prepare the dressing. Using a small bowl, whisk together the Greek yogurt, crumbled blue cheese, buttermilk, lemon juice, black pepper, and garlic powder until mostly smooth. Some blue cheese lumps may remain. Refrigerate until ready to use.
3. Dry the chicken breast with paper towels and season with a pinch of black pepper. Heat a grill pan or skillet over medium-high heat. Cook the chicken 5–7 minutes per side, until fully cooked and the internal temperature hits 165°F (74°C). Move it to a cutting board to rest for 5 minutes, then dice.
4. In the same pan (no need to clean), cook the turkey bacon over moderate heat for 2–3 minutes per side until crispy. Transfer to a paper towel-lined plate. Once cool, crumble or chop.
5. Arrange the chopped lettuce as a base on two large plates or in wide, shallow bowls.
6. Neatly arrange rows or sections of the diced chicken, chopped egg whites, diced avocado, halved cherry tomatoes, diced red onion, and diced cucumber over the lettuce on each plate.
7. Sprinkle the crumbled turkey bacon over each salad.
8. Drizzle the prepared yogurt blue cheese dressing over the salads just before serving. Alternatively, serve the dressing on the side.



Poultry



Greek Yogurt Marinated Grilled Chicken

Chicken breasts marinated in a mixture of Greek yogurt, garlic, and lemon to become exceptionally tender and moist, then grilled to perfection with a lightly spiced crust. This method yields juicy, flavorful chicken with minimal added fat, ideal for a high-protein main course.

INGREDIENTS:

- 10 ounces (285 g) boneless, skinless chicken breasts (2 halves)
- ½ cup (120 g) plain, non-fat Greek yogurt
- 2 tablespoons (30 ml) fresh lemon juice
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon smoked paprika
- ¼ teaspoon freshly ground black pepper
- Olive oil spray or 1 teaspoon (5 ml) olive oil, for greasing the grill

INSTRUCTIONS:

1. Using a shallow dish or resealable bag, combine the Greek yogurt, lemon juice, minced garlic, oregano, smoked paprika, and black pepper. Mix thoroughly.
2. Place the chicken breasts in the marinade and turn them so they are fully coated. Ensure every piece is completely covered.
3. Cover the dish or seal the bag. Refrigerate for a minimum of 2 hours, or preferably overnight (up to 24 hours).
4. Set a grill or grill pan to medium-high heat (approximately 400°F / 200°C). Lightly coat the grates with olive oil spray or a brush of oil to prevent sticking.
5. Remove the chicken from the marinade, letting any excess drip off. Discard the remaining marinade.
6. Place the chicken on the hot grill. Cook for 6–8 minutes per side, depending on thickness, until the exterior is well-marked and the internal temperature reaches 165°F (74°C) when checked with a meat thermometer.
7. Transfer the grilled chicken to a clean plate. Let it rest for 5 minutes before slicing or serving whole.

Time to Prepare: 10 minutes
(plus 2–24 hours marinating)

Time to Cook: 15 minutes

Makes: 2 servings

EQUIPMENT:

- Shallow dish or resealable plastic bag for marinating
- Grill or grill pan
- Tongs
- Meat thermometer
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, ONE CHICKEN BREAST HALF):

- Calories: 210 kcal
- Protein: 36 g
- Carbohydrates: 4 g
- Dietary Fiber: 0 g
- Sugars: 2 g
- Fat: 5 g
- Saturated Fat: 1.5 g
- Sodium: 105 mg
- Potassium: 460 mg
- Phosphorus: 320 mg

Values are approximations based on non-fat Greek yogurt and average chicken breast size. Sodium is naturally occurring.

Turkey & Zucchini Meatballs with Marinara

Tender, lean meatballs made with ground turkey and moisture-rich grated zucchini, baked until golden and served over a bed of fresh zucchini noodles with a simple, no-salt-added marinara sauce. This dish offers a satisfying, high-protein meal with a full serving of vegetables.

INGREDIENTS:

- 10 ounces (285 g) 93% lean ground turkey
- 1 cup (120 g) zucchini, grated and moisture squeezed out
- ¼ cup (25 g) oat flour
- 2 tablespoons (30 ml) unsweetened almond milk
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- ¼ teaspoon freshly ground black pepper
- 2 medium zucchini (approx. 14 oz / 400 g), spiralized into noodles
- 1 ½ cups (360 ml) marinara sauce, no-salt-added
- 1 tablespoon (4 g) fresh basil or parsley, chopped (for garnish)
- Olive oil spray, for Serving

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Grate the zucchini for the meatballs using the large holes of a box grater. Place the grated zucchini in a clean kitchen towel and wring firmly over the sink to remove as much liquid as possible. Measure out 1 cup (120 g) of the squeezed zucchini.
3. Using the mixing bowl, combine the ground turkey, squeezed zucchini, oat flour, almond milk, tomato paste, oregano, garlic powder, and black pepper. Mix gently with your hands or a fork until just combined; do not overmix.
4. Shape the mixture into 12–14 meatballs, each about 1 ½-inch (4 cm) in diameter. Arrange them on the prepared baking sheet, then lightly coat the tops with olive oil spray.
5. Bake for 20–22 minutes, or until the meatballs are cooked through and firm to the touch.
6. While the meatballs bake, heat the marinara sauce in the medium saucepan over low heat.
7. In the final 5 minutes of the meatballs' baking, prepare the zucchini noodles. Heat the skillet over medium-high heat. Incorporate the spiralized zucchini noodles and cook for 2–3 minutes, tossing frequently, until just tender but still al dente.
8. Divide the warmed zucchini noodles between two plates.
9. Ladle the hot marinara sauce over the zucchini noodles. Place the baked meatballs on top.
10. Garnish with fresh chopped basil or parsley.



Time to Prepare: 25 minutes

Time to Cook: 25 minutes

Makes: 2 servings
(12–14 meatballs total)

EQUIPMENT:

- Baking sheet
- Parchment paper
- Box grater or food processor
- Clean kitchen towel or paper towels
- Mixing bowl
- Medium saucepan
- Skillet (10-inch / 25 cm)
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER SERVING, HALF OF MEATBALLS, SAUCE, AND ZUCCHINI NOODLES):

- Calories: 325 kcal
- Protein: 30 g
- Carbohydrates: 30 g
- Dietary Fiber: 8 g
- Sugars: 14 g
- Fat: 11 g
- Saturated Fat: 2.5 g
- Sodium: 180 mg
- Potassium: 1350 mg
- Phosphorus: 340 mg

Values are approximations based on no-salt-added marinara and specific brands. Sugar is natural from tomatoes and zucchini.



Cajun-Spiced Chicken with Black-Eyed Pea Salsa

A boldly seasoned chicken breast, seared with a Cajun-inspired spice blend, served cool over a vibrant, protein-packed salsa of black-eyed peas, sweet corn, and fresh tomato. This dish offers a striking contrast of hot, crispy chicken and a cool, chunky salsa without heavy sauces or fats.

INGREDIENTS:

- 10 ounces (285 g) boneless, skinless chicken breasts (2 halves)
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon onion powder
- ¼ teaspoon freshly ground black pepper
- ⅛ teaspoon cayenne pepper (adjust to taste)
- 1 teaspoon olive oil
- 1 cup (170 g) cooked black-eyed peas, no-salt-added, drained and rinsed
- ¾ cup (115 g) frozen corn kernels, thawed
- ¾ cup (115 g) tomato, seeded and diced
- ¼ cup (35 g) red onion, finely diced
- ¼ cup (12 g) fresh cilantro, chopped
- 2 tablespoons (30 ml) fresh lime juice
- 1 tablespoon (15 ml) extra virgin olive oil
- ⅛ teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Using a small bowl, combine the smoked paprika, garlic powder, oregano, onion powder, black pepper, and cayenne pepper to create the Cajun spice blend.
2. Pat the chicken breasts dry with a paper towel. Rub the spice blend evenly over all sides of each chicken breast, pressing gently to adhere.
3. Heat the 1 teaspoon of olive oil in the cast-iron skillet over medium-high heat until shimmering.
4. Place the seasoned chicken in the hot skillet. Cook undisturbed for 5–7 minutes, until a dark crust forms on the bottom.
5. Turn the chicken over with tongs. Lower the heat to medium and cook for another 5–8 minutes, or until the center hits 165°F (74°C). Move the chicken to a cutting board and let it rest for 5 minutes.
6. While the chicken cooks, prepare the salsa. In a medium mixing bowl, combine the black-eyed peas, thawed corn, diced tomato, diced red onion, and chopped cilantro.
7. Using a small bowl, whisk together the lime juice, 1 tablespoon olive oil, and black pepper. Pour this dressing over the salsa mixture and stir gently to combine.
8. After resting, carve the chicken breasts into thin pieces across the grain.
9. To serve, divide the black-eyed pea salsa evenly between two plates, spreading it slightly. Place the sliced Cajun-spiced chicken on top of the salsa.

Time to Prepare: 20 minutes

Time to Cook: 15 minutes

Makes: 2 servings

EQUIPMENT:

- Cast-iron or heavy-bottomed skillet
- Mixing bowls (2)
- Tongs
- Meat thermometer
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, ONE CHICKEN BREAST HALF WITH SALSA):

- Calories: 395 kcal
- Protein: 36 g
- Carbohydrates: 35 g
- Dietary Fiber: 8 g
- Sugars: 7 g
- Fat: 13 g
- Saturated Fat: 2 g
- Sodium: 95 mg
- Potassium: 1020 mg
- Phosphorus: 410 mg

Values are approximations based on no-salt-added black-eyed peas and specific spice brands. Sodium is naturally occurring.

Slow-Cooked Salsa Verde Chicken

Chicken breasts gently poached in a vibrant, no-salt-added tomatillo salsa until exceptionally tender, then easily shredded for a versatile, high-protein filling. This hands-off method yields flavorful, moist chicken without any added oil or high-sodium ingredients.

INGREDIENTS:

- 10 ounces (285 g) boneless, skinless chicken breasts (2 halves)
- 1 ½ cups (360 ml) salsa verde, no-salt-added
- ½ cup (75 g) yellow onion, chopped
- 2 cloves garlic, minced
- ¼ cup (12 g) fresh cilantro, chopped, plus more for garnish
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- ⅛ teaspoon freshly ground black pepper
- 1 tablespoon (15 ml) fresh lime juice

INSTRUCTIONS:

1. Place the chicken breasts in the bottom of the saucepan or slow cooker.
2. Using a bowl, combine the salsa verde, chopped onion, minced garlic, cumin, oregano, and black pepper. Stir to mix.
3. Pour the salsa mixture over the chicken, ensuring the chicken is mostly submerged.
4. *For the Stovetop:* Cover the saucepan and bring to a gentle simmer over moderate heat. Turn the heat down to low so the liquid barely bubbles. Cook for 20–25 minutes, or until the chicken is fully done and hits 165°F (74°C) inside.
For the Slow Cooker: Cover and cook on LOW for 2–3 hours, or until the chicken is tender and easily shreds.
5. Use tongs to move the cooked chicken to a clean plate or bowl. Allow it to cool for 5 minutes.
6. While the chicken cools, stir the fresh lime juice into the remaining salsa in the pot.
7. Shred the chicken with two forks until it's in small, easy-to-eat pieces.
8. Return the shredded chicken to the pot with the salsa. Stir to coat the chicken thoroughly in the sauce.
9. Serve warm, garnished with additional fresh cilantro. Use as a filling for lettuce wraps, whole-grain tortillas, or over a bed of cauliflower rice.



Time to Prepare: 10 minutes

Time to Cook: 25 minutes (stovetop) or 2–3 hours (slow cooker)

Makes: 2 servings

EQUIPMENT:

- Medium saucepan with lid (3-quart / 3-liter) OR 3-quart slow cooker
- Tongs
- Two forks for shredding
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, HALF OF CHICKEN AND SAUCE):

- Calories: 235 kcal
- Protein: 30 g
- Carbohydrates: 18 g
- Dietary Fiber: 4 g
- Sugars: 9 g
- Fat: 5 g
- Saturated Fat: 1 g
- Sodium: 220 mg
- Potassium: 780 mg
- Phosphorus: 310 mg

Values are approximations based on no-salt-added salsa verde. Sugar is natural from tomatillos and onions.



Herb-Roasted Chicken with Spinach & Sun-Dried Tomato Filling

Tender chicken breasts are slit and filled with a savory blend of wilted spinach, tangy sun-dried tomatoes, and mild white cheese, then oven-roasted to juicy perfection. This elegant yet simple dish delivers a burst of flavor in every slice, perfect for a special weeknight dinner that aligns with heart-healthy eating principles.

INGREDIENTS:

- 2 boneless, skinless chicken breasts (about 6 oz / 170 g each)
- 2 cups (60 g) fresh spinach leaves, packed
- ¼ cup (35 g) sun-dried tomatoes, packed in water, drained and finely chopped
- 3 tablespoons (25 g) low-fat mozzarella cheese, shredded
- 1 tablespoon (5 g) grated Parmesan cheese
- 1 teaspoon olive oil
- 1 clove garlic, minced
- ½ teaspoon dried oregano
- ¼ teaspoon ground black pepper
- Pinch of ground nutmeg
- Fresh herbs for garnish (optional)

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C).
2. Heat the olive oil in the small skillet over moderate heat. Incorporate the minced garlic and cook for 30 seconds until aromatic. Add the packed spinach and cook, stirring, for 1 to 2 minutes until just wilted. Transfer the spinach and garlic to a bowl and let cool for a few minutes.
3. To the bowl with the cooled spinach, add the chopped sun-dried tomatoes, shredded mozzarella, Parmesan cheese, black pepper, and nutmeg. Stir until the ingredients are evenly combined.
4. Place one chicken breast on the cutting board. Using a sharp knife held parallel to the board, slice a deep pocket into the thickest side of the breast, being careful not to cut all the way through. Repeat with the second breast.
5. Divide the spinach and tomato filling evenly between the two chicken breasts, packing it gently into the created pockets. Secure the openings closed with 2–3 pieces of kitchen twine or several toothpicks.
6. Put the stuffed breasts into the baking dish, then distribute the dried oregano evenly over each breast.
7. Place in the preheated oven and roast for 22 to 25 minutes, until the chicken is cooked through and the thickest part reaches 165°F (74°C).
8. Take the chicken out and let it rest under a loose foil tent for 5 minutes. Carefully remove the twine or toothpicks. Slice each breast crosswise into medallions to serve, garnishing with fresh herbs if desired.

Time to Prepare: 20 minutes

Time to Cook: 25 minutes

Makes: 2 servings

EQUIPMENT:

- Small skillet
- Mixing bowl
- Baking dish or small sheet pan
- Kitchen twine or toothpicks
- Measuring cups and spoons
- Sharp knife
- Cutting board

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 285 kcal
- Protein: 42 g
- Carbohydrates: 7 g
- Dietary Fiber: 2 g
- Sugars: 3 g
- Fat: 9 g
- Saturated Fat: 3 g
- Sodium: 240 mg
- Potassium: 820 mg
- Phosphorus: 380 mg

Values are approximations. Using cheeses labeled low-fat and low-sodium will help control saturated fat and sodium content.

Savory Turkey & Quinoa Stuffed Peppers

Colorful bell peppers are filled with a hearty, savory mixture of lean ground turkey, fluffy quinoa, and diced tomatoes, then baked until the peppers are tender. This complete, all-in-one meal delivers balanced nutrition and vibrant flavor in every forkful, embodying a heart-conscious approach to comfort food.

INGREDIENTS:

- 2 large bell peppers (any color), approximately 7 oz (200 g) each
- 6 oz (170 g) lean ground turkey (93% lean or higher)
- ¼ cup (45 g) uncooked quinoa, rinsed
- ½ cup (120 ml) water, for cooking quinoa
- ½ cup (90 g) canned diced tomatoes, no-salt-added, with their juices
- ¼ cup (35 g) yellow onion, finely diced
- 1 teaspoon olive oil
- 1 clove garlic, minced
- ½ teaspoon dried oregano
- ¼ teaspoon ground black pepper
- ⅛ teaspoon smoked paprika
- 2 tablespoons (30 ml) low-sodium vegetable broth or water

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C).
2. Place the rinsed quinoa and ½ cup (120 ml) water in a small pot. Bring to a boil on high heat, then reduce to low. Cover and let it simmer for 15 minutes. Turn off the heat and leave it covered for 5 minutes. Fluff with a fork before serving.
3. While the quinoa cooks, prepare the peppers. Slice about ½ inch (1.3 cm) off the top (stem end) of each pepper. Remove and discard the seeds and white ribs from the inside. If needed, shave a thin slice from the bottom of each pepper so they can stand upright, taking care not to cut all the way through.
4. In a medium skillet, heat the olive oil over medium heat. Cook the diced onion for 3 minutes, until tender, then add the minced garlic and cook for 30 seconds more.
5. Add the ground turkey to the skillet, breaking it apart with a spoon. Cook for 4 to 5 minutes until no longer pink.
6. Fold in the cooked quinoa, tomatoes and their juices, dried oregano, black pepper, and smoked paprika. Cook for 2 minutes until everything is well combined, then take the pan off the heat.
7. Place the prepared bell peppers upright in the baking dish. Divide the turkey and quinoa filling evenly between them, packing it gently.
8. Pour the low-sodium vegetable broth or water into the bottom of the baking dish around the peppers.
9. Bake, uncovered, for 40 to 45 minutes, or until the peppers are tender when pierced with a fork and the filling is heated through.
10. Let the stuffed peppers cool in the dish for 5 minutes before serving.



Time to Prepare: 25 minutes

Time to Cook: 45 minutes

Makes: 2 servings (2 stuffed peppers)

EQUIPMENT:

- Small saucepan with lid
- Medium skillet
- Baking dish (8x8 inch / 20x20 cm or similar)
- Measuring cups and spoons
- Cutting board and knife
- Spoon

NUTRITIONAL INFORMATION (PER STUFFED PEPPER):

- Calories: 310 kcal
- Protein: 24 g
- Carbohydrates: 36 g
- Dietary Fiber: 6 g
- Sugars: 10 g
- Fat: 8 g
- Saturated Fat: 2 g
- Sodium: 75 mg
- Potassium: 850 mg
- Phosphorus: 300 mg

Values are approximations.
Using no-salt-added tomatoes
and low-sodium broth is
essential for sodium control.



One-Pan Roasted Lemon Chicken with Asparagus

Tender, skinless chicken thighs roast alongside fresh asparagus and lemon slices in a single pan, infused with the aromatic essence of rosemary. This effortless meal delivers succulent protein and vibrant vegetables with minimal cleanup, showcasing how simple preparations can yield deeply satisfying, health-conscious results.

INGREDIENTS:

- 4 boneless, skinless chicken thighs (about 1 lb / 450 g total)
- ½ lb (225 g) fresh asparagus spears, woody ends trimmed
- 1 medium lemon
- 1 tablespoon (15 ml) olive oil
- 2 teaspoons fresh rosemary leaves, finely chopped (or ¾ teaspoon dried)
- 2 cloves garlic, minced
- ¼ teaspoon ground black pepper
- 2 tablespoons (30 ml) low-sodium chicken broth or water

Time to Prepare: 15 minutes

Time to Cook: 35 minutes

Makes: 2 servings

EQUIPMENT:

- Rimmed baking sheet (approx. 13x9 inch / 33x23 cm)
- Small bowl
- Measuring spoons
- Cutting board and knife
- Tongs

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 295 kcal
- Protein: 38 g
- Carbohydrates: 8 g
- Dietary Fiber: 3 g
- Sugars: 3 g
- Fat: 13 g
- Saturated Fat: 2.5 g
- Sodium: 160 mg
- Potassium: 720 mg
- Phosphorus: 410 mg

Values are approximations. Using low-sodium broth and trimming all visible fat from the chicken helps control sodium and saturated fat content.

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C).
2. Slice half of the lemon into thin rounds. Juice the remaining lemon half to yield 1 tablespoon (15 ml) of juice.
3. In the small bowl, combine the olive oil, minced garlic, chopped rosemary, black pepper, and the tablespoon of lemon juice.
4. Place the chicken thighs on one side of the baking sheet. Brush or spoon the olive oil and herb mixture evenly over all sides of each thigh.
5. Arrange the lemon slices on the empty side of the baking sheet. Place the prepared asparagus spears in a single layer over and around the lemon slices.
6. Pour the low-sodium chicken broth or water onto the baking sheet around the chicken and vegetables.
7. Roast for 20 minutes. Using tongs, carefully turn each chicken thigh over. Gently stir the asparagus and lemon slices.
8. Continue roasting for 12 to 15 minutes, or until the chicken thighs are cooked through (reaching an internal temperature of 165°F / 74°C) and the asparagus is tender-crisp.
9. Take the pan out of the oven and let the chicken rest for 3 minutes. Serve it alongside the roasted asparagus and lemon slices.

Spiced Chicken Skewers with Herbed Cucumber Sauce

Tender cubes of chicken, marinated in a warm blend of paprika, cumin, and cinnamon, are grilled until golden and served with a refreshing, creamy sauce of yogurt, cucumber, and herbs. These skewers offer a vibrant, flavor-packed meal that is both light and satisfying, ideal for quick cooking and heart-smart dining.

INGREDIENTS:

- 10 oz (285 g) boneless, skinless chicken breast, cut into 1-inch (2.5 cm) cubes
- 1 tablespoon (15 ml) olive oil
- 1 tablespoon (15 ml) lemon juice
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- ¼ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ⅛ teaspoon ground ginger
- ½ cup (120 g) plain, low-fat Greek yogurt
- ⅓ cup (50 g) English cucumber, finely grated and squeezed dry
- 1 tablespoon (5 g) fresh mint, finely chopped
- 1 tablespoon (5 g) fresh parsley, finely chopped
- 1 teaspoon lemon juice
- 2 cups (60 g) mixed salad greens
- 4 lemon wedges

INSTRUCTIONS:

1. In the small mixing bowl, whisk together the olive oil, 1 tablespoon (15 ml) lemon juice, paprika, cumin, cinnamon, garlic powder, black pepper, and ginger.
2. Put the chicken cubes into a shallow dish or a sealable bag. Pour the marinade over them, making sure each piece is well coated. Cover or seal and refrigerate for at least 30 minutes, or up to 4 hours.
3. While the chicken marinates, prepare the sauce. Grate the cucumber onto a clean kitchen towel or several layers of paper towels. Squeeze firmly to remove excess moisture. In the medium bowl, combine the strained cucumber, Greek yogurt, chopped mint, chopped parsley, and 1 teaspoon lemon juice. Stir until smooth. Cover and refrigerate until ready to serve.
4. Preheat a grill pan over medium-high heat, an outdoor grill to medium, or a broiler with a rack set 4 inches (10 cm) from the element.
5. Thread the marinated chicken cubes evenly onto the prepared skewers, leaving a small space between pieces.
6. Arrange the skewers on a hot grill pan, grill, or broiler pan. Cook for 8–10 minutes, turning every 2–3 minutes, until the chicken is fully cooked, lightly charred at the edges, and reaches 165°F (74°C) internally. Transfer the skewers to a serving plate.
7. Transfer the cooked skewers to a plate. Serve immediately with the chilled Herbed Cucumber Sauce, optional salad greens, and lemon wedges.



Time to Prepare: 25 minutes
(plus 30 minutes marinating)

Time to Cook: 10 minutes

Makes: 2 servings (4 skewers total)

EQUIPMENT:

- 4 wooden or metal skewers (if wooden, soak in water for 30 minutes)
- Small mixing bowl (for marinade)
- Medium mixing bowl (for sauce)
- Grill pan, outdoor grill, or broiler
- Measuring cups and spoons
- Cutting board and knife
- Grater

NUTRITIONAL INFORMATION (PER SERVING, 2 SKEWERS WITH SAUCE):

- Calories: 265 kcal
- Protein: 36 g
- Carbohydrates: 6 g
- Dietary Fiber: 1 g
- Sugars: 4 g
- Fat: 10 g
- Saturated Fat: 2 g
- Sodium: 125 mg
- Potassium: 620 mg
- Phosphorus: 340 mg

Values are approximations. Using low-fat Greek yogurt and trimming all visible fat from the chicken controls saturated fat content.



Time to Prepare: 15 minutes

Time to Cook: 15 minutes

Makes: 2 servings

EQUIPMENT:

- Grill pan or outdoor grill
- Mixing bowl
- Measuring spoons
- Pastry brush or spoon
- Plate
- Instant-read thermometer

NUTRITIONAL INFORMATION (PER SERVING, WITH MUSHROOM BUN AND VEGETABLE TOPPINGS):

- Calories: 245 kcal
- Protein: 31 g
- Carbohydrates: 15 g
- Dietary Fiber: 3 g
- Sugars: 9 g
- Fat: 8 g
- Saturated Fat: 2 g
- Sodium: 180 mg
- Potassium: 1010 mg
- Phosphorus: 390 mg

Values are approximations. Using 93% lean turkey minimizes saturated fat, while the portobello bun eliminates refined grains and adds potassium.

Savory Turkey Patties with Grilled Portobello Caps

A lean, seasoned ground turkey patty grilled to perfection and nestled between two robust, umami-rich portobello mushroom caps. This dish delivers a satisfying, protein-centric meal with a meaty texture and savory depth, all while naturally keeping saturated fat low and eliminating refined carbohydrates.

INGREDIENTS:

- 10 ounces (284 g) 93% lean ground turkey
- 4 large portobello mushroom caps, stems removed
- 2 tablespoons (30 ml) balsamic vinegar
- 1 tablespoon (15 ml) Worcestershire sauce, low-sodium
- 1 teaspoon Dijon mustard
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon freshly ground black pepper
- 2 leaves green leaf lettuce
- 2 slices tomato, ¼-inch (6 mm) thick
- 4 thin slices red onion

INSTRUCTIONS:

1. Preheat a grill pan or outdoor grill to medium-high heat.
2. Gently clean the portobello caps with a damp paper towel. Using a pastry brush or spoon, coat both sides of each mushroom cap evenly with the balsamic vinegar. Set aside.
3. Using the mixing bowl, combine the ground turkey, Worcestershire sauce, Dijon mustard, garlic powder, onion powder, and black pepper. Mix gently with your hands or a fork until the seasonings are just incorporated; avoid overmixing to prevent tough patties.
4. Divide the turkey mixture into two equal portions. Shape each portion into a patty approximately ¾-inch (2 cm) thick and 1 inch (2.5 cm) smaller in diameter than the mushroom caps.
5. Place the turkey patties and the prepared portobello caps on the hot grill. Cook the patties for 5 to 6 minutes per side, or until an instant-read thermometer inserted into the thickest part registers 165°F (74°C). Grill the mushroom caps for 3 to 4 minutes per side, until tender and deeply browned with visible grill marks.
6. Transfer the cooked turkey patties and mushroom caps to a clean plate. Let the patties rest for 2 minutes.
7. To assemble, place a lettuce leaf on the underside (gills facing up) of one grilled portobello cap. Top with a turkey patty, a tomato slice, two slices of red onion, and finally the second portobello cap, underside down, to form the "bun."

"Crispy" Baked Chicken Tenders

Chicken breast strips coated in a savory, golden crust of whole-wheat panko and nutritional yeast, then oven-baked to achieve a satisfying crisp texture without frying. This method delivers the familiar appeal of classic tenders while prioritizing lean protein and whole-food ingredients.

INGREDIENTS:

- 10 ounces (284 g) boneless, skinless chicken breast
- $\frac{3}{4}$ cup (45 g) whole-wheat panko breadcrumbs
- 3 tablespoons (15 g) nutritional yeast
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon smoked paprika
- $\frac{1}{4}$ teaspoon onion powder
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- 3 tablespoons (45 ml) Dijon mustard
- 1 tablespoon (15 ml) water
- Olive oil cooking spray

INSTRUCTIONS:

1. Set the oven's temperature to 425°F (220°C). Line a baking sheet with parchment paper and place a wire rack on top. Lightly mist the rack with cooking spray.
2. Pat the chicken breast dry with paper towels. Slice it lengthwise into 8 even strips, each roughly 1-inch (2.5 cm) wide.
3. In the first shallow dish, combine the Dijon mustard and water, whisking until smooth.
4. In the second shallow dish, mix the whole-wheat panko, nutritional yeast, garlic powder, smoked paprika, onion powder, and black pepper until evenly distributed.
5. Working with one chicken strip at a time, coat it thoroughly in the mustard-water mixture, allowing excess to drip off. Immediately transfer it to the panko mixture, pressing and turning to adhere a complete, even layer of crumbs. Place the coated strip on the prepared wire rack. Repeat with all chicken strips.
6. Lightly mist the top of each coated tender with olive oil cooking spray.
7. Place on the middle rack and bake for 16 to 18 minutes, until the coating is well browned and crunchy and the internal temperature hits 165°F (74°C). Flipping is not necessary.



Time to Prepare: 15 minutes

Time to Cook: 18 minutes

Makes: 2 servings

EQUIPMENT:

- Baking sheet
- Wire rack
- Parchment paper
- Shallow dishes (2)
- Measuring cups and spoons
- Cutting board and knife
- Tongs

NUTRITIONAL INFORMATION (PER SERVING OF 4 TENDERS):

- Calories: 315 kcal
- Protein: 37 g
- Carbohydrates: 24 g
- Dietary Fiber: 5 g
- Sugars: 2 g
- Fat: 6 g
- Saturated Fat: 1 g
- Sodium: 420 mg
- Potassium: 520 mg
- Phosphorus: 410 mg

Values are approximations.
The primary sodium source is the mustard and panko; using low-sodium Dijon mustard can reduce this value.



Fish & Seafood

Pistachio-Crusted Salmon

Salmon fillets topped with a textured crust of finely crushed pistachios and fresh parsley, then oven-roasted. This method enhances the rich, natural flavor of the fish with a satisfying nutty crunch, providing a robust source of heart-healthy fats and lean protein in a simple, elegant presentation.

INGREDIENTS:

- 10 ounces (284 g) skinless salmon fillet, cut into 2 equal portions
- ⅓ cup (40 g) unsalted, shelled pistachios
- ¼ cup (15 g) fresh parsley leaves, packed
- 2 teaspoons (10 ml) Dijon mustard
- 1 teaspoon (5 ml) pure maple syrup
- ⅛ teaspoon freshly ground black pepper
- Olive oil cooking spray

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. In the food processor, combine the pistachios and parsley leaves. Process with 10 to 12 short pulses until the texture is crumbly with small bits remaining. If preferred, place the nuts and parsley in a sealed bag and crush them using a rolling pin.
3. In the small bowl, whisk together the Dijon mustard and maple syrup until smooth.
4. Blot the salmon fillets dry with paper towels, then arrange them on the prepared baking sheet, leaving space between each piece. Lightly brush the top and sides of each fillet evenly with the mustard-maple mixture.
5. Spoon the pistachio-parsley mixture over the top of each fillet, dividing it evenly. Gently press the crust onto the salmon to ensure it adheres. Lightly mist the top of the crusted fillets with olive oil cooking spray.
6. Place on the middle rack and bake for 12 to 14 minutes, until the crust is lightly golden and the salmon flakes easily and reaches an internal temperature of 125°F (52°C). Do not turn during cooking.



Time to Prepare: 12 minutes

Time to Cook: 14 minutes

Makes: 2 servings

EQUIPMENT:

- Baking sheet
- Parchment paper
- Food processor or plastic bag and rolling pin
- Small bowl
- Pastry brush or spoon
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER SERVING, ONE CRUSTED FILLET):

- Calories: 345 kcal
- Protein: 32 g
- Carbohydrates: 8 g
- Dietary Fiber: 2 g
- Sugars: 3 g
- Fat: 20 g
- Saturated Fat: 3 g
- Sodium: 135 mg
- Potassium: 860 mg
- Phosphorus: 410 mg

Values are approximations. The fat is primarily unsaturated from salmon and pistachios. Sodium is controlled by using unsalted nuts and minimal added seasoning.



Time to Prepare: 15 minutes

Time to Cook: 20 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan with lid
- Large skillet or wok
- Small bowl
- Measuring cups and spoons
- Cutting board and knife
- Microplane or fine grater

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING CUP COOKED BROWN RICE):

- Calories: 395 kcal
- Protein: 31 g
- Carbohydrates: 45 g
- Dietary Fiber: 6 g
- Sugars: 3 g
- Fat: 9 g
- Saturated Fat: 1 g
- Sodium: 580 mg
- Potassium: 820 mg
- Phosphorus: 440 mg

Values are approximations. Sodium is primarily from the soy sauce; using a certified low-sodium product is critical. Fat is predominantly unsaturated.

Shrimp & Broccoli Stir-fry with Ginger

A vibrant stir-fry combining tender shrimp and crisp broccoli florets in a light, aromatic sauce infused with fresh ginger and garlic. This quick-cooking dish delivers high-quality protein and fiber, served over a base of nutty brown rice for a complete and balanced meal.

INGREDIENTS:

- 8 ounces (227 g) raw medium shrimp, peeled and deveined, tails removed
- 3 cups (270 g) broccoli florets, cut into 1-inch (2.5 cm) pieces
- $\frac{2}{3}$ cup (110 g) dry brown rice
- $\frac{1}{3}$ cup (80 ml) low-sodium vegetable broth
- 1 tablespoon (15 ml) low-sodium soy sauce or tamari
- 2 teaspoons (10 ml) rice vinegar
- 1 teaspoon (5 ml) toasted sesame oil
- 1 $\frac{1}{2}$ teaspoons (5 g) fresh ginger, finely grated
- 1 teaspoon (5 g) fresh garlic, finely minced
- 2 teaspoons (10 ml) avocado oil or canola oil, divided
- 2 tablespoons (20 g) scallions, thinly sliced, for garnish

INSTRUCTIONS:

1. Begin cooking the rice according to package directions without added salt or fat.
2. Pat the shrimp dry with paper towels until no moisture remains. Whisk the vegetable broth, soy sauce, rice vinegar, and toasted sesame oil together in a small bowl and set it aside.
3. In a large skillet or wok, heat 1 teaspoon (5 ml) of avocado oil over medium-high heat. Add the broccoli florets and cook for 4 to 5 minutes, stirring, until they are bright green and slightly tender. Transfer to a clean plate.
4. Increase the heat to high and add the remaining 1 teaspoon (5 ml) of avocado oil to the skillet. Add the shrimp in a single layer and cook for 1 minute without stirring.
5. Flip the shrimp and immediately add the grated ginger and minced garlic to the pan around the shrimp. Stir-fry for 30 seconds until fragrant.
6. Return the cooked broccoli to the skillet. Give the reserved sauce mixture a final stir and pour it over the shrimp and broccoli. Bring to a simmer and cook, stirring repeatedly, for 1 to 2 minutes, until the sauce slightly thickens and the shrimp are fully opaque.
7. Divide the cooked brown rice between two bowls. Top each with half of the shrimp and broccoli stir-fry. Garnish with sliced scallions.

Mediterranean Baked Cod

Mild, flaky cod fillets topped with a vibrant mixture of diced tomatoes, briny olives, and capers, then oven-roasted. This simple preparation infuses the fish with bold Mediterranean flavors while keeping added fats minimal and leveraging the natural moisture of fresh vegetables for a light, savory dish.

INGREDIENTS:

- 10 ounces (284 g) cod fillet, cut into 2 equal portions
- 1 cup (180 g) ripe tomatoes, finely diced
- 3 tablespoons (25 g) Kalamata olives, pitted and roughly chopped
- 1 tablespoon (9 g) capers, rinsed and drained
- 2 teaspoons (10 ml) extra virgin olive oil, divided
- 2 teaspoons (6 g) shallot, finely minced
- 1 teaspoon (5 g) garlic, finely minced
- 1 tablespoon (3 g) fresh parsley, finely chopped
- ½ teaspoon dried oregano
- ⅛ teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Line the baking dish with parchment paper.
2. Using the mixing bowl, combine the diced tomatoes, chopped olives, rinsed capers, minced shallot, minced garlic, parsley, dried oregano, and black pepper. Add 1 teaspoon (5 ml) of the olive oil and stir gently until all ingredients are evenly mixed.
3. Pat the cod fillets dry with paper towels. Place them in the prepared baking dish, spaced slightly apart. Lightly brush the top of each fillet with the remaining 1 teaspoon (5 ml) of olive oil.
4. Spoon the tomato-olive mixture evenly over the two cod fillets, covering the tops completely and allowing some to fall into the dish around the fish.
5. Place on the middle oven rack and bake for 16 to 18 minutes, until the fish turns opaque, flakes easily, and the topping is bubbling. Ensure the internal temperature reaches 145°F (63°C).
6. Let the baked cod rest in the dish for 2 minutes before serving. Use a spatula to transfer each portion to a plate, spooning any additional juices and topping from the dish over the fish.



Time to Prepare: 15 minutes

Time to Cook: 18 minutes

Makes: 2 servings

EQUIPMENT:

- Small baking dish (approximately 8x8 inch / 20x20 cm)
- Parchment paper
- Mixing bowl
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, ONE TOPPED FILLET):

- Calories: 215 kcal
- Protein: 27 g
- Carbohydrates: 6 g
- Dietary Fiber: 2 g
- Sugars: 3 g
- Fat: 8 g
- Saturated Fat: 1 g
- Sodium: 480 mg
- Potassium: 740 mg
- Phosphorus: 300 mg

Values are approximations. Sodium is primarily from olives and capers; rinsing capers thoroughly helps manage this. Fat is predominantly heart-healthy monounsaturated fat from olives and olive oil.



Time to Prepare: 15 minutes

Time to Cook: 12 minutes

Makes: 2 servings

EQUIPMENT:

- Small skillet
- Medium saucepan
- Food processor or immersion blender
- Paper towels
- Measuring cups and spoons
- Tongs
- Plate

NUTRITIONAL INFORMATION (PER SERVING, 4 SCALLOPS WITH PUREE):

- Calories: 310 kcal
- Protein: 32 g
- Carbohydrates: 30 g
- Dietary Fiber: 9 g
- Sugars: 1 g
- Fat: 7 g
- Saturated Fat: 1 g
- Sodium: 320 mg
- Potassium: 850 mg
- Phosphorus: 480 mg
- Phosphorus: 440 mg

Values are approximations. Sodium is controlled by using no-salt-added beans and low-sodium broth. The majority of fat is unsaturated from olive oil.

Seared Scallops with White Bean Puree

Plump, sweet scallops with a golden-brown sear, served atop a smooth, savory puree of cannellini beans infused with roasted garlic and lemon. This elegant dish pairs lean seafood protein with the creamy texture and fiber of beans, creating a sophisticated yet simple meal.

INGREDIENTS:

- 10 ounces (284 g) dry sea scallops (about 8 large scallops)
- 1 ½ cups (255 g) cooked cannellini beans, no-salt-added, drained and rinsed
- ⅓ cup (80 ml) low-sodium vegetable broth, warmed
- 2 teaspoons (10 ml) fresh lemon juice
- 1 teaspoon (5 ml) extra virgin olive oil, plus 2 teaspoons (10 ml) divided for cooking
- 1 teaspoon (5 g) roasted garlic puree (or 1 small clove fresh garlic, minced)
- ⅛ teaspoon freshly ground black pepper, divided
- 1 tablespoon (3 g) fresh chives, finely chopped

INSTRUCTIONS:

1. Place the scallops on a layer of paper towels and pat them completely dry on all sides. This is critical for achieving a proper sear.
2. In the medium saucepan, combine the drained cannellini beans, warmed vegetable broth, lemon juice, 1 teaspoon (5 ml) of olive oil, roasted garlic puree, and half of the black pepper. Heat over medium-low heat for 4–5 minutes, stirring intermittently, until the beans are heated through.
3. Carefully transfer the warm bean mixture to a food processor. Process for 45 to 60 seconds, pausing to scrape down the sides, until completely smooth and creamy. Cover to keep warm.
4. Heat 1 teaspoon (5 ml) of the remaining olive oil in the small skillet over medium-high heat until it shimmers but does not smoke.
5. Season the dried scallops lightly with the remaining black pepper. Carefully place them in the hot skillet, ensuring they are not touching. Do not move them for 2 minutes to form a crust.
6. Using tongs, gently flip each scallop. Add the final 1 teaspoon (5 ml) of olive oil to the skillet around the scallops. Cook for another 1 to 2 minutes, until the sides are firm and the centers are just opaque.
7. Divide the warm white bean puree between two plates, spreading it into a circle. Arrange the seared scallops on top of the puree. Garnish with chopped fresh chives.

Tuna Steak with Avocado-Wasabi Mash

A robust tuna steak, seasoned and grilled to a perfect medium-rare, paired with a creamy, pungent mash of ripe avocado and wasabi. This dish offers a bold contrast between the rich, lean protein of the fish and the spicy, cool accompaniment, focusing on high-quality fats and clean flavors.

INGREDIENTS:

- 10 ounces (284 g) tuna steaks (about 1-inch / 2.5 cm thick), cut into 2 equal portions
- 1 medium ripe avocado (approx. ½ cup / 115 g mashed flesh)
- ¾ teaspoon wasabi paste
- 2 teaspoons (10 ml) fresh lime juice
- 1 tablespoon (15 ml) low-sodium soy sauce or tamari
- 1 teaspoon (5 ml) avocado oil or canola oil
- ⅛ teaspoon freshly ground black pepper
- 1 tablespoon (3 g) fresh cilantro, chopped (optional, for garnish)

INSTRUCTIONS:

1. Preheat a grill pan or outdoor grill to high heat.
2. Using the small bowl, combine the soy sauce and avocado oil. Lightly brush this mixture over all sides of both tuna steaks. Season the steaks with black pepper.
3. Cut the avocado in half, remove the pit, and scoop the flesh into a small bowl. Add lime juice and wasabi paste, then mash with a fork until smooth and well mixed.
4. Place the seasoned tuna steaks on the hot grill. Cook undisturbed for 3 minutes to develop sear marks.
5. Carefully flip the steaks using tongs. Cook for an additional 2 to 3 minutes for medium-rare (internal temperature of 125°F / 52°C), or until desired doneness is reached. Tuna becomes dry if overcooked.
6. Transfer the grilled tuna steaks to a clean plate and let them rest for 2 minutes.
7. Serve each tuna steak immediately with half of the avocado-wasabi mash spooned alongside. Garnish with chopped cilantro if desired.



Time to Prepare: 10 minutes

Time to Cook: 8 minutes **Makes:** 2 servings

EQUIPMENT:

- Grill pan or outdoor grill
- Small bowl
- Fork
- Pastry brush
- Measuring spoons
- Plate

NUTRITIONAL INFORMATION (PER SERVING, ONE TUNA STEAK WITH MASH):

- Calories: 320 kcal
- Protein: 35 g
- Carbohydrates: 7 g
- Dietary Fiber: 5 g
- Sugars: 1 g
- Fat: 16 g
- Saturated Fat: 3 g
- Sodium: 320 mg
- Potassium: 950 mg
- Phosphorus: 380 mg

Values are approximations. The fat is predominantly heart-healthy monounsaturated fat from avocado. Sodium is controlled by using low-sodium soy sauce.



Lemon-Dill Baked Tilapia Packets

Mild tilapia fillets steamed to tenderness inside individual foil packets with bright lemon, fresh dill, and sweet cherry tomatoes. This method locks in moisture and flavor, creates its own light sauce, and allows for effortless cooking and cleanup, making it an ideal weeknight staple.

INGREDIENTS:

- 10 ounces (284 g) tilapia fillets, cut into 2 equal portions
- 1 cup (150 g) cherry tomatoes, halved
- 2 tablespoons (6 g) fresh dill, chopped, plus extra sprigs for garnish
- 1 ½ tablespoons (22 ml) fresh lemon juice
- 2 teaspoons (10 ml) extra virgin olive oil
- ⅛ teaspoon freshly ground black pepper
- 4 thin lemon slices

Time to Prepare: 10 minutes

Time to Cook: 18 minutes

Makes: 2 servings

EQUIPMENT:

- Baking sheet
- Aluminum foil
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, ONE PACKET INCLUDING ALL JUICES):

- Calories: 195 kcal
- Protein: 27 g
- Carbohydrates: 6 g
- Dietary Fiber: 1 g
- Sugars: 3 g
- Fat: 7 g
- Saturated Fat: 1.5 g
- Sodium: 65 mg
- Potassium: 620 mg
- Phosphorus: 220 mg

Values are approximations. This recipe is exceptionally low in sodium and saturated fat. The fat content is primarily heart-healthy monounsaturated fat from olive oil.

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Tear off two sheets of aluminum foil, each about 12 inches (30 cm) long.
2. Using a small bowl, combine the halved cherry tomatoes, chopped dill, lemon juice, olive oil, and black pepper. Stir gently to coat.
3. Place one tilapia fillet in the center of each foil sheet. Spoon the tomato-dill mixture evenly over the two fillets, including all juices. Place two lemon slices on top of each portion.
4. Fold the long sides of the foil toward each other and roll them over twice to close the seam securely. Fold the short ends over twice to fully enclose the packet, leaving some air space inside for steam.
5. Place the sealed packets on the baking sheet. Put it on the middle rack and bake for 16 to 18 minutes.
6. Take the baking sheet out of the oven with care. Let the packets rest unopened for 2 minutes. Open each packet by cutting along the top fold with scissors, being cautious of the hot steam. Garnish with additional dill sprigs if desired.

Miso-Glazed Mahi Mahi

Firm mahi mahi fillets coated in a glossy, savory-sweet glaze of white miso, rice vinegar, and maple syrup, then broiled to caramelized perfection. This method creates a rich, complex crust while keeping the fish moist and tender inside, delivering a high-protein dish with bold umami flavor.

INGREDIENTS:

- 10 ounces (284 g) mahi mahi fillets, cut into 2 equal portions
- 2 tablespoons (32 g) white miso paste
- 1 tablespoon (15 ml) rice vinegar
- 2 teaspoons (10 ml) pure maple syrup
- 1 teaspoon (5 ml) warm water
- 1 teaspoon (5 ml) toasted sesame oil
- 1 tablespoon (3 g) scallions, thinly sliced, for garnish
- 1 teaspoon (3 g) sesame seeds, for garnish

INSTRUCTIONS:

1. Preheat the broiler on high with an oven rack positioned 5 to 6 inches (13 to 15 cm) from the heating element. Line a baking sheet with parchment paper.
2. In the small bowl, combine the white miso paste, rice vinegar, maple syrup, warm water, and toasted sesame oil. Whisk vigorously until completely smooth into a thick glaze.
3. Pat the mahi mahi fillets completely dry with paper towels. Place them on the prepared baking sheet.
4. Using the pastry brush, apply a thick, even layer of the miso glaze to the top and sides of each fillet, using approximately half of the total glaze.
5. Place the baking sheet under the broiler. Broil for 6 to 8 minutes, without flipping, until the glaze is deeply caramelized and bubbling, and the fish flakes easily with a fork. The internal temperature should reach 130°F (54°C) for medium.
6. Take the baking sheet out of the oven carefully, then coat the hot fillets with the remaining glaze using a brush.
7. Garnish the glazed mahi mahi with sliced scallions and sesame seeds before serving.



Time to Prepare: 10 minutes

Time to Cook: 10 minutes

Makes: 2 servings

EQUIPMENT:

- Broiler-safe baking sheet
- Parchment paper
- Small bowl
- Whisk or fork
- Pastry brush
- Measuring spoons

NUTRITIONAL INFORMATION (PER SERVING, ONE GLAZED FILLET):

- Calories: 235 kcal
- Protein: 28 g
- Carbohydrates: 12 g
- Dietary Fiber: 1 g
- Sugars: 8 g
- Fat: 7 g
- Saturated Fat: 1 g
- Sodium: 720 mg
- Potassium: 680 mg
- Phosphorus: 250 mg

Values are approximations. Sodium is primarily from the miso paste; using a reduced-sodium white miso can lower this value. The sugars are naturally occurring in the miso and the small amount of added maple syrup.



Cioppino (Fisherman's Stew)

A robust, tomato-based broth infused with garlic and herbs, brimming with a mix of lean white fish and shellfish. This hearty, one-pot stew delivers layered seafood flavors and high-quality protein in a broth that is intentionally light on oil and sodium, perfect for a nourishing meal.

INGREDIENTS:

- 6 ounces (170 g) firm white fish (such as cod or halibut), cut into 1-inch (2.5 cm) chunks
- 8 ounces (227 g) littleneck clams or mussels, scrubbed clean
- 4 ounces (113 g) raw large shrimp, peeled and deveined
- 1 cup (240 ml) bottled clam juice, low-sodium
- 1 ½ cups (360 ml) canned crushed tomatoes, no-salt-added
- ½ cup (120 ml) dry white wine (or additional low-sodium vegetable broth)
- ½ cup (75 g) yellow onion, finely diced
- ½ cup (75 g) fennel bulb, finely diced
- ¼ cup (35 g) celery, finely diced
- 1 tablespoon (10 g) garlic, finely minced
- 1 tablespoon (15 ml) extra virgin olive oil
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ⅛ teaspoon crushed red pepper flakes (optional)
- 2 tablespoons (6 g) fresh Italian parsley, chopped, for garnish
- 1 tablespoon (3 g) fresh basil, thinly sliced, for garnish

Time to Prepare: 20 minutes

Time to Cook: 30 minutes

Makes: 2 servings

EQUIPMENT:

- Large Dutch oven or heavy pot with lid
- Measuring cups and spoons
- Cutting board and knife
- Ladle

NUTRITIONAL INFORMATION (PER SERVING, APPROXIMATELY 2 CUPS):

- Calories: 340 kcal
- Protein: 41 g
- Carbohydrates: 23 g
- Dietary Fiber: 5 g
- Sugars: 11 g
- Fat: 9 g
- Saturated Fat: 1.5 g
- Sodium: 580 mg
- Potassium: 1650 mg
- Phosphorus: 520 mg

Values are approximations. Sodium is controlled by using no-salt-added tomatoes and low-sodium clam juice; values will vary with shellfish. Potassium levels are raised by the tomatoes, seafood, and vegetables.

INSTRUCTIONS:

1. Using the Dutch oven, heat the olive oil over moderate heat. Add the diced onion, fennel, and celery. Cook, stirring intermittently, for 6 to 8 minutes until the vegetables are softened.
2. Add the minced garlic, oregano, thyme, and red pepper flakes (if using) to the pot. Stir constantly for 1 minute until fragrant.
3. Pour the white wine into the pot, scraping the bottom to release any browned bits. Simmer for 2 minutes until slightly reduced.
4. Add the crushed tomatoes and clam juice to the pot. Bring the mixture up to a slow simmer, then drop the heat to low. Cover and cook for 15 minutes to let the flavors meld.
5. Increase the heat to medium. Add the clams or mussels to the simmering broth. Cover the pot and cook for 5 minutes.
6. Place the white fish pieces and shrimp into the pot, tucking them into the broth. Cover and cook for 4 to 5 more minutes, until the fish is opaque and flakes easily, the shrimp are pink and curled, and the shellfish have opened.
7. Discard any shellfish that did not open. Ladle the stew into deep bowls, ensuring each serving has a variety of seafood and broth. Garnish generously with fresh parsley and basil.

Sardine & Whole-Grain Toast with Quick Pickled Onions

Protein-rich sardines mashed with fresh lemon and herbs served on crisp whole-grain toast, topped with tangy quick-pickled red onions. This dish transforms simple pantry staples into a nutrient-dense meal loaded with omega-3 fatty acids and fiber, perfect for a quick, satisfying lunch.

INGREDIENTS:

- 2 cans (3.75 oz / 106 g each) sardines packed in water, no salt added, drained
- 4 slices whole-grain bread, hearty
- 1/3 cup (50 g) red onion, very thinly sliced
- 3 tablespoons (45 ml) apple cider vinegar
- 2 tablespoons (30 ml) warm water
- 1 teaspoon (5 ml) pure maple syrup
- 2 tablespoons (6 g) fresh parsley, finely chopped
- 1 1/2 tablespoons (22 ml) fresh lemon juice
- 1 teaspoon (5 ml) extra virgin olive oil
- 1/8 teaspoon freshly ground black pepper

INSTRUCTIONS:

1. In the small bowl, combine the apple cider vinegar, warm water, and maple syrup. Stir until the syrup dissolves. Add the thinly sliced red onion, pressing down to submerge. Set aside to quick-pickle for at least 10 minutes, stirring once halfway through.
2. Toast the whole-grain bread slices until crisp and golden.
3. While the bread toasts, place the drained sardines in a separate bowl. Add the lemon juice, olive oil, and black pepper. Mash gently with a fork until the sardines are broken down but still retain some texture.
4. Stir the chopped parsley into the mashed sardine mixture.
5. Divide the sardine mixture evenly among the four toasted bread slices, spreading to the edges.
6. Drain the quick-pickled onions from the vinegar mixture. Top each sardine toast generously with the onions.



Time to Prepare: 15 minutes
(includes pickling time)

Time to Cook: 5 minutes **Makes:**
2 servings

EQUIPMENT:

- Small bowl or jar with lid
- Toaster
- Fork
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, 2 TOASTS):

- Calories: 320 kcal
- Protein: 25 g
- Carbohydrates: 30 g
- Dietary Fiber: 6 g
- Sugars: 7 g
- Fat: 12 g
- Saturated Fat: 2.5 g
- Sodium: 420 mg
- Potassium: 520 mg
- Phosphorus: 450 mg

Values are approximations. Sodium is primarily from the sardines and bread; using no-salt-added sardines is critical. Fat is rich in beneficial omega-3 fatty acids.



Time to Prepare: 15 minutes

Time to Cook: 10 minutes

Makes: 2 servings

EQUIPMENT:

- Large cast-iron or heavy stainless steel skillet
- Small bowl (2)
- Measuring cups and spoons
- Cutting board and knife
- Spatula

NUTRITIONAL INFORMATION (PER SERVING, ONE FILLET WITH SALSA):

- Calories: 295 kcal
- Protein: 29 g
- Carbohydrates: 19 g
- Dietary Fiber: 3 g
- Sugars: 14 g
- Fat: 11 g
- Saturated Fat: 1.5 g
- Sodium: 75 mg
- Potassium: 850 mg
- Phosphorus: 350 mg

Values are approximations. The recipe is exceptionally low in sodium, as the blackening blend contains no salt. The sugars are naturally occurring from the mango. Fat is primarily unsaturated from the plant-based oils.

Blackened Snapper with Mango Salsa

Snapper fillets coated in a robust, salt-free spice blend and seared in a hot pan to create a dark, flavorful crust, then served with a bright, sweet-and-acidic salsa of fresh mango, lime, and cilantro. This dish offers a dynamic contrast between the savory, charred fish and the vibrant, cooling fruit topping.

INGREDIENTS:

- 10 ounces (284 g) skinless snapper fillets, cut into 2 equal portions
- 1 ½ teaspoons smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried thyme
- ¼ teaspoon ground cumin
- ⅛ teaspoon cayenne pepper
- ⅛ teaspoon freshly ground black pepper
- 2 teaspoons (10 ml) avocado oil or canola oil
- 1 cup (165 g) ripe mango, finely diced
- ¼ cup (35 g) red bell pepper, finely diced
- 3 tablespoons (30 g) red onion, finely diced
- 2 tablespoons (6 g) fresh cilantro, chopped
- 1 ½ tablespoons (22 ml) fresh lime juice
- 1 teaspoon (5 ml) extra virgin olive oil

INSTRUCTIONS:

1. In the first small bowl, combine all the ingredients for the mango salsa: diced mango, diced red bell pepper, diced red onion, chopped cilantro, lime juice, and olive oil. Stir gently to mix. Set aside to allow the flavors to blend.
2. Pat the snapper fillets completely dry with paper towels. This step is critical for the spice coating to adhere and for proper searing.
3. In the second small bowl, mix the smoked paprika, garlic powder, onion powder, dried thyme, cumin, cayenne pepper, and black pepper to create the blackening spice.
4. Distribute the spice blend over all sides of the dried snapper fillets, pressing down slightly to secure it.
5. Heat the avocado oil in the large skillet over medium-high heat until it shimmers and just begins to wisp smoke.
6. Carefully place the seasoned snapper fillets in the hot skillet. Cook undisturbed for 4 minutes to develop a dark crust.
7. Using a thin, flexible spatula, gently flip the fillets. Cook for an additional 3 to 4 minutes on the second side, until the fish is opaque throughout and flakes easily.
8. Serve the blackened snapper immediately, topped generously with the fresh mango salsa.



Lean Meats (Beef, Pork, Lamb)



Time to Prepare: 10 minutes

Time to Cook: 12 minutes

Makes: 2 servings

EQUIPMENT:

- Oven-safe heavy skillet (cast iron or stainless steel)
- Small bowl
- Mortar and pestle or heavy pan (for cracking pepper)
- Tongs
- Instant-read thermometer
- Cutting board

NUTRITIONAL INFORMATION (PER SERVING, ONE 5-OUNCE COOKED STEAK):

- Calories: 260 kcal
- Protein: 35 g
- Carbohydrates: 2 g
- Dietary Fiber: 1 g
- Sugars: 0 g
- Fat: 12 g
- Saturated Fat: 4 g
- Sodium: 75 mg
- Potassium: 560 mg
- Phosphorus: 290 mg

*Values are approximations.
Based on a fully trimmed, lean
beef tenderloin. The majority of
the fat is unsaturated from the
added cooking oil; saturated
fat is from the meat itself.
Sodium is naturally occurring.*

Herb-Crusted Lean Filet Mignon

Lean filet mignon steaks coated in a vibrant crust of fresh rosemary, thyme, and cracked black peppercorns, then pan-seared and oven-finished to a perfect medium-rare. This technique maximizes flavor from the herbs and a savory sear while using a minimal amount of oil, honoring the tender, naturally lean qualities of the cut.

INGREDIENTS:

- 10 ounces (284 g) beef tenderloin (filet mignon) steaks, trimmed of all visible fat (about two 1.5-inch / 4 cm thick steaks)
- 1 tablespoon (3 g) fresh rosemary leaves, finely chopped
- 2 teaspoons (2 g) fresh thyme leaves
- 1 ½ teaspoons whole black peppercorns, coarsely cracked
- 1 teaspoon (5 ml) avocado oil or canola oil
- 1 teaspoon (5 g) garlic, finely minced
- ⅛ teaspoon mild paprika

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C).
2. Coarsely crack the black peppercorns using a mortar and pestle or by placing them in a sealed bag and crushing with the bottom of a heavy pan.
3. In the small bowl, combine the chopped rosemary, thyme leaves, cracked black pepper, minced garlic, and paprika. Mix thoroughly.
4. Pat the filet mignon steaks completely dry with paper towels. Press the herb-pepper mixture firmly and evenly onto all sides of each steak, coating the entire surface.
5. Heat the oil in the oven-safe skillet over medium-high heat until it shimmers. Carefully place the coated steaks in the hot skillet. Sear undisturbed for 2 minutes to form a crust.
6. Using tongs, flip the steaks and immediately transfer the entire skillet to the preheated oven.
7. Roast for 6 to 8 minutes for medium-rare (internal temperature of 130–135°F / 54–57°C), or until desired doneness is reached.
8. Remove the skillet from the oven. Move the steaks to a clean cutting board and let them rest for 5 minutes before serving.

Korean-Inspired Beef Bowl (Bibimbap-Style)

Lean ground beef sautéed with a modest amount of gochujang and aromatics, served over brown rice and topped with an assortment of seasoned, simply prepared vegetables. This bowl offers a balanced meal with high protein, complex carbohydrates, and fiber, capturing the spirit of the classic dish with a controlled approach to sodium and spice.

INGREDIENTS:

- 8 ounces (227 g) 93% lean ground beef
- $\frac{2}{3}$ cup (110 g) dry brown rice
- 1 $\frac{1}{2}$ cups (105 g) spinach leaves, packed
- 1 cup (100 g) bean sprouts
- $\frac{1}{2}$ cup (75 g) carrot, julienned or grated
- $\frac{1}{3}$ cup (50 g) red bell pepper, thinly sliced
- 2 tablespoons (20 g) scallions, thinly sliced, for garnish
- 1 $\frac{1}{2}$ teaspoons gochujang (Korean red chili paste)
- 1 tablespoon (15 ml) low-sodium soy sauce or tamari
- 2 teaspoons (10 ml) rice vinegar, divided
- 2 teaspoons (10 ml) toasted sesame oil, divided
- 1 teaspoon (5 g) garlic, finely minced
- 1 teaspoon (5 g) fresh ginger, finely grated
- 1 teaspoon (5 ml) avocado oil or canola oil
- 1 teaspoon sesame seeds, for garnish

INSTRUCTIONS:

1. Start cooking the brown rice following the package instructions, using no added salt or fat.
2. In the large skillet, heat the avocado oil over medium-high heat. Incorporate the ground beef and cook, breaking it apart with a spoon, for 4–5 minutes until no longer pink.
3. Reduce the heat to medium. Add the minced garlic and grated ginger to the beef and cook for 1 minute until aromatic. Add the gochujang and soy sauce, stirring until the meat is evenly coated. Remove from heat and cover to keep warm.
4. In the same skillet (no need to clean it), pour in $\frac{1}{2}$ cup of water and bring it to a simmer. Add the spinach and cook for 1 minute until it just wilts. Drain and transfer to a small bowl. Toss with 1 teaspoon of the rice vinegar and 1 teaspoon of the toasted sesame oil.
5. Add the bean sprouts to the skillet with a splash of water. Cook for 2 minutes until slightly softened but still crisp. Transfer to a second bowl and toss with the remaining 1 teaspoon of rice vinegar.
6. Add the julienned carrot and sliced bell pepper to the skillet. Cook for 2–3 minutes, stirring repeatedly, until crisp-tender.
7. Divide the cooked brown rice between two deep bowls. Arrange the seasoned ground beef, wilted spinach, bean sprouts, carrots, and bell peppers in separate sections over the rice. Drizzle the entire bowl with the remaining 1 teaspoon of toasted sesame oil. Garnish with sliced scallions and sesame seeds.



Time to Prepare: 25 minutes

Time to Cook: 25 minutes

Makes: 2 servings

EQUIPMENT:

- Medium saucepan with lid
- Large skillet or wok
- Small bowls (for vegetables)
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, ONE COMPLETE BOWL):

- Calories: 465 kcal
- Protein: 32 g
- Carbohydrates: 55 g
- Dietary Fiber: 8 g
- Sugars: 7 g
- Fat: 15 g
- Saturated Fat: 3.5 g
- Sodium: 420 mg
- Potassium: 980 mg
- Phosphorus: 480 mg

Values are approximations. Sodium is primarily from the gochujang and low-sodium soy sauce. Fat is predominantly unsaturated from sesame and avocado oils.



Time to Prepare: 15 minutes

Time to Cook: 35 minutes

Makes: 2 servings

EQUIPMENT:

- Medium oven-safe skillet
- Small bowl
- Tongs
- Instant-read thermometer
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, HALF THE PORK AND COMPOTE):

- Calories: 295 kcal
- Protein: 32 g
- Carbohydrates: 25 g
- Dietary Fiber: 4 g
- Sugars: 17 g
- Fat: 7 g
- Saturated Fat: 1.5 g
- Sodium: 120 mg
- Potassium: 780 mg
- Phosphorus: 350 mg

Values are approximations. The compote's sugars are naturally occurring from apples and a minimal amount of added maple syrup. Sodium is very low due to the use of low-sodium broth and no added salt.

Pork Tenderloin with Apple-Onion Compote

Lean pork tenderloin seasoned and oven-roasted to juicy perfection, served with a sweet and savory compote of slow-cooked apples and onions. This dish highlights the natural tenderness of the pork while using a fruit-and-vegetable-based sauce to add moisture and complex flavor without rich, high-fat gravies.

INGREDIENTS:

- 10 ounces (284 g) pork tenderloin, trimmed of all visible fat and silverskin
- 1 ½ cups (190 g) Granny Smith apple, peeled and thinly sliced
- 1 cup (150 g) yellow onion, thinly sliced
- ½ cup (120 ml) low-sodium vegetable broth
- 1 tablespoon (15 ml) apple cider vinegar
- 2 teaspoons (10 ml) pure maple syrup
- 1 teaspoon (5 ml) avocado oil or canola oil
- ½ teaspoon dried thyme
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon freshly ground black pepper

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C).
2. Pat the pork tenderloin completely dry with paper towels. Combine the dried thyme and black pepper in a small bowl, then spread the mixture evenly across the entire pork surface.
3. Heat the oil in the oven-safe skillet over moderate heat. Place the seasoned pork tenderloin in the skillet and sear for 2–3 minutes on each side, until lightly browned on all surfaces.
4. Move the whole skillet into the preheated oven and roast for 18–22 minutes, until an instant-read thermometer in the thickest part of the pork reads 145°F (63°C).
5. Remove the skillet from the oven. Transfer the pork to a clean cutting board, tent loosely with foil, and let rest for 5 minutes.
6. While the pork rests, prepare the compote. Using the same skillet (be careful, the handle will be hot), place it over moderate heat. Add the sliced onions and a splash of the vegetable broth. Cook, stirring repeatedly, for 5–6 minutes until the onions are softened.
7. Add the sliced apples, remaining vegetable broth, apple cider vinegar, maple syrup, and cinnamon to the skillet with the onions. Stir to combine.
8. Once the mixture reaches a simmer, reduce the heat to medium-low. Cook without a lid for 10–12 minutes, stirring now and then, until the apples soften and the liquid reduces to a glaze.
9. Slice the rested pork tenderloin into ½-inch (1.3 cm) thick medallions. Serve the sliced pork topped with the warm apple-onion compote.

Vietnamese Shaking Beef (Bo Luc Lac) with Watercress

Cubes of lean sirloin steak marinated in garlic, lime, and a hint of honey, then quickly seared in a hot pan until caramelized, and served over a bed of crisp watercress and red onion. This dish delivers bold, aromatic flavors and high-quality protein with minimal added fat and a vibrant, peppery salad base.

INGREDIENTS:

- 10 ounces (284 g) lean beef sirloin steak, trimmed of all visible fat, cut into 1-inch (2.5 cm) cubes
- 4 cups (120 g) watercress, tough stems removed
- ½ cup (75 g) red onion, thinly sliced
- 2 tablespoons (30 ml) fresh lime juice, divided
- 1 tablespoon (15 ml) low-sodium soy sauce or tamari
- 2 teaspoons (10 ml) honey
- 2 teaspoons (10 g) garlic, finely minced
- 1 teaspoon (5 ml) toasted sesame oil
- 1 teaspoon (5 ml) avocado oil or canola oil
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon (15 ml) rice vinegar

INSTRUCTIONS:

1. Using the mixing bowl, combine 1 tablespoon (15 ml) of the lime juice, soy sauce, honey, minced garlic, sesame oil, and black pepper. Incorporate the cubed steak and toss until fully coated. Let it sit at room temperature for 15 minutes to marinate.
2. While the beef marinates, prepare the salad. Place the watercress and red onion slices in a large serving bowl. Drizzle with the last tablespoon (15 ml) of lime juice and the rice vinegar, toss gently, and set aside.
3. Heat the avocado oil in a large skillet or wok over high heat until it shimmers and just begins to smoke.
4. Using tongs, remove the beef cubes from the marinade, letting excess drip off. Carefully add the beef to the hot skillet in a single layer, ensuring space between pieces. Reserve the marinade.
5. Cook the beef without moving for 1 minute to achieve a sear. Then, using the tongs, continually toss and “shake” the beef in the skillet for 3 to 4 minutes total, until it is browned on all sides and cooked to your preferred doneness (medium-rare is recommended).
6. Turn the heat down to medium. Add the reserved marinade to the skillet with the beef, stirring constantly for 30 seconds to 1 minute, until the sauce slightly thickens and coats the beef.
7. To serve, divide the watercress salad between two plates. Spoon the hot beef and all the pan sauce directly over the salad. The warm beef will slightly wilt the watercress.



Time to Prepare: 20 minutes
(includes 15 minutes
marinating)

Time to Cook: 6 minutes **Makes:**
2 servings

EQUIPMENT:

- Large skillet or wok
- Mixing bowl
- Tongs
- Measuring spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, HALF THE BEEF AND SALAD):

- Calories: 315 kcal
- Protein: 36 g
- Carbohydrates: 14 g
- Dietary Fiber: 2 g
- Sugars: 9 g
- Fat: 12 g
- Saturated Fat: 3 g
- Sodium: 320 mg
- Potassium: 820 mg
- Phosphorus: 380 mg

Values are approximations. Sodium is controlled by using low-sodium soy sauce. Sugars are primarily from honey and natural onion sugars. Fat is predominantly unsaturated from the oils used.



Time to Prepare: 15 minutes

Time to Cook: 12 minutes

Makes: 2 servings (2 burgers total)

EQUIPMENT:

- Grill pan, outdoor grill, or heavy skillet
- Mixing bowl
- Measuring cups and spoons
- Cutting board and knife
- Box grater or food processor

NUTRITIONAL INFORMATION (PER BURGER PATTY ONLY, WITHOUT BUN OR TOPPINGS):

- Calories: 170 kcal
- Protein: 22 g
- Carbohydrates: 4 g
- Dietary Fiber: 1 g
- Sugars: 2 g
- Fat: 8 g
- Saturated Fat: 3 g
- Sodium: 85 mg
- Potassium: 480 mg
- Phosphorus: 200 mg

Values are approximations. Bison is naturally leaner than most beef. The addition of mushrooms increases moisture and nutrients while slightly reducing the overall fat and calorie density per patty. Toppings and the bun will alter the final values.

Lean Bison & Mushroom Burgers

Moist, savory burgers made from lean ground bison and finely chopped mushrooms, seasoned with onion and herbs, then grilled or pan-seared. This combination introduces beneficial moisture and umami depth while lowering the overall saturated fat content compared to traditional beef burgers.

INGREDIENTS:

- 8 ounces (227 g) lean ground bison (90% lean or leaner)
- 1 cup (70 g) cremini mushrooms, finely chopped
- 2 tablespoons (20 g) yellow onion, finely grated
- 1 teaspoon Worcestershire sauce, low-sodium
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ⅛ teaspoon freshly ground black pepper
- 1 teaspoon (5 ml) avocado oil or canola oil
- 2 whole-grain hamburger buns, for serving (optional)
- Lettuce leaves, tomato slices, and red onion slices, for serving (optional)

INSTRUCTIONS:

1. Heat a grill pan, outdoor grill, or heavy skillet over medium-high heat.
2. Using the mixing bowl, combine the ground bison, finely chopped mushrooms, grated onion, Worcestershire sauce, garlic powder, smoked paprika, and black pepper. Use your hands or a fork to mix gently until just combined; avoid overworking the meat.
3. Divide the mixture into two equal portions. Shape each portion into a ¾-inch (2 cm) thick patty, about 3.5 inches (9 cm) in diameter.
4. Lightly brush the cooking surface with the avocado oil. Place the patties on the hot surface and cook undisturbed for 5 minutes.
5. Flip the patties carefully with a spatula. Cook for an additional 5–6 minutes, until an instant-read thermometer inserted in the center registers 160°F (71°C) for medium.
6. Transfer the cooked burgers to a clean plate and let them rest for 3 minutes.
7. While the burgers rest, lightly toast the whole-grain buns if desired. Serve each burger on a bun with lettuce, tomato, and onion as preferred.

Rosemary & Garlic Grilled Lamb Kebabs

Cubes of lean lamb leg, marinated in fresh rosemary, garlic, and lemon, skewered with bell peppers and red onion, then grilled to smoky, tender perfection. This method infuses robust Mediterranean flavor into the lean meat while utilizing an oil-conscious marinade and pairing it with charred vegetables for a complete meal.

INGREDIENTS:

- 10 ounces (284 g) boneless leg of lamb, trimmed of all visible fat, cut into 1-inch (2.5 cm) cubes
- 1 cup (150 g) red bell pepper, cut into 1-inch (2.5 cm) pieces
- 1 cup (150 g) red onion, cut into 1-inch (2.5 cm) wedges
- 2 tablespoons (30 ml) fresh lemon juice
- 1 tablespoon (15 ml) extra virgin olive oil
- 1 tablespoon (3 g) fresh rosemary leaves, finely chopped
- 2 teaspoons (10 g) garlic, finely minced
- 1 teaspoon Dijon mustard
- ¼ teaspoon freshly ground black pepper
- Olive oil cooking spray

INSTRUCTIONS:

1. Using the mixing bowl, whisk together the lemon juice, olive oil, chopped rosemary, minced garlic, Dijon mustard, and black pepper to create the marinade.
2. Place the cubed lamb in a shallow dish. Pour the marinade over the lamb and toss to coat thoroughly. Seal and refrigerate for a minimum of 1 hour, and no longer than 4 hours.
3. When using wooden skewers, soak them in water for a minimum of 30 minutes prior to grilling.
4. Set an outdoor grill or grill pan to medium-high heat and let it preheat.
5. Take the lamb out of the marinade and let the excess drip off. Discard the marinade. Alternate lamb, red bell pepper, and red onion pieces on the skewers.
6. Lightly spray the assembled skewers with olive oil cooking spray.
7. Set the skewers on the hot grill and cook for 8 to 10 minutes, rotating them every 2 minutes, until the lamb is browned all over, hits 145°F (63°C) internally for medium, and the vegetables are tender with char marks.
8. Transfer the skewers to a clean plate and let them rest for 3 minutes before serving.



Time to Prepare: 20 minutes
(plus 1 hour marinating)

Time to Cook: 10 minutes

Makes: 2 servings
(approximately 4 skewers)

EQUIPMENT:

- Outdoor grill or grill pan
- Metal or soaked wooden skewers
- Mixing bowl
- Shallow dish
- Measuring spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, APPROXIMATELY 2 SKEWERS):

- Calories: 285 kcal
- Protein: 31 g
- Carbohydrates: 11 g
- Dietary Fiber: 2 g
- Sugars: 6 g
- Fat: 13 g
- Saturated Fat: 3.5 g
- Sodium: 95 mg
- Potassium: 620 mg
- Phosphorus: 290 mg

These values are estimates. They are based on fully trimmed, lean leg of lamb. Sodium is very low because no salt is added, and the sugars come naturally from the bell peppers and onions.



Time to Prepare: 20 minutes

Time to Cook: 15 minutes

Makes: 2 servings

EQUIPMENT:

- Large skillet or wok
- Medium saucepan (if cooking cauliflower rice from fresh)
- Small bowl (2)
- Measuring cups and spoons
- Cutting board and sharp knife
- Tongs

NUTRITIONAL INFORMATION (PER SERVING, INCLUDING CAULIFLOWER RICE):

- Calories: 375 kcal
- Protein: 33 g
- Carbohydrates: 25 g
- Dietary Fiber: 10 g
- Sugars: 8 g
- Fat: 17 g
- Saturated Fat: 4 g
- Sodium: 720 mg
- Potassium: 1350 mg
- Phosphorus: 420 mg

Values are approximations. Sodium is primarily from the soy and oyster sauces; using certified low-sodium products is critical. Fiber is exceptionally high due to the broccoli and cauliflower rice.

Beef & Broccoli Stir-fry

Thinly sliced lean flank steak and crisp broccoli florets stir-fried in a savory, lightly thickened sauce, served over a base of cauliflower rice. This classic combination is reimagined with a sodium-conscious homemade sauce and a low-carbohydrate vegetable rice to prioritize lean protein and volume.

INGREDIENTS:

- 8 ounces (227 g) flank steak, trimmed of all visible fat, thinly sliced against the grain
- 4 cups (360 g) broccoli florets, cut into 1-inch (2.5 cm) pieces
- 4 cups (400 g) cauliflower rice (fresh or frozen)
- 1/3 cup (80 ml) low-sodium beef broth
- 2 tablespoons (30 ml) low-sodium soy sauce or tamari
- 1 tablespoon (15 ml) oyster sauce (or vegetarian oyster sauce)
- 2 teaspoons (10 ml) rice vinegar
- 1 teaspoon (5 ml) toasted sesame oil
- 2 teaspoons (6 g) fresh ginger, finely grated
- 1 teaspoon (5 g) garlic, finely minced
- 2 teaspoons (10 ml) avocado oil or canola oil, divided
- 2 teaspoons (6 g) cornstarch
- 1 tablespoon (15 ml) cold water
- 1 tablespoon (9 g) sesame seeds, for garnish

INSTRUCTIONS:

1. In the first small bowl, whisk together the beef broth, soy sauce, oyster sauce, rice vinegar, and toasted sesame oil to create the stir-fry sauce. Set aside.
2. In a second small bowl, combine the cornstarch and cold water to create a smooth slurry.
3. If using fresh cauliflower rice, cook according to package directions or steam until tender. If using frozen, prepare as directed. Keep warm.
4. Heat 1 teaspoon (5 ml) of avocado oil in the large skillet or wok over high heat. Add the broccoli florets and stir-fry for 4–5 minutes until bright green and crisp-tender. Transfer to a clean plate.
5. Add the remaining 1 teaspoon (5 ml) of avocado oil to the skillet. Add the sliced flank steak in a single layer and cook undisturbed for 1 minute. Add the grated ginger and minced garlic around the steak. Stir-fry for 1–2 more minutes until the steak is no longer pink. Transfer the steak to the plate with the broccoli.
6. Reduce the heat to medium. Give the stir-fry sauce a final stir and pour it into the skillet. Bring to a simmer.
7. Stir the cornstarch slurry again and slowly drizzle it into the simmering sauce while stirring constantly. Cook for 30–60 seconds until the sauce thickens slightly.
8. Return the cooked beef and broccoli to the skillet. Toss everything until evenly coated in the sauce and heated through, about 1 minute.
9. Divide the cauliflower rice between two bowls. Top with the beef and broccoli stir-fry. Garnish with sesame seeds.

Stuffed Pork Loin with Figs & Herbs

A lean pork loin roast butterflied and rolled around a savory-sweet filling of dried figs and fresh sage, then oven-roasted to create a flavorful, moist centerpiece. This technique concentrates flavor within the meat, reducing the need for external sauces or added fats, while the fruit provides natural sweetness and fiber.

INGREDIENTS:

- 1 pound (454 g) boneless pork loin roast, trimmed of all visible fat
- ¼ cup (40 g) dried Mission figs, stems removed, finely chopped
- 1 tablespoon (3 g) fresh sage leaves, finely chopped
- 1 teaspoon (5 g) garlic, finely minced
- 1 teaspoon (5 ml) Dijon mustard
- 1 teaspoon (5 ml) balsamic vinegar
- ½ teaspoon freshly ground black pepper
- ½ teaspoon dried thyme
- 2 teaspoons (10 ml) avocado oil or canola oil
- 1 cup (240 ml) low-sodium vegetable or chicken broth

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C).
2. Place the dried figs in the small skillet with 2 tablespoons (30 ml) of water. Heat over medium-low for 3–4 minutes until the figs soften and the water is absorbed. Remove from heat.
3. To the softened figs, add the chopped sage, minced garlic, Dijon mustard, and balsamic vinegar. Stir to form a thick, cohesive paste.
4. Place the pork loin on a cutting board. Using a sharp knife, make a lengthwise cut down the center of the roast, cutting almost but not completely through. Open the roast like a book. Cover with plastic wrap and gently pound with a rolling pin or mallet to an even ½-inch (1.3 cm) thickness.
5. Sprinkle the inside of the pounded pork evenly with black pepper and dried thyme. Spread the fig and sage paste evenly over the surface, leaving a ½-inch (1.3 cm) border on all sides.
6. Starting from a long side, tightly roll the pork into a cylinder. Secure the roast at 1-inch (2.5 cm) intervals with kitchen twine. Pat the outside of the roast dry.
7. Heat the oil in the small skillet over medium-high heat. Sear the tied pork roast on all sides until browned, about 2–3 minutes per side.
8. Place the seared roast in the baking dish. Pour the broth into the bottom of the dish.
9. Roast on the middle oven rack for 35–40 minutes, or until an instant-read thermometer inserted into the thickest part of the meat registers 145°F (63°C).
10. Transfer the roast to a clean cutting board, tent loosely with foil, and let rest for 10 minutes. Remove the twine, slice into 1-inch (2.5 cm) thick medallions, and serve with any accumulated juices from the dish.



Time to Prepare: 25 minutes

Time to Cook: 40 minutes

Makes: 2 servings

EQUIPMENT:

- Small skillet
- Baking dish (approximately 9x9 inch / 23x23 cm)
- Kitchen twine
- Sharp knife
- Measuring cups and spoons
- Instant-read thermometer

NUTRITIONAL INFORMATION (PER SERVING, APPROXIMATELY 5 OUNCES COOKED MEAT WITH FILLING):

- Calories: 310 kcal
- Protein: 38 g
- Carbohydrates: 14 g
- Dietary Fiber: 2 g
- Sugars: 10 g
- Fat: 11 g
- Saturated Fat: 2.5 g
- Sodium: 150 mg
- Potassium: 720 mg
- Phosphorus: 360 mg

Values are approximations. Based on a fully trimmed, lean pork loin. Sugars are naturally occurring from the figs. Sodium is very low due to the use of low-sodium broth and no added salt.



Time to Prepare: 15 minutes

Time to Cook: 10 minutes

Makes: 2 servings

EQUIPMENT:

- Medium skillet
- Small bowl
- Measuring cups and spoons
- Cutting board and knife
- Spatula

NUTRITIONAL INFORMATION (PER SERVING, 4 FILLED LETTUCE CUPS):

- Calories: 235 kcal
- Protein: 26 g
- Carbohydrates: 10 g
- Dietary Fiber: 3 g
- Sugars: 5 g
- Fat: 10 g
- Saturated Fat: 3.5 g
- Sodium: 85 mg
- Potassium: 740 mg
- Phosphorus: 260 mg

Values are approximations.
Based on 93% lean ground beef.
Sodium is very low due to the
absence of added salt and the
use of fresh ingredients. Sugars
are naturally occurring from
tomatoes.

Mexican-Spiced Ground Beef Lettuce Wraps

Seasoned lean ground beef cooked with a blend of chili powder and cumin, served in crisp butter lettuce cups and topped with a fresh tomato and onion salsa. This dish delivers bold, savory flavors and high-quality protein in a light, vegetable-based vessel, eliminating the need for tortillas, cheese, or sour cream.

INGREDIENTS:

- 8 ounces (227 g) 93% lean ground beef
- 8 large butter lettuce leaves (or romaine hearts)
- 1 cup (180 g) tomatoes, finely diced
- $\frac{1}{3}$ cup (50 g) white onion, finely diced
- 2 tablespoons (6 g) fresh cilantro, chopped
- 1 tablespoon (15 ml) fresh lime juice
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon dried oregano
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- 2 tablespoons (30 ml) water

INSTRUCTIONS:

1. In the small bowl, combine the diced tomatoes, diced onion, chopped cilantro, and lime juice to make the pico de gallo. Stir gently and set aside.
2. Heat the medium skillet over medium-high heat. Incorporate the ground beef and cook, breaking it apart with a spatula, for 4–5 minutes until no longer pink.
3. Reduce the heat to medium. Add the chili powder, cumin, garlic powder, oregano, and black pepper to the beef. Stir constantly for 1 minute until the spices are fragrant.
4. Add the water to the skillet and stir, scraping up any browned bits from the bottom. Simmer for 2–3 minutes until the liquid is mostly absorbed. Remove from heat.
5. To assemble, place two lettuce leaves on each plate. Spoon the seasoned ground beef evenly into the lettuce cups. Top each with a generous portion of the fresh pico de gallo.

Peppercorn-Crusted Venison Medallions

Lean venison medallions coated in a bold crust of cracked mixed peppercorns, quickly pan-seared and finished with a rich, reduced red wine sauce. This elegant preparation highlights the game's natural flavor while using a reduction technique to create a luxurious sauce without the addition of butter or cream.

INGREDIENTS:

- 10 ounces (284 g) venison loin or backstrap, cut into 4 equal medallions (about 1-inch / 2.5 cm thick)
- 2 tablespoons (18 g) mixed black, green, and pink peppercorns, coarsely cracked
- ½ cup (120 ml) dry red wine (e.g., Cabernet Sauvignon or Pinot Noir)
- ½ cup (120 ml) low-sodium beef broth
- 1 tablespoon (15 ml) balsamic vinegar
- 1 teaspoon (5 ml) avocado oil or canola oil
- 1 teaspoon (5 g) shallot, finely minced
- 1 fresh thyme sprig
- 1 bay leaf

INSTRUCTIONS:

1. Coarsely crack the mixed peppercorns using a mortar and pestle or by placing them in a sealed plastic bag and crushing with a rolling pin.
2. Pat the venison medallions completely dry with paper towels. Press the cracked peppercorns firmly onto both sides of each medallion, coating evenly.
3. Heat the oil in the heavy skillet over medium-high heat until it shimmers. Carefully place the peppercorn-crusted medallions in the skillet. Sear undisturbed for 3 minutes to form a crust.
4. Using tongs, flip the medallions and cook for an additional 2–3 minutes for medium-rare (internal temperature of 125–130°F / 52–54°C), or until desired doneness is reached. Venison is very lean and becomes tough if overcooked.
5. Transfer the cooked venison to a plate, tent loosely with foil, and let rest while preparing the sauce.
6. Set the heat to medium. Add the minced shallot to the same skillet and cook for 1 minute, stirring constantly.
7. Pour the red wine into the skillet, scraping the bottom to release any browned bits. Add the beef broth, balsamic vinegar, thyme sprig, and bay leaf. Bring to a simmer.
8. Reduce the sauce by simmering gently for 6–8 minutes, until it thickens slightly and coats the back of a spoon. Discard the thyme sprig and bay leaf.
9. Serve the rested venison medallions with the red wine reduction spooned over the top.



Time to Prepare: 15 minutes

Time to Cook: 15 minutes

Makes: 2 servings

EQUIPMENT:

- Heavy skillet (cast iron or stainless steel)
- Small saucepan
- Mortar and pestle or sealed bag and rolling pin
- Tongs
- Instant-read thermometer
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER SERVING, 2 MEDALLIONS WITH SAUCE):

- Calories: 235 kcal
- Protein: 33 g
- Carbohydrates: 4 g
- Dietary Fiber: 1 g
- Sugars: 1 g
- Fat: 6 g
- Saturated Fat: 1.5 g
- Sodium: 125 mg
- Potassium: 480 mg
- Phosphorus: 280 mg

Values are approximations. Venison is exceptionally lean and low in saturated fat. Alcohol in the wine evaporates during cooking, leaving only flavor. Sodium is very low due to the use of low-sodium broth and no added salt.

A decorative background featuring a dark blue field with intricate, light-colored floral and scrollwork patterns. The patterns are most prominent in the top-left and bottom-left corners, with faint, repeating 'VIRTALIBRY' watermarks across the central area.

Vegetarian & Vegan Mains

Lentil-Walnut “Meat” Loaf

A savory, satisfying loaf composed of brown lentils, chopped walnuts, oats, and flaxseed, bound together with natural starches and topped with a tangy-sweet tomato and molasses glaze. This plant-based dish delivers a dense, meaty texture and robust flavor, offering substantial protein, fiber, and beneficial fats.

INGREDIENTS:

- 1 ½ cups (255 g) cooked brown lentils, no-salt-added, drained and rinsed
- ½ cup (60 g) walnuts, finely chopped
- ⅓ cup (30 g) old-fashioned rolled oats
- ¼ cup (30 g) onion, finely diced
- ¼ cup (35 g) celery, finely diced
- 2 tablespoons (14 g) ground flaxseed
- 2 tablespoons (30 ml) low-sodium vegetable broth
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 1 teaspoon dried thyme
- ½ teaspoon garlic powder
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons (30 ml) tomato paste, no-salt-added
- 1 tablespoon (15 ml) water
- 2 teaspoons (10 ml) molasses
- 1 teaspoon (5 ml) apple cider vinegar

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Fit parchment paper into the loaf pan, letting it hang over the long sides for easy removal.
2. In the food processor, combine half (¾ cup / 128 g) of the cooked lentils, the rolled oats, tomato paste, thyme, garlic powder, and black pepper. Pulse 8 to 10 times until the mixture is broken down and begins to stick together.
3. Transfer the blended mixture to a mixing bowl. Add the remaining whole lentils, walnuts, diced onion, celery, ground flaxseed, and vegetable broth. Stir and mash with a fork until fully mixed, and the mixture sticks together when squeezed.
4. Pack the mixture firmly into the prepared loaf pan, smoothing the top.
5. In a small bowl, whisk together all the glaze ingredients until smooth. Spread the glaze evenly over the top of the loaf.
6. Bake for 45 to 50 minutes, until the glaze is set and the edges of the loaf are lightly browned and firm to the touch.
7. Remove the pan from the oven and let the loaf cool in the pan for 15 minutes. Using the parchment overhang, carefully lift the loaf out of the pan and transfer to a cutting board. Slice and serve.



Time to Prepare: 25 minutes

Time to Cook: 50 minutes

Makes: 2 servings (one small loaf, about 4 slices)

EQUIPMENT:

- Loaf pan (approximately 6x3 inch / 15x8 cm)
- Parchment paper
- Food processor
- Mixing bowl
- Small bowl
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, 2 SLICES):

- Calories: 420 kcal
- Protein: 18 g
- Carbohydrates: 52 g
- Dietary Fiber: 18 g
- Sugars: 11 g
- Fat: 18 g
- Saturated Fat: 1.5 g
- Sodium: 75 mg
- Potassium: 950 mg
- Phosphorus: 380 mg

Values are approximations. The loaf is high in fiber from lentils, oats, and flax. Fat is primarily heart-healthy unsaturated fat from walnuts. Sodium is exceptionally low.



Oven-Crisped Chickpea Rounds with Lemon-Tahini Drizzle

A heart-smart interpretation of a classic, featuring spiced chickpea patties baked to a golden finish. Accompanied by a creamy, protein-rich sauce, this dish delivers robust flavor and satisfying texture without frying, aligning perfectly with a low-cholesterol, high-protein eating pattern.

INGREDIENTS:

- 1 ½ cups (255 g) cooked chickpeas (garbanzo beans), no-salt-added, drained and rinsed
- ¼ cup (35 g) red onion, roughly chopped
- ¼ cup (15 g) fresh flat-leaf parsley, packed
- ¼ cup (15 g) fresh cilantro, packed
- 2 tablespoons (15 g) whole-wheat flour
- 1 tablespoon (15 ml) fresh lemon juice
- 1 tablespoon (15 ml) water
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon baking powder
- ¼ teaspoon ground black pepper
- ¼ cup (60 g) plain, non-fat Greek yogurt
- 1 tablespoon (15 ml) tahini (sesame seed paste), well-stirred
- 1 tablespoon (15 ml) fresh lemon juice
- 1 teaspoon fresh parsley, finely minced
- 1 to 2 teaspoons (5 to 10 ml) water, to adjust consistency
- 2 whole-grain pita breads, warmed, for Serving (optional)
- 1 cup (50 g) mixed greens, for Serving (optional)
- ½ cup (75 g) cucumber, thinly sliced, for Serving (optional)
- ¼ cup (35 g) tomato, diced, for Serving (optional)

INSTRUCTIONS:

1. Line a baking sheet with parchment paper. Set the oven's temperature to 400°F (200°C).
2. Using the bowl of a food processor, combine the chickpeas, red onion, parsley, cilantro, lemon juice, cumin, coriander, and black pepper. Pulse 15 to 20 times until the mixture is finely minced and begins to clump, but is not pureed. Scrape down the sides as needed.
3. Sprinkle the whole-wheat flour and baking powder over the chickpea mixture. Pulse 4 to 5 times just until the dry ingredients are incorporated. Add the water and pulse 2 to 3 more times. The mixture should hold together when pressed.
4. Transfer the mixture to a bowl, cover, and refrigerate for 30 minutes to allow the flavors to meld and the mixture to firm.
5. While the mixture chills, prepare the drizzle. In a small bowl, whisk together the Greek yogurt, tahini, lemon juice, and minced parsley until smooth. Add water, one teaspoon at a time, until a thick but pourable sauce consistency is achieved. Cover and refrigerate.
6. Remove the chickpea mixture from the refrigerator. Divide it into six equal portions. Roll each portion into a ball, then gently press into a round patty approximately ½-inch (1.3 cm) thick and 2 inches (5 cm) in diameter. Place each patty on the prepared baking sheet.
7. Cook on the middle oven rack for 15 minutes. Carefully turn the patties with a thin spatula, then bake for another 8–10 minutes, until they are deeply golden, firm, and slightly crisp on the outside.
8. Serve the baked chickpea rounds warm, drizzled with the Lemon-Tahini Drizzle, alongside optional whole-grain pita, mixed greens, cucumber, and tomato.

Time to Prepare: 15 minutes
(plus 30 minutes chilling)

Time to Cook: 25 minutes

Makes: 2 servings (6 small patties total)

EQUIPMENT:

- Baking sheet
- Parchment paper
- Food processor
- Mixing bowls (2 small)
- Measuring cups and spoons
- Cutting board and knife
- Rubber spatula

NUTRITIONAL INFORMATION (PER 3 PATTIES WITH SAUCE, WITHOUT OPTIONAL SIDES):

- Calories: 295 kcal
- Protein: 17 g
- Carbohydrates: 42 g
- Dietary Fiber: 11 g
- Sugars: 8 g
- Fat: 8 g
- Saturated Fat: 1 g
- Sodium: 85 mg
- Potassium: 620 mg
- Phosphorus: 285 mg

Values are approximations. Using no-salt-added beans and omitting added salt keeps sodium low. The sauce contributes significant protein with minimal fat.

Zesty Bean and Corn Oat Patties

Savory patties bursting with black beans, sweet corn, and a hint of spice, oven-baked to a perfect finish. Topped with fresh avocado, they provide a nutrient-dense, protein-rich meal that is both family-friendly and supportive of heart health goals.

INGREDIENTS:

- 1 ½ cups (255 g) cooked black beans, no-salt-added, drained and rinsed (divided)
- ½ cup (75 g) frozen corn kernels, thawed
- ¼ cup (30 g) old-fashioned rolled oats
- ¼ cup (35 g) green bell pepper, finely diced
- 2 tablespoons (20 g) yellow onion, finely diced
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- 1 tablespoon (15 ml) water
- ¼ cup (40 g) avocado, sliced, for serving

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Line a baking sheet with parchment paper.
2. Place ¾ cup (128 g) of the black beans into the food processor. Add the rolled oats, tomato paste, chili powder, and garlic powder. Process for 15 to 20 seconds until a coarse, sticky paste forms.
3. Scoop the processed bean mixture into a mixing bowl. Add the remaining ¾ cup (128 g) of whole black beans, the thawed corn, diced green bell pepper, diced yellow onion, and water.
4. Use a fork to mash and stir the mixture thoroughly until it is fully combined. The whole beans should break down slightly, and the mixture should hold together when pressed into a ball. Allow it to sit undisturbed for 5 minutes.
5. Divide the mixture into two equal portions. Shape each portion into a patty roughly ¾-inch (2 cm) thick and 3.5 inches (9 cm) wide. Place the shaped patties onto the prepared baking sheet.
6. Bake the patties for 20 minutes. Gently flip each one with a spatula and continue baking for another 5 minutes, or until the surface is dry and firm.
7. While the patties bake, prepare the avocado slices for topping.
8. Serve the hot patties immediately, each topped with half of the sliced avocado.



Time to Prepare: 20 minutes

Time to Cook: 25 minutes

Makes: 2 servings (2 patties total)

EQUIPMENT:

- Baking sheet
- Parchment paper
- Food processor
- Mixing bowl
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER PATTY, INCLUDING AVOCADO TOPPING):

- Calories: 275 kcal
- Protein: 13 g
- Carbohydrates: 48 g
- Dietary Fiber: 15 g
- Sugars: 6 g
- Fat: 5 g
- Saturated Fat: 0.8 g
- Sodium: 45 mg
- Potassium: 810 mg
- Phosphorus: 215 mg

Values are approximations.
This recipe is inherently low in saturated fat and sodium while providing high amounts of fiber and plant-based protein.



Time to Prepare: 15 minutes

Time to Cook: 20 minutes

Makes: 2 servings
(2 sandwiches total)

EQUIPMENT:

- Baking sheet
- Parchment paper
- Small mixing bowl
- Whisk
- Sharp knife and cutting board
- Pastry brush (optional)
- Measuring spoons

NUTRITIONAL INFORMATION (PER COMPLETE SANDWICH):

- Calories: 320 kcal
- Protein: 18 g
- Carbohydrates: 38 g
- Dietary Fiber: 9 g
- Sugars: 8 g
- Fat: 12 g
- Saturated Fat: 2 g
- Sodium: 130 mg
- Potassium: 720 mg
- Phosphorus: 260 mg

Values are approximations. Using no-salt-added tomato paste and low-sodium broth minimizes sodium content. The fat is primarily unsaturated from the tempeh and avocado.

Baked Smoky Tempeh Strips on Toasted Bread

Thinly sliced tempeh, marinated in a smoky blend and baked until chewy and crisp, layered with fresh vegetables on hearty whole-grain bread. This reinterpretation of a classic sandwich offers substantial plant-based protein and rich flavor without cholesterol.

INGREDIENTS:

- 4 ounces (115 g) tempeh
- 2 tablespoons (30 ml) low-sodium vegetable broth
- 1 tablespoon (15 ml) apple cider vinegar
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 1 teaspoon pure maple syrup
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ⅛ teaspoon ground black pepper
- 4 slices whole-grain bread
- 4 large leaves green leaf lettuce
- 6 thin slices (approx. ½ cup / 90 g) tomato
- ¼ cup (40 g) avocado, thinly sliced

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Line a baking sheet with parchment paper.
2. Cut the tempeh block in half widthwise, then carefully slice each half into 12–14 thin strips, approximately ¼-inch (6 mm) thick. Lay the strips in a single layer on the prepared baking sheet.
3. In the small mixing bowl, whisk together the vegetable broth, apple cider vinegar, tomato paste, maple syrup, smoked paprika, garlic powder, and black pepper until completely smooth.
4. Using a pastry brush or a spoon, generously coat the top side of each tempeh strip with the marinade mixture. Flip each strip and apply the remaining marinade to the other side, ensuring all pieces are evenly covered.
5. Cook the tempeh strips for 10 minutes in the oven. Remove the sheet and flip each strip with tongs or a fork. Return to the oven and bake for 8–10 more minutes, until the edges are dark and the strips are firm and slightly crisp.
6. While the tempeh bakes, toast the whole-grain bread slices if desired. Prepare the lettuce leaves, tomato slices, and avocado.
7. To assemble each sandwich, place two bread slices on a work surface. Layer two lettuce leaves, half of the tomato slices, half of the baked tempeh strips, and half of the avocado slices on one slice of bread per sandwich. Top with the second slice of bread.

Savory Chickpea Mash in Avocado Boats

A hearty, protein-rich chickpea mixture with crisp celery and a hint of oceanic savoriness, generously spooned into creamy avocado halves. This no-cook dish provides a complete, satisfying meal rich in fiber and healthy fats, perfectly aligned with heart-healthy eating principles.

INGREDIENTS:

- 1 ½ cups (255 g) cooked chickpeas, no-salt-added, drained and rinsed
- ¼ cup (35 g) celery, finely diced
- 2 tablespoons (20 g) red onion, finely diced
- 2 tablespoons (30 g) plain, unsweetened non-dairy yogurt
- 1 tablespoon (15 ml) fresh lemon juice
- 1 teaspoon Dijon mustard
- ¼ teaspoon ground nori seaweed flakes
- ⅛ teaspoon ground black pepper
- 1 medium avocado

INSTRUCTIONS:

1. Place the chickpeas in the medium mixing bowl. Use a potato masher or the back of a large fork to mash them thoroughly until no whole beans remain, but some texture is still present.
2. Add the diced celery, diced red onion, non-dairy yogurt, lemon juice, Dijon mustard, nori flakes, and black pepper to the bowl with the mashed chickpeas.
3. Stir all ingredients together until they are evenly and completely combined. Taste the mixture and adjust with an additional drop of lemon juice or mustard if desired.
4. Cut the avocado in half lengthwise and remove the pit. Scoop out a little extra flesh from the center of each half to create a bigger well, then add that avocado to the chickpea mixture and stir until combined.
5. Divide the chickpea mixture evenly between the two avocado halves, mounding it generously into the created wells.
6. Serve immediately, or cover lightly and refrigerate for up to 30 minutes before serving for a slightly chilled option.



Time to Prepare: 15 minutes

Time to Cook: 0 minutes **Makes:**
2 servings (2 stuffed avocado halves total)

EQUIPMENT:

- Medium mixing bowl
- Potato masher or large fork
- Measuring cups and spoons
- Cutting board and knife
- Small bowl (for optional pit storage)

NUTRITIONAL INFORMATION (PER STUFFED AVOCADO HALF):

- Calories: 320 kcal
- Protein: 12 g
- Carbohydrates: 38 g
- Dietary Fiber: 16 g
- Sugars: 8 g
- Fat: 16 g
- Saturated Fat: 2.5 g
- Sodium: 75 mg
- Potassium: 980 mg
- Phosphorus: 240 mg

Values are approximations. The fats are predominantly monounsaturated from the avocado. Sodium remains low due to the use of no-salt-added beans and minimal processed ingredients.



Time to Prepare: 25 minutes
Time to Cook: 35 minutes
Makes: 2 servings
 (4 enchiladas total)

EQUIPMENT:

- Baking sheet
- Parchment paper
- 8x8 inch (20x20 cm) baking dish
- Mixing bowls (2 medium)
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER 2 ENCHILADAS, WITHOUT OPTIONAL YOGURT):

- Calories: 380 kcal
- Protein: 14 g
- Carbohydrates: 78 g
- Dietary Fiber: 17 g
- Sugars: 10 g
- Fat: 5 g
- Saturated Fat: 1 g
- Sodium: 180 mg
- Potassium: 1120 mg
- Phosphorus: 310 mg

These values are estimates. Using a no-salt-added or low-sodium enchilada sauce is essential to keep sodium low. The fat content is naturally minimal.

Roasted Squash and Bean Enchiladas

Tender roasted butternut squash and seasoned black beans wrapped in soft whole-wheat tortillas, nestled under a vibrant green sauce, and baked until bubbly. This dish delivers a rich depth of flavor and satisfying texture while prioritizing plant-based protein and fiber.

INGREDIENTS:

- 2 cups (280 g) butternut squash, peeled and diced into ½-inch (1.3 cm) cubes
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ¾ cup (128 g) cooked black beans, no-salt-added, drained and rinsed
- ¼ cup (35 g) red onion, finely diced
- 2 tablespoons (8 g) fresh cilantro, chopped (divided)
- 1 tablespoon (15 ml) lime juice
- 4 whole-wheat tortillas, 7–8-inch (18–20 cm) diameter
- ¾ cup (180 ml) green enchilada sauce, no-salt-added or low-sodium
- 2 tablespoons (30 g) plain, non-fat Greek yogurt (optional, for serving)

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Place the diced butternut squash in a medium mixing bowl. Sprinkle with the chili powder and cumin. Toss until the squash cubes are evenly coated. Spread them in a single layer on the prepared baking sheet. Cook for 20–22 minutes, until the squash is tender and the edges turn lightly brown. Remove from the oven and turn the temperature down to 375°F (190°C).
3. While the squash roasts, combine the black beans, diced red onion, 1 tablespoon of the chopped cilantro, and the lime juice in another mixing bowl. Stir gently to combine.
4. Once the squash is done, add it to the bowl with the bean mixture. Using a fork, gently mash about one-third of the squash pieces and stir everything together until the mixture is cohesive but still textured.
5. Pour ¼ cup (60 ml) of the enchilada sauce into the bottom of the baking dish, tilting to coat it evenly.
6. Warm the tortillas briefly according to package directions to make them pliable. Lay a tortilla flat and place one-quarter of the squash and bean mixture in a line down the center. Roll the tortilla snugly around the filling and place it seam-side down in the prepared baking dish. Repeat with the remaining tortillas and filling, arranging them side-by-side in the dish.
7. Pour the remaining enchilada sauce evenly over the top of the rolled tortillas, ensuring they are fully covered.
8. Bake, uncovered, for 15 minutes, or until the sauce is bubbling and the edges of the tortillas begin to crisp slightly.
9. Let the enchiladas rest for 5 minutes after removing them from the oven. Serve topped with the remaining tablespoon of fresh cilantro and a dollop of Greek yogurt, if desired.

Ginger-Sesame Tofu and Vegetable Sauté

Cubes of golden, baked tofu and a vibrant assortment of crisp vegetables, quickly tossed in a savory-sweet sauce with fresh ginger. This stir-fry uses minimal oil and a controlled sauce technique for a high-protein, flavor-forward meal that aligns perfectly with heart-healthy eating.

INGREDIENTS:

- 7 ounces (200 g) extra-firm tofu, water-packed
- 1 cup (110 g) broccoli florets
- 1 cup (120 g) red bell pepper, cut into 1-inch (2.5 cm) pieces
- $\frac{3}{4}$ cup (90 g) carrot, thinly sliced
- $\frac{1}{2}$ cup (65 g) snow peas, trimmed
- 2 tablespoons (30 ml) low-sodium soy sauce or tamari (divided)
- 1 tablespoon (15 ml) water
- 2 teaspoons rice vinegar
- 1 teaspoon pure maple syrup
- 1 teaspoon toasted sesame oil
- 1 teaspoon fresh ginger, finely grated
- 1 clove garlic, minced
- 2 teaspoons cornstarch
- 2 tablespoons (30 ml) cold water
- 1 tablespoon (8 g) sesame seeds, for garnish (optional)
- 1 $\frac{1}{2}$ cups (250 g) cooked brown rice, for serving (optional)

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Drain the tofu and press it gently between paper towels to remove excess moisture. Cut the tofu block into $\frac{3}{4}$ -inch (2 cm) cubes. Arrange the cubes in a single layer on the prepared baking sheet. Bake for 22–25 minutes, flipping the pieces halfway through, until golden brown and firm to the touch.
3. While the tofu bakes, prepare the sauce. In a small bowl, whisk together 1 tablespoon (15 ml) of the soy sauce, 1 tablespoon (15 ml) of water, the rice vinegar, maple syrup, sesame oil, grated ginger, and minced garlic until well combined.
4. In a separate small bowl, create a slurry by stirring the cornstarch into the 2 tablespoons (30 ml) of cold water until completely smooth.
5. Heat the large non-stick skillet or wok over medium-high heat. Add the broccoli florets, bell pepper, and carrot slices. Cook, stirring repeatedly, for 4–5 minutes until the vegetables are bright in color and just beginning to soften. Add the snow peas and the remaining 1 tablespoon (15 ml) of soy sauce. Continue to cook, stirring continuously, for another 2 minutes.
6. Reduce the heat to medium. Pour the prepared ginger-garlic sauce over the vegetables and stir to coat. Add the baked tofu cubes to the skillet and gently toss to combine.
7. Give the cornstarch slurry a final stir and pour it into the center of the skillet. Stir continuously for 1–2 minutes until the sauce thickens and becomes glossy, coating the tofu and vegetables evenly.
8. Remove from the heat and divide between two plates. Sprinkle with sesame seeds if using. Serve immediately over cooked brown rice, if desired.



Time to Prepare: 20 minutes

Time to Cook: 25 minutes

Makes: 2 servings

EQUIPMENT:

- Baking sheet
- Parchment paper
- Large non-stick skillet or wok
- Mixing bowls (2 small)
- Measuring cups and spoons
- Cutting board and knife
- Box grater (for ginger)

NUTRITIONAL INFORMATION (PER SERVING, WITHOUT OPTIONAL RICE OR SESAME SEEDS):

- Calories: 240 kcal
- Protein: 18 g
- Carbohydrates: 25 g
- Dietary Fiber: 7 g
- Sugars: 11 g
- Fat: 9 g
- Saturated Fat: 1.5 g
- Sodium: 360 mg
- Potassium: 820 mg
- Phosphorus: 260 mg

Values are approximations. Using low-sodium soy sauce is essential for sodium control. The majority of fat is unsaturated from the tofu and sesame oil.



Roasted Eggplant and Lentil Spheres

Tender, aromatic spheres made from roasted eggplant and earthy lentils, baked to a firm finish. Served atop strands of roasted spaghetti squash, this dish offers a comforting, savory experience rich in plant-based protein and fiber, free from added oils and cholesterol.

INGREDIENTS:

- 2 cups (200 g) eggplant, peeled and diced into ½-inch (1.3 cm) cubes
- ¾ cup (128 g) cooked brown or green lentils, no-salt-added, drained and rinsed
- ¼ cup (30 g) whole-wheat breadcrumbs
- 2 tablespoons (20 g) yellow onion, finely diced
- 1 tablespoon (8 g) nutritional yeast
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 1 teaspoon dried oregano
- ½ teaspoon garlic powder
- 1 tablespoon (15 ml) water
- 4 cups (600 g) spaghetti squash, cooked and separated into strands

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line one baking sheet with parchment paper for the eggplant and a second sheet for baking the spheres.
2. Spread the diced eggplant in a single layer on the first prepared baking sheet. Roast for 20–22 minutes, or until the eggplant pieces are very tender and lightly browned. Remove from the oven and let cool slightly. Reduce the oven temperature to 375°F (190°C).
3. While the eggplant roasts, prepare the spaghetti squash if it is not already cooked. Halve a small squash lengthwise, remove seeds, place cut-side down on a parchment-lined sheet, and roast at 400°F (200°C) for 35–40 minutes until tender. Use a fork to scrape the flesh into strands. Measure out 4 cups (600 g) for serving.
4. Place the roasted eggplant in the food processor. Add half (½ cup / 55 g) of the cooked lentils, breadcrumbs, nutritional yeast, tomato paste, oregano, and garlic powder. Pulse 10–12 times until a thick, cohesive paste forms.
5. Transfer the eggplant mixture to a mixing bowl. Add the remaining whole lentils, diced onion, and water. Stir and mash with a fork until all ingredients are fully incorporated, and the mixture holds together when pressed.
6. Let the mixture stand for 5 minutes to allow the breadcrumbs to absorb moisture. Shape into 10 uniform spheres, each about 1 ½ inches (4 cm) in diameter. Place the spheres on the second prepared baking sheet, spaced about 1 inch (2.5 cm) apart.
7. Bake at 375°F (190°C) for 20 minutes. Carefully flip each sphere with a thin spatula and bake for an additional 8–10 minutes, until firm and lightly browned on the outside.
8. Serve the hot spheres over the prepared spaghetti squash strands.

Time to Prepare: 30 minutes

Time to Cook: 50 minutes

Makes: 2 servings (10 spheres total)

EQUIPMENT:

- Baking sheet (2)
- Parchment paper
- Food processor
- Mixing bowl
- Measuring cups and spoons
- Cutting board and knife
- Fork

NUTRITIONAL INFORMATION (PER 5 SPHERES WITH 2 CUPS SPAGHETTI SQUASH):

- Calories: 285 kcal
- Protein: 15 g
- Carbohydrates: 58 g
- Dietary Fiber: 18 g
- Sugars: 12 g
- Fat: 2 g
- Saturated Fat: 0.5 g
- Sodium: 75 mg
- Potassium: 1050 mg
- Phosphorus: 290 mg

Values are approximations. This dish is exceptionally low in fat and sodium, deriving its substantial calories from complex carbohydrates and plant-based protein.

Spiced Sweet Potato and Quinoa Patties

Savory, warmly spiced patties that combine creamy roasted sweet potato with hearty quinoa and rolled oats, baked to a golden finish. These offer a nutrient-dense, fiber-rich alternative to traditional burgers, providing substantial plant-based protein in a family-friendly format.

INGREDIENTS:

- 1 cup (200 g) sweet potato, peeled and diced into ½-inch (1.3 cm) cubes
- ¾ cup (128 g) cooked quinoa, cooled
- ¼ cup (30 g) old-fashioned rolled oats
- 2 tablespoons (20 g) red onion, finely diced
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 1 teaspoon ground cumin
- ½ teaspoon smoked paprika
- 1 tablespoon (15 ml) water
- 2 whole-grain hamburger buns, for serving (optional)
- Lettuce leaves, for serving (optional)
- Tomato slices, for serving (optional)
- ¼ medium avocado, sliced, for serving (optional)

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Spread the diced sweet potato in a single layer on the prepared baking sheet. Roast for 18–20 minutes, or until the pieces are very tender and can be easily pierced with a fork. Remove from the oven and let cool for 5 minutes. Reduce the oven temperature to 375°F (190°C).
3. Using the bowl of a food processor, combine the roasted sweet potato, rolled oats, tomato paste, cumin, and smoked paprika. Process for 15–20 seconds until a thick, uniform puree forms.
4. Transfer the sweet potato mixture to a mixing bowl. Add the cooked quinoa, diced red onion, and water. Stir and mash with a fork until everything is fully combined and the mixture holds together firmly when pressed. Let it rest for 5 minutes.
5. Divide the mixture into two equal portions. Shape each portion into a patty approximately ¾-inch (2 cm) thick and 3.5 inches (9 cm) in diameter. Place the patties on the same parchment-lined baking sheet, reshaping if necessary.
6. Bake at 375°F (190°C) for 20 minutes. Gently flip each patty using a spatula and bake for an additional 5–7 minutes, or until the surface is dry and firm to the touch.
7. While the patties bake, prepare any chosen toppings and lightly toast the whole-grain buns if desired.
8. Serve the baked patties on the bun bottoms, add preferred toppings, and cover with the bun tops.



Time to Prepare: 25 minutes

Time to Cook: 30 minutes

Makes: 2 servings (2 patties total)

EQUIPMENT:

- Baking sheet
- Parchment paper
- Food processor
- Mixing bowl
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER PATTY, WITHOUT BUN OR TOPPINGS):

- Calories: 250 kcal
- Protein: 8 g
- Carbohydrates: 50 g
- Dietary Fiber: 8 g
- Sugars: 6 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Sodium: 45 mg
- Potassium: 520 mg
- Phosphorus: 200 mg

Values are approximations. The patty itself is very low in fat and sodium, with high fiber from sweet potato, quinoa, and oats. Toppings will alter final values.



Time to Prepare: 30 minutes

Time to Cook: 1 hour
15 minutes

Makes: 2 servings

EQUIPMENT:

- Medium oven-safe pot or Dutch oven (about 3 quarts/ 3 liters)
- Cutting board and knife
- Measuring cups and spoons
- Wooden spoon

NUTRITIONAL INFORMATION (PER SERVING, WITHOUT OPTIONAL BREAD):

- Calories: 320 kcal
- Protein: 18 g
- Carbohydrates: 62 g
- Dietary Fiber: 19 g
- Sugars: 14 g
- Fat: 1.5 g
- Saturated Fat: 0 g
- Sodium: 120 mg
- Potassium: 1450 mg
- Phosphorus: 320 mg

Values are approximations. This dish is exceptionally low in fat, contains zero cholesterol, and is high in potassium and fiber. Using no-salt-added tomatoes and beans is crucial for sodium control.

Herbed White Bean and Vegetable Bake

A slow-simmered, rustic bake featuring creamy cannellini beans, tender vegetables, and aromatic herbs in a rich tomato base. This hearty, protein-packed dish delivers deep, satisfying flavor through extended cooking without reliance on salt, fat, or meat.

INGREDIENTS:

- 1 cup (170 g) cooked cannellini beans, no-salt-added, drained and rinsed
- ½ cup (85 g) cooked kidney beans, no-salt-added, drained and rinsed
- 1 cup (150 g) canned diced tomatoes, no-salt-added, with juices
- ¾ cup (110 g) frozen cut green beans
- ½ cup (80 g) yellow onion, diced
- ½ cup (75 g) carrot, diced
- ½ cup (75 g) celery, diced
- ⅓ cup (80 ml) low-sodium vegetable broth
- 1 tablespoon (15 ml) tomato paste, no-salt-added
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed
- ½ teaspoon ground black pepper
- 1 bay leaf
- 2 slices (60 g) whole-grain baguette, for serving (optional)

INSTRUCTIONS:

1. Set the oven's temperature to 325°F (160°C).
2. Place the pot over moderate heat on the stovetop. Add the diced onion, carrot, and celery. Cook, stirring repeatedly, for 6–8 minutes until the vegetables begin to soften, and the onion turns translucent, adding a tablespoon of broth if needed to prevent sticking.
3. Stir in the minced garlic, dried thyme, dried rosemary, and black pepper. Cook for 1 minute until the garlic is aromatic.
4. Stir in the tomato paste to coat the vegetables. Add the diced tomatoes with their juices and the vegetable broth, stirring until the paste dissolves and everything is combined.
5. Put the cannellini beans, kidney beans, frozen green beans, and bay leaf into the pot. Stir carefully so everything is evenly spread.
6. Bring the mixture to a gentle simmer. Cover the pot securely with its lid.
7. Move the covered pot into the preheated oven and bake for 1 hour, until the sauce thickens slightly and the carrots are very tender.
8. Carefully take the pot out of the oven and remove the bay leaf. Let the bake rest uncovered for 10 minutes before serving so the flavors can settle.
9. While the bake rests, lightly toast the whole-grain baguette slices if desired. Serve the bean bake in bowls, accompanied by the toasted bread.

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Sides & Snacks



Spiced Oven-Crisped Chickpeas

Chickpeas seasoned with smoked paprika and garlic, roasted at high heat until deeply golden and crunchy throughout. This simple snack or garnish provides a substantial dose of plant-based protein and fiber in a satisfying, portable form with no added oil.

INGREDIENTS:

- 1 ½ cups (255 g) cooked chickpeas, no-salt-added, drained and rinsed
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Spread the rinsed chickpeas on the clean kitchen towel and gently pat them dry, rolling them lightly to remove any loose skins. Discard any skins that come off easily.
3. Spread the dried chickpeas onto the prepared baking sheet in a single, even layer.
4. Place the baking sheet in the oven and roast the chickpeas for 30 minutes, shaking the pan gently halfway through the cooking time to promote even browning.
5. While the chickpeas roast, combine the smoked paprika, garlic powder, and black pepper in the small bowl.
6. After 30 minutes, carefully remove the baking sheet from the oven. Sprinkle the spice mixture evenly over the hot chickpeas and shake the pan to coat them as evenly as possible.
7. Return the baking sheet to the oven and continue roasting for 8 to 10 additional minutes, or until the chickpeas are deep golden brown, firm, and have no softness in the center when tested.
8. Turn the oven off and leave the baking sheet inside with the door slightly ajar for 10 minutes to allow the chickpeas to dry and crisp further as they cool.
9. Remove from the oven and let the chickpeas cool completely on the baking sheet. They will become crunchier as they cool.

Time to Prepare: 5 minutes

Time to Cook: 40 minutes

Makes: 2 servings (about 1 cup total)

EQUIPMENT:

- Baking sheet
- Parchment paper
- Clean kitchen towel or paper towels
- Small bowl
- Measuring spoons

NUTRITIONAL INFORMATION (PER ½-CUP SERVING):

- Calories: 150 kcal
- Protein: 8 g
- Carbohydrates: 25 g
- Dietary Fiber: 7 g
- Sugars: 4 g
- Fat: 2.5 g
- Saturated Fat: 0 g
- Sodium: 10 mg
- Potassium: 250 mg
- Phosphorus: 140 mg

Values are approximations. This snack is very low in sodium and saturated fat, with all fats being naturally occurring in the chickpeas.

Lemon-Garlic Kale with Almonds

Fresh kale is wilted with aromatic garlic in a splash of broth, then brightened with lemon juice and topped with crunchy toasted almonds. This quick-cooking side dish offers a powerhouse of nutrients, including heart-healthy fats and plant-based protein from the almonds, with no added oil or salt.

INGREDIENTS:

- 8 cups (160 g) curly kale, tough stems removed, leaves torn into 2-inch (5 cm) pieces
- ¼ cup (60 ml) low-sodium vegetable broth
- 2 cloves garlic, minced
- 2 tablespoons (15 g) sliced almonds
- 2 teaspoons (10 ml) fresh lemon juice
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

1. Place the sliced almonds in a small skillet over medium-low heat with no oil. Toast for 3 to 4 minutes, shaking frequently, until they smell fragrant and turn lightly golden. Immediately move them to a plate to stop further cooking.
2. In the large skillet, heat the vegetable broth over moderate heat until it begins to simmer.
3. Add the minced garlic to the simmering broth and cook for 1 minute, stirring continuously, until the garlic is fragrant.
4. Add all of the torn kale to the skillet. Using tongs, turn the kale repeatedly to coat it evenly with the broth and garlic. Cover the skillet with the lid and let it cook for 2 minutes.
5. Remove the lid. Continue to cook the kale, turning it with tongs frequently, for another 3 to 4 minutes, or until the kale is wilted, tender, and the liquid in the pan has mostly evaporated.
6. Remove the skillet from the heat. Drizzle the lemon juice over the kale and sprinkle with the black pepper. Toss to combine.
7. Transfer the sautéed kale to a serving dish and top evenly with the toasted almonds.



Time to Prepare: 10 minutes

Time to Cook: 8 minutes **Makes:** 2 servings

EQUIPMENT:

- Large skillet or sauté pan with lid
- Cutting board and knife
- Measuring cups and spoons
- Small skillet (for toasting almonds)

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 110 kcal
- Protein: 6 g
- Carbohydrates: 13 g
- Dietary Fiber: 5 g
- Sugars: 2 g
- Fat: 5 g
- Saturated Fat: 0.5 g
- Sodium: 45 mg
- Potassium: 580 mg
- Phosphorus: 125 mg

Values are approximations. The fat content comes predominantly from the unsaturated fats in the almonds. Sodium is kept very low by using low-sodium broth and no added salt.



Quinoa and Herb Salad with Lemon

A vibrant, protein-rich salad featuring fluffy quinoa, a generous mix of fresh parsley and mint, juicy tomato, and crisp cucumber, all dressed in a bright lemon vinaigrette. This refreshing dish offers a complete plant-based protein source and is a perfect make-ahead side or light meal.

INGREDIENTS:

- $\frac{3}{4}$ cup (128 g) cooked quinoa, cooled
- 1 cup (60 g) fresh flat-leaf parsley, finely chopped
- $\frac{1}{4}$ cup (15 g) fresh mint leaves, finely chopped
- $\frac{1}{2}$ cup (90 g) tomato, seeded and diced
- $\frac{1}{2}$ cup (75 g) cucumber, seeded and diced
- 2 tablespoons (20 g) red onion, finely diced
- 2 tablespoons (30 ml) fresh lemon juice
- 1 tablespoon (15 ml) water
- 1 teaspoon extra virgin olive oil
- $\frac{1}{8}$ teaspoon ground black pepper

INSTRUCTIONS:

1. Ensure the cooked quinoa is completely cooled. If using warm quinoa, spread it on a plate to hasten cooling before mixing.
2. In the medium mixing bowl, combine the cooled quinoa, chopped parsley, chopped mint, diced tomato, diced cucumber, and diced red onion.
3. In the small bowl or jar, whisk together the fresh lemon juice, water, olive oil, and black pepper until fully blended.
4. Pour the dressing over the quinoa and vegetables, then gently fold everything together with a large spoon or spatula until evenly coated.
5. Let the salad rest at room temperature for 10 minutes to allow the flavors to combine. Gently stir once more before serving.

Time to Prepare: 20 minutes

Time to Cook: 15 minutes (plus cooling)

Makes: 2 servings

EQUIPMENT:

- Medium mixing bowl
- Small bowl or jar
- Fine-mesh strainer
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 165 kcal
- Protein: 6 g
- Carbohydrates: 26 g
- Dietary Fiber: 5 g
- Sugars: 4 g
- Fat: 4.5 g
- Saturated Fat: 0.5 g
- Sodium: 25 mg
- Potassium: 540 mg
- Phosphorus: 165 mg

Values are approximations.
This dish is exceptionally low
in sodium and saturated fat.
The small amount of olive
oil provides heart-healthy
monounsaturated fat.

Edamame and Tahini Spread

A bright, creamy spread made from tender edamame blended with tahini, garlic, and lemon into a smooth, protein-rich dip. This vibrant green spread is ideal for fresh vegetable sticks or whole-grain crackers and is crafted without added oil or salt.

INGREDIENTS:

- 1 ½ cups (225 g) frozen shelled edamame
- 2 tablespoons (30 ml) fresh lemon juice
- 1 tablespoon (15 ml) tahini, well-stirred
- 1 tablespoon (15 ml) water
- 1 small clove garlic, minced
- ⅛ teaspoon ground cumin
- Fresh vegetable sticks (such as bell pepper, cucumber, or carrot), for serving

INSTRUCTIONS:

1. Bring a small saucepan of water to a boil over high heat. Add the frozen edamame and cook for 4–5 minutes, until the beans are tender. Drain the edamame in a fine-mesh strainer and rinse under cool water to stop the cooking process.
2. Transfer the cooked and cooled edamame to the bowl of a food processor or blender. Add the lemon juice, tahini, water, minced garlic, and cumin.
3. Process the mixture for 1 minute. Stop and scrape down the sides of the bowl with a spatula. Process for another 1–2 minutes, until the spread is completely smooth and creamy, pausing to scrape down the sides as needed. If the mixture is too thick and struggles to blend, add an additional teaspoon of water.
4. Transfer the spread to a serving bowl. Serve immediately with fresh vegetable sticks, or cover and refrigerate for up to 30 minutes to allow the flavors to meld before serving.



Time to Prepare: 10 minutes

Time to Cook: 5 minutes **Makes:**
2 servings (about 1 cup total)

EQUIPMENT:

- Small saucepan
- Food processor or high-speed blender
- Measuring cups and spoons
- Fine-mesh strainer
- Spatula

NUTRITIONAL INFORMATION (PER ½-CUP SERVING OF SPREAD, WITHOUT VEGETABLES):

- Calories: 180 kcal
- Protein: 13 g
- Carbohydrates: 15 g
- Dietary Fiber: 6 g
- Sugars: 3 g
- Fat: 8 g
- Saturated Fat: 1 g
- Sodium: 10 mg
- Potassium: 560 mg
- Phosphorus: 220 mg

Values are approximations. This spread is very low in sodium and saturated fat. The majority of fat is unsaturated from the edamame and tahini.



Time to Prepare: 10 minutes

Time to Cook: 25 minutes

Makes: 2 servings

EQUIPMENT:

- Baking sheet
- Parchment paper
- Medium mixing bowl
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 95 kcal
- Protein: 4 g
- Carbohydrates: 15 g
- Dietary Fiber: 6 g
- Sugars: 3.5 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Sodium: 30 mg
- Potassium: 660 mg
- Phosphorus: 105 mg

Values are approximations. This dish is low in calories, fat, and sodium, and provides significant fiber and potassium. The minimal fat is heart-healthy monounsaturated oil.

Chili-Roasted Brussels Sprouts

Halved Brussels sprouts roasted until deeply caramelized and tender-crisp, seasoned with a hint of chili and garlic. This simple preparation uses a minimal amount of oil to achieve a satisfyingly crisp texture and robust flavor, making it a high-fiber, nutrient-dense side dish.

INGREDIENTS:

- 3 cups (300 g) Brussels sprouts, trimmed and halved lengthwise
- 1 teaspoon extra virgin olive oil
- ¼ teaspoon red chili flakes
- ¼ teaspoon garlic powder
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

1. Set the oven's temperature to 400°F (200°C). Line a baking sheet with parchment paper.
2. Place the halved Brussels sprouts in the medium mixing bowl. Drizzle with the olive oil. Using your hands or a spatula, toss the sprouts until they are lightly and evenly coated.
3. Sprinkle the red chili flakes, garlic powder, and black pepper over the sprouts. Toss again to distribute the seasonings evenly.
4. Arrange the seasoned Brussels sprouts in a single layer on the prepared baking sheet, ensuring they are not crowded and are all cut-side down.
5. Roast for 20–25 minutes, without stirring, until the sprouts are tender when pierced with a fork and the flat, cut sides are deeply browned and caramelized.
6. Remove from the oven and serve immediately.

Sautéed Cauliflower and Herb Grains

Fresh cauliflower pulsed into small pieces and quickly sautéed with aromatic shallot and a generous mix of fresh parsley and chives. This light, grain-free side dish offers a flavorful, low-carbohydrate base that pairs well with a variety of mains, prepared without added oil.

INGREDIENTS:

- 4 cups (400 g) cauliflower florets
- ¼ cup (60 ml) low-sodium vegetable broth
- 2 tablespoons (20 g) shallot, finely minced
- 2 tablespoons (8 g) fresh flat-leaf parsley, finely chopped
- 1 tablespoon (3 g) fresh chives, finely chopped
- 1 teaspoon fresh lemon juice
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

1. Working in batches if necessary, place the cauliflower florets in the food processor. Pulse 12–15 times until the cauliflower is broken down into pieces resembling grains of rice, with no large chunks remaining. Do not over-process into a paste.
2. Transfer the processed cauliflower to a clean kitchen towel. Gather the towel's edges and twist gently over the sink to squeeze out excess moisture. This step is crucial for achieving a fluffy texture.
3. Place the large skillet over moderate heat. Add the vegetable broth and minced shallot. Cook, stirring repeatedly, for 2 minutes until the shallot softens and becomes fragrant.
4. Add the squeezed cauliflower to the skillet. Stir well to combine with the shallot and broth. Spread the mixture into an even layer.
5. Cover the skillet with the lid and cook for 3 minutes. Remove the lid and continue to cook, stirring intermittently, for another 4–5 minutes, or until the cauliflower is tender but still retains a slight bite and any remaining liquid has evaporated.
6. Remove the skillet from the heat. Stir in the chopped parsley, chopped chives, lemon juice, and black pepper until evenly distributed.
7. Serve immediately while hot.



Time to Prepare: 15 minutes

Time to Cook: 10 minutes

Makes: 2 servings

EQUIPMENT:

- Food processor
- Large non-stick skillet with lid
- Clean kitchen towel
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 60 kcal
- Protein: 4 g
- Carbohydrates: 12 g
- Dietary Fiber: 5 g
- Sugars: 5 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Sodium: 45 mg
- Potassium: 720 mg
- Phosphorus: 100 mg

Values are approximations. This dish is extremely low in calories, fat, and sodium, while providing high amounts of fiber and potassium. The sodium content is dependent on the low-sodium broth used.



Herbed Cheese Stuffed Mini Peppers

Colorful mini bell peppers halved and filled with a creamy blend of low-fat ricotta and fresh dill, then baked until the peppers soften and the filling sets. This simple, elegant appetizer or side dish provides a satisfying dose of protein and calcium with minimal saturated fat.

INGREDIENTS:

- 8 mini bell peppers (approx. 4 oz / 115 g total)
- ½ cup (125 g) low-fat ricotta cheese
- 1 tablespoon (3 g) fresh dill, finely chopped
- 1 teaspoon fresh chives, finely chopped
- ⅛ teaspoon garlic powder
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C). Line a baking sheet with parchment paper.
2. Wash the mini bell peppers. Slice each pepper in half lengthwise, from stem to tip. Use a small knife or your fingers to remove the seeds and white membranes from each half, creating a clean cavity for filling.
3. In the small mixing bowl, combine the ricotta cheese, chopped dill, chopped chives, garlic powder, and black pepper. Stir until the herbs and seasonings are evenly distributed throughout the cheese.
4. Divide the herbed cheese mixture into eight equal portions. Using a spoon, fill each pepper half with one portion of the mixture, mounding it slightly and smoothing the top.
5. Arrange the filled pepper halves on the prepared baking sheet.
6. Bake for 16–18 minutes, or until the pepper halves have softened and the edges begin to caramelize slightly, and the cheese filling is set and no longer appears wet.
7. Remove from the oven and let cool on the baking sheet for 2–3 minutes before serving warm.

Time to Prepare: 15 minutes

Time to Cook: 15 minutes

Makes: 2 servings (8 stuffed pepper halves total)

EQUIPMENT:

- Baking sheet
- Parchment paper
- Small mixing bowl
- Spoon or small spatula
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER 4 STUFFED PEPPER HALVES):

- Calories: 130 kcal
- Protein: 11 g
- Carbohydrates: 10 g
- Dietary Fiber: 2 g
- Sugars: 6 g
- Fat: 5 g
- Saturated Fat: 3 g
- Sodium: 75 mg
- Potassium: 320 mg
- Phosphorus: 180 mg

Values are approximations. Using low-fat ricotta keeps saturated fat moderate while providing high-quality protein and calcium. The natural sugars are from the peppers.

Zucchini Ribbons with Lemon and Basil

Fresh zucchini spiralized into delicate noodles, gently warmed with garlic and finished with bright lemon and fresh basil. This light, vegetable-forward dish serves as a flavorful, low-carbohydrate base or side, prepared entirely without oil or added salt.

INGREDIENTS:

- 4 cups (500 g) zucchini noodles (spiralized from approx. 2 medium zucchini)
- 2 tablespoons (30 ml) low-sodium vegetable broth
- 1 clove garlic, minced
- 1 teaspoon lemon zest
- 2 teaspoons (10 ml) fresh lemon juice
- 2 tablespoons (5 g) fresh basil leaves, thinly sliced
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

1. Spiralize the zucchini into noodles using the medium blade of a spiralizer. Alternatively, use a julienne peeler to create long, thin strips. Place the zucchini noodles on a clean kitchen towel and gently pat them to absorb excess surface moisture.
2. Heat the large skillet over moderate heat. Add the vegetable broth and minced garlic. Cook, stirring continuously, for 1 minute until the garlic is fragrant.
3. Add the prepared zucchini noodles to the skillet. Using tongs, gently toss and turn the noodles continuously for 3–4 minutes, until they are just warmed through, slightly softened, but still retain a noticeable bite. Do not overcook.
4. Remove the skillet from the heat. Immediately add the lemon zest, fresh lemon juice, sliced basil, and black pepper. Toss gently with the tongs until the ingredients are evenly distributed and the basil is slightly wilted.
5. Transfer to plates or a serving bowl and serve immediately.



Time to Prepare: 15 minutes

Time to Cook: 6 minutes **Makes:** 2 servings

EQUIPMENT:

- Spiralizer or julienne peeler
- Large skillet or sauté pan
- Clean kitchen towel
- Measuring cups and spoons
- Cutting board and knife
- Zester or fine grater

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 45 kcal
- Protein: 3 g
- Carbohydrates: 9 g
- Dietary Fiber: 3 g
- Sugars: 6 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Sodium: 30 mg
- Potassium: 640 mg
- Phosphorus: 95 mg

Values are approximations. This dish is exceptionally low in calories, fat, and sodium. The sugars are naturally occurring in the zucchini. Sodium is dependent on the low-sodium broth.



Chive and Cottage Cheese Celery Boats

Crisp celery stalks filled with a creamy, savory blend of low-fat cottage cheese and fresh chives. This no-cook snack or light appetizer offers a satisfying crunch paired with substantial plant-based protein and calcium, prepared in minutes with minimal effort.

INGREDIENTS:

- 8 medium celery stalks (approx. 4 oz / 115 g each with leaves removed)
- ½ cup (115 g) low-fat cottage cheese
- 1 tablespoon (3 g) fresh chives, finely chopped
- ⅛ teaspoon ground black pepper
- Paprika, for garnish (optional)

INSTRUCTIONS:

1. Wash the celery stalks thoroughly. Trim off the leafy tops and the rough, white base of each stalk. Use a vegetable peeler or a small knife to lightly scrape the outer back of each stalk to remove any tough strings, if desired.
2. In the small mixing bowl, combine the cottage cheese, chopped chives, and black pepper. Stir until the ingredients are evenly incorporated.
3. Divide the herbed cottage cheese mixture into eight equal portions.
4. Using a spoon or a small spatula, fill the concave groove of each celery stalk with one portion of the mixture, smoothing it along the length of the stalk.
5. Arrange the filled celery stalks on a serving plate. If desired, lightly sprinkle a pinch of paprika over the filling for color.
6. Serve immediately, or cover loosely and refrigerate for up to 1 hour before serving.

Time to Prepare: 10 minutes

Time to Cook: 0 minutes

Makes: 2 servings (8 stuffed stalks total)

EQUIPMENT:

- Small mixing bowl
- Spoon or small spatula
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER 4 STUFFED STALKS):

- Calories: 80 kcal
- Protein: 11 g
- Carbohydrates: 7 g
- Dietary Fiber: 2 g
- Sugars: 4 g
- Fat: 1 g
- Saturated Fat: 0.5 g
- Sodium: 320 mg
- Potassium: 340 mg
- Phosphorus: 140 mg

Values are approximate. The snack is low in calories and fat and provides high-quality protein. Sodium comes from the cottage cheese, so choose a low-sodium option when possible.

Spiced Sweet Potato Wedges

Sweet potato wedges seasoned with smoked paprika and a hint of garlic, baked until tender inside with lightly crisped edges. This satisfying side dish provides a rich source of fiber and beta-carotene, using a minimal amount of oil and no salt to align with heart-healthy goals.

INGREDIENTS:

- 1 large sweet potato (approx. 12 oz / 340 g)
- 1 teaspoon extra virgin olive oil
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

1. Set the oven's temperature to 425°F (220°C). Line a baking sheet with parchment paper.
2. Scrub the sweet potato thoroughly under running water. Pat it completely dry with a towel. Trim off any ends.
3. Cut the sweet potato in half lengthwise. Lay each half flat-side down and cut it into ½-inch (1.3 cm) wide wedges.
4. Place the sweet potato wedges in the medium mixing bowl. Drizzle with the olive oil. Using your hands, toss the wedges until they are lightly and evenly coated.
5. Sprinkle the smoked paprika, garlic powder, and black pepper over the wedges. Toss again until the seasoning is evenly distributed.
6. Arrange the wedges in a single layer on the prepared baking sheet, ensuring they are not touching.
7. Bake for 15 minutes. Using a spatula, carefully flip each wedge over. Return to the oven and bake for an additional 12–15 minutes, or until the wedges are tender when pierced with a fork and the edges are lightly browned and slightly crisp.
8. Remove from the oven and let cool on the baking sheet for 2–3 minutes before serving.



Time to Prepare: 10 minutes

Time to Cook: 30 minutes

Makes: 2 servings

EQUIPMENT:

- Baking sheet
- Parchment paper
- Medium mixing bowl
- Measuring spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING):

- Calories: 140 kcal
- Protein: 2 g
- Carbohydrates: 28 g
- Dietary Fiber: 4 g
- Sugars: 6 g
- Fat: 2.5 g
- Saturated Fat: 0.5 g
- Sodium: 70 mg
- Potassium: 500 mg
- Phosphorus: 65 mg

Values are approximations. These wedges are low in fat and a good source of fiber and potassium. Sodium is naturally occurring in the sweet potato.



Sauces, Dressings & Essentials

Herbed Avocado and Lime Dressing

A luxuriously creamy, vibrantly green dressing made from ripe avocado, fresh cilantro, and tangy lime juice, blended smooth with water. This dairy-free, oil-free dressing is a versatile sauce for salads, grain bowls, or vegetable crud ts, delivering rich texture and fresh flavor with heart-healthy fats.

INGREDIENTS:

-   cup (80 g) ripe avocado flesh (from approx. 1 small avocado)
-   cup (60 ml) fresh lime juice
-   cup (120 ml) water
-   cup (10 g) fresh cilantro leaves, packed
- 1 small clove garlic, peeled
-   teaspoon ground black pepper

INSTRUCTIONS:

1. Place the soft avocado flesh into the blender jar, or into a cup if using an immersion blender.
2. Add the fresh lime juice, water, cilantro leaves, garlic clove, and black pepper.
3. Secure the lid and blend on high speed for 30–45 seconds, stopping to scrape down the sides with a spatula if necessary, until the mixture is completely smooth and uniform, with no flecks of herbs or avocado remaining.
4. If a thinner consistency is desired, add additional water, one tablespoon at a time, and blend for 10 seconds after each addition.
5. Use straight away, or transfer to a covered container and refrigerate for as long as 24 hours.



Time to Prepare: 10 minutes

Time to Cook: 0 minutes **Makes:**
2 servings (about   cup total)

EQUIPMENT:

- Blender or immersion blender with cup
- Measuring cups and spoons
- Spatula

NUTRITIONAL INFORMATION (PER  -CUP SERVING):

- Calories: 70 kcal
- Protein: 1 g
- Carbohydrates: 6 g
- Dietary Fiber: 3 g
- Sugars: 1 g
- Fat: 5 g
- Saturated Fat: 0.5 g
- Sodium: 5 mg
- Potassium: 250 mg
- Phosphorus: 25 mg

Values are approximations. This dressing is very low in sodium and carbohydrates, with the majority of calories coming from heart-healthy monounsaturated fats.



Savory White Bean and Pepper Sauce

A rich, creamy sauce made from blended white beans and roasted red pepper, fortified with savory nutritional yeast and aromatic spices. This versatile, dairy-free sauce delivers a high-protein, fiber-rich alternative to traditional cheese sauces, perfect for drizzling over vegetables, grains, or baked potatoes.

INGREDIENTS:

- $\frac{3}{4}$ cup (128 g) cooked cannellini beans, no-salt-added, drained and rinsed
- $\frac{1}{4}$ cup (60 ml) low-sodium vegetable broth
- $\frac{1}{4}$ cup (60 g) jarred roasted red pepper, drained
- 2 tablespoons (15 g) nutritional yeast
- 2 tablespoons (30 ml) water
- 1 teaspoon Dijon mustard
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{2}$ teaspoon smoked paprika
- $\frac{1}{8}$ teaspoon garlic powder
- Pinch of ground turmeric (for color, optional)

Time to Prepare: 10 minutes

Time to Cook: 5 minutes

Makes: 2 servings (about 1 cup total)

EQUIPMENT:

- Blender or food processor
- Small saucepan
- Measuring cups and spoons
- Spatula

NUTRITIONAL INFORMATION (PER $\frac{1}{2}$ -CUP SERVING):

- Calories: 115 kcal
- Protein: 9 g
- Carbohydrates: 18 g
- Dietary Fiber: 6 g
- Sugars: 2 g
- Fat: 1 g
- Saturated Fat: 0 g
- Sodium: 120 mg
- Potassium: 320 mg
- Phosphorus: 150 mg

Values are approximations. This sauce is low in fat and provides a substantial amount of plant-based protein and fiber. Sodium content is dependent on the low-sodium broth and the specific brand of roasted peppers used.

INSTRUCTIONS:

1. Using the blender or food processor, combine the cannellini beans, roasted red pepper, nutritional yeast, vegetable broth, water, Dijon mustard, onion powder, smoked paprika, garlic powder, and turmeric (if using).
2. Secure the lid and blend on high speed for 60–90 seconds, stopping once to scrape down the sides with a spatula, until the mixture is completely smooth and uniform.
3. Pour the sauce into a small saucepan and set it over medium-low heat. Stir with a spatula often for 3–5 minutes, until warmed through and gently thickened. Do not let it boil vigorously.
4. Remove from heat. The sauce is ready to use immediately. It will continue to thicken slightly as it cools.

Garlic and Basil Tomato Simmer

A foundational, uncomplicated tomato sauce built from crushed tomatoes, aromatic garlic, and fresh basil, simmered briefly to meld flavors. This versatile, low-sodium sauce is ideal for pasta, grain bowls, or vegetable dishes, providing rich tomato flavor without added salt, oil, or sugar.

INGREDIENTS:

- 1 ½ cups (360 g) canned crushed tomatoes, no-salt-added
- ¼ cup (60 ml) water
- 2 cloves garlic, minced
- 2 tablespoons (5 g) fresh basil leaves, thinly sliced (divided)
- ½ teaspoon dried oregano
- ⅛ teaspoon ground black pepper
- 1 teaspoon fresh lemon juice

INSTRUCTIONS:

1. In the small saucepan, combine the crushed tomatoes, water, minced garlic, 1 tablespoon of the sliced basil, dried oregano, and black pepper.
2. Place the saucepan over moderate heat and bring the mixture to a gentle simmer, stirring occasionally.
3. Once simmering, reduce the heat to low. Cover the saucepan with the lid, leaving it slightly ajar to allow steam to escape.
4. Simmer gently for 18–20 minutes, stirring every 5 minutes to prevent sticking, until the sauce has thickened slightly and the raw garlic taste has mellowed.
5. Remove the saucepan from the heat. Stir in the remaining tablespoon of fresh basil and the lemon juice.
6. Use immediately, or let cool and store in a sealed container in the refrigerator.



Time to Prepare: 5 minutes

Time to Cook: 20 minutes

Makes: 2 servings (about 1 ½ cups total)

EQUIPMENT:

- Small saucepan with lid
- Wooden spoon or spatula
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER ¾-CUP SERVING):

- Calories: 60 kcal
- Protein: 3 g
- Carbohydrates: 14 g
- Dietary Fiber: 4 g
- Sugars: 8 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Sodium: 25 mg
- Potassium: 640 mg
- Phosphorus: 95 mg

Values are approximations. This sauce is very low in fat and sodium, while providing significant potassium and lycopene from the tomatoes. Sodium is naturally occurring in the tomatoes.



Yogurt and Tahini Citrus Dressing

A rich, creamy dressing combining tangy Greek yogurt with nutty tahini and bright lemon, thinned to a pourable consistency with water. This high-protein, calcium-rich sauce is an ideal topping for salads, grain bowls, or roasted vegetables, providing a flavorful alternative to oil-based dressings.

INGREDIENTS:

- ⅓ cup (80 g) plain, non-fat Greek yogurt
- 2 tablespoons (30 ml) fresh lemon juice
- 1 tablespoon (15 ml) tahini, well-stirred
- 1 tablespoon (15 ml) water
- ⅛ teaspoon garlic powder
- Pinch of ground black pepper

INSTRUCTIONS:

1. In the small bowl or jar, combine the Greek yogurt, lemon juice, and tahini.
2. Whisk vigorously with a fork or small whisk until the mixture is completely smooth and the tahini is fully incorporated, with no visible streaks or lumps.
3. Add the water, garlic powder, and black pepper. Continue to whisk until all ingredients are fully blended and the dressing has a smooth, uniform consistency.
4. If a thinner dressing is desired, add additional water, one teaspoon at a time, whisking after each addition.
5. Use at once, or place in a covered container and refrigerate for as long as three days. Whisk again briefly before use, because it can thicken after chilling.

Time to Prepare: 5 minutes

Time to Cook: 0 minutes

Makes: 2 servings (about ½ cup total)

EQUIPMENT:

- Small mixing bowl or jar
- Whisk or fork
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER ¼-CUP SERVING):

- Calories: 75 kcal
- Protein: 6 g
- Carbohydrates: 5 g
- Dietary Fiber: 1 g
- Sugars: 2 g
- Fat: 4 g
- Saturated Fat: 0.5 g
- Sodium: 25 mg
- Potassium: 140 mg
- Phosphorus: 110 mg

Values are approximations. This dressing is low in saturated fat and sodium while providing a significant amount of protein. The majority of fat is unsaturated from the tahini.

Tangy Apple Cider Onion Quick-Pickle

Thinly sliced red onion steeped in a warm blend of apple cider vinegar and a touch of sweetener, quickly transformed into a bright, crisp condiment.

This simple pickle adds a vibrant, acidic crunch to sandwiches, salads, and bowls with minimal sodium and no added fat.

INGREDIENTS:

- 1 cup (120 g) red onion, very thinly sliced
- ½ cup (120 ml) apple cider vinegar
- ¼ cup (60 ml) water
- 1 teaspoon pure maple syrup
- ¼ teaspoon whole black peppercorns
- 1 small bay leaf

INSTRUCTIONS:

1. Place the thinly sliced red onion in the heatproof jar or bowl.
2. In the small saucepan, combine the apple cider vinegar, water, maple syrup, peppercorns, and bay leaf. Warm over moderate heat, stirring intermittently, just until the mixture begins to simmer and the maple syrup dissolves, about 2 minutes. Do not boil vigorously.
3. Carefully pour the hot vinegar mixture over the sliced onions in the jar. Use a spoon to press the onions down so they are fully submerged.
4. Let the mixture cool at room temperature, uncovered, for 10 minutes.
5. After 10 minutes, cover the jar loosely with a lid or plastic wrap and transfer it to the refrigerator. Let the onions steep for at least 30 minutes before using. For a deeper flavor, steep for 2 hours or overnight.
6. To serve, use a fork to lift the desired amount of onions from the liquid. For longer storage, keep the onions submerged in the pickling liquid in a sealed container in the refrigerator.



Time to Prepare: 10 minutes
(plus 30 minutes steeping)

Time to Cook: 2 minutes **Makes:**
2 servings (about ¾ cup
total)

EQUIPMENT:

- Small saucepan
- Heatproof jar or bowl (at least 1 ½ cups / 350 ml capacity)
- Fine-mesh strainer
- Measuring cups and spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER ⅓-CUP SERVING, DRAINED):

- Calories: 25 kcal
- Protein: 0.5 g
- Carbohydrates: 6 g
- Dietary Fiber: 1 g
- Sugars: 4 g
- Fat: 0 g
- Saturated Fat: 0 g
- Sodium: 5 mg
- Potassium: 90 mg
- Phosphorus: 15 mg

Values are approximations. This condiment is virtually fat-free and extremely low in sodium. The sugars are primarily from the onion and the small amount of maple syrup.



Roasted Red Pepper and Almond Sauce

A robust, Spanish-inspired sauce blending sweet roasted red peppers, toasted almonds, and tangy vinegar into a smooth, richly textured condiment. This sauce incorporates heart-healthy fats from almonds without added oil, providing a flavorful accompaniment for vegetables, grains, or legumes.

INGREDIENTS:

- ½ cup (90 g) jarred roasted red peppers, drained
- 2 tablespoons (15 g) sliced almonds, toasted
- 2 tablespoons (30 ml) water
- 2 teaspoons (10 ml) sherry vinegar
- 1 teaspoon tomato paste, no-salt-added
- ¼ teaspoon smoked paprika
- ⅛ teaspoon garlic powder
- 1 small pinch cayenne pepper (optional)

INSTRUCTIONS:

1. Place the small skillet over medium-low heat. Add the sliced almonds and toast for 3–4 minutes, shaking the pan frequently, until the almonds are fragrant and lightly golden. Immediately transfer them to a plate to cool.
2. Using the blender or food processor, combine the drained roasted red peppers, toasted almonds, water, sherry vinegar, tomato paste, smoked paprika, garlic powder, and cayenne pepper (if using).
3. Fasten the lid and run the blender on high for 60–90 seconds, stopping to scrape down the sides with a spatula one or two times, until the blend is completely smooth and emulsified.
4. Transfer the sauce to a small bowl. For the best flavor, cover and let it rest at room temperature for 15 minutes before serving to allow the flavors to meld.
5. Use at once, or store in a closed container in the refrigerator.

Time to Prepare: 15 minutes

Time to Cook: 0 minutes

Makes: 2 servings (about ⅔ cup total)

EQUIPMENT:

- Small skillet
- Blender or food processor
- Measuring cups and spoons
- Spatula

NUTRITIONAL INFORMATION (PER ⅓-CUP SERVING):

- Calories: 75 kcal
- Protein: 3 g
- Carbohydrates: 7 g
- Dietary Fiber: 2 g
- Sugars: 4 g
- Fat: 4.5 g
- Saturated Fat: 0.5 g
- Sodium: 30 mg
- Potassium: 180 mg
- Phosphorus: 75 mg

Values are approximations. This sauce is low in sodium and a source of healthy monounsaturated fats from the almonds. The majority of sugars are naturally occurring in the roasted peppers.

Rosemary and Thyme Infused Olive Oil

A fragrant, aromatic condiment of extra virgin olive oil gently warmed with fresh rosemary and thyme to extract their essential flavors. This simple infused oil is designed for measured, deliberate use, adding a heart-healthy monounsaturated fat with robust herbal notes to finished dishes.

INGREDIENTS:

- ¼ cup (60 ml) extra virgin olive oil
- 1 (3-inch / 7.5 cm) sprig fresh rosemary
- 2 (3-inch / 7.5 cm) sprigs fresh thyme

INSTRUCTIONS:

1. Combine the olive oil, rosemary sprig, and thyme sprigs in the small saucepan.
2. Place the saucepan over the lowest possible heat. Warm the oil gently for 8–10 minutes, watching closely. The oil should barely shimmer, with tiny bubbles forming around the herbs, but it must never smoke, simmer, or boil.
3. Remove the saucepan from the heat and let the oil cool with the herbs still steeping for 20 minutes.
4. Place the fine-mesh strainer over the mouth of the jar or bottle. Carefully pour the cooled oil through the strainer to remove the herb sprigs and any solid particles.
5. Discard the spent herbs. The infused oil is ready to use once fully cooled. Seal the jar and store at room temperature away from direct light.



Time to Prepare: 5 minutes

Time to Cook: 10 minutes (plus cooling)

Makes: 2 servings (about ¼ cup total)

EQUIPMENT:

- Small saucepan
- Fine-mesh strainer
- Small heatproof jar or bottle
- Measuring spoons

NUTRITIONAL INFORMATION (PER 2-TABLESPOON SERVING):

- Calories: 240 kcal
- Protein: 0 g
- Carbohydrates: 0 g
- Dietary Fiber: 0 g
- Sugars: 0 g
- Fat: 27 g
- Saturated Fat: 3.5 g
- Sodium: 0 mg
- Potassium: 5 mg
- Phosphorus: 0 mg

Values are approximations. This is a concentrated fat source. While the fat is predominantly heart-healthy monounsaturated, it is high in calories and should be used in controlled amounts as a flavoring agent, not a cooking fat.



Herbed Yogurt and Lemon Dressing

A luxuriously creamy, vibrantly green dressing blending fresh parsley, chives, and tarragon into a base of tangy Greek yogurt and lemon. This protein-rich, herb-forward sauce is an ideal topping for crisp salads, roasted vegetables, or grilled proteins, offering rich flavor without added oil or salt.

INGREDIENTS:

- ½ cup (120 g) plain, non-fat Greek yogurt
- ¼ cup (15 g) fresh flat-leaf parsley leaves, packed
- 2 tablespoons (6 g) fresh chives, chopped
- 1 tablespoon (3 g) fresh tarragon leaves
- 3 tablespoons (45 ml) water
- 2 tablespoons (30 ml) fresh lemon juice
- 1 small clove garlic, peeled
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

1. Using the blender or food processor, combine the Greek yogurt, parsley leaves, chives, tarragon leaves, water, lemon juice, garlic clove, and black pepper.
2. Secure the lid and blend on high speed for 45–60 seconds, stopping once to scrape down the sides with a spatula, until the mixture is completely smooth, uniformly green, and no flecks of herbs remain.
3. Transfer the dressing to a small bowl or jar. For optimal flavor, cover and let it rest in the refrigerator for 15 minutes before using to allow the flavors to meld.
4. Use at once, or store in a closed container in the refrigerator.

Time to Prepare: 10 minutes

Time to Cook: 0 minutes

Makes: 2 servings (about ⅔ cup total)

EQUIPMENT:

- Blender or food processor
- Spatula
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER ⅓-CUP SERVING):

- Calories: 45 kcal
- Protein: 6 g
- Carbohydrates: 5 g
- Dietary Fiber: 0.5 g
- Sugars: 3 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Sodium: 35 mg
- Potassium: 200 mg
- Phosphorus: 105 mg

Values are approximations. This dressing is very low in fat and calories while providing a significant amount of protein. Sodium is naturally occurring in the yogurt.

Spicy Mango and Habanero Salsa

A vibrant, no-cook salsa combining sweet ripe mango, fiery habanero, crisp bell pepper, and fresh lime juice. This bold condiment adds a bright, flavorful kick to simply prepared proteins and salads without added oil, salt, or refined sugar.

INGREDIENTS:

- 1 cup (165 g) ripe mango, finely diced
- ½ cup (75 g) red bell pepper, finely diced
- 2 tablespoons (20 g) red onion, finely diced
- 1 tablespoon (3 g) fresh cilantro, finely chopped
- 2 teaspoons (10 ml) fresh lime juice
- 1 to 2 teaspoons (5 to 10 ml) fresh orange juice (as needed)
- ¼ teaspoon habanero pepper, seeded and finely minced (or to taste)
- ⅛ teaspoon ground black pepper

INSTRUCTIONS:

1. Place the finely diced mango, red bell pepper, and red onion in the medium mixing bowl.
2. Add the chopped cilantro, lime juice, minced habanero pepper, and black pepper.
3. Using a spoon, gently fold all ingredients together until evenly combined.
4. Taste the salsa. If the mixture is too spicy or if the mango is not very juicy, add 1 to 2 teaspoons of fresh orange juice and fold again to balance the heat and moisture.
5. Set the salsa aside at room temperature for 10 minutes before serving to deepen the flavor.
6. Serve immediately, or cover and refrigerate for up to 2 hours before serving.



Time to Prepare: 15 minutes

Time to Cook: 0 minutes **Makes:**

2 servings (about 1 ½ cups total)

EQUIPMENT:

- Sharp knife and cutting board
- Medium mixing bowl
- Measuring cups and spoons
- Citrus juicer or reamer

NUTRITIONAL INFORMATION (PER ¾-CUP SERVING):

- Calories: 70 kcal
- Protein: 1 g
- Carbohydrates: 18 g
- Dietary Fiber: 2 g
- Sugars: 15 g
- Fat: 0.5 g
- Saturated Fat: 0 g
- Sodium: 5 mg
- Potassium: 250 mg
- Phosphorus: 20 mg

Values are approximations. This salsa is very low in fat and sodium. The sugars are naturally occurring in the mango and bell pepper.



Spiced Black Bean and Lime Puree

A smooth, velvety dip blending seasoned black beans with lime juice, cumin, and smoked paprika into a protein-rich, savory spread. This versatile, no-oil puree is perfect for vegetable crud ts or whole-grain crackers, delivering robust flavor and substantial fiber.

INGREDIENTS:

- 1   cups (255 g) cooked black beans, no-salt-added, drained and rinsed
- 3 tablespoons (45 ml) fresh lime juice
- 3 tablespoons (45 ml) water
- 1 teaspoon ground cumin
-   teaspoon smoked paprika
- 1 small clove garlic, peeled
-   teaspoon ground black pepper
- 1 tablespoon (3 g) fresh cilantro, chopped (for garnish, optional)

INSTRUCTIONS:

1. In the bowl of the food processor or blender, combine the black beans, lime juice, water, cumin, smoked paprika, garlic clove, and black pepper.
2. Secure the lid and process for 60–90 seconds, stopping once to scrape down the sides with a spatula, until the mixture is completely smooth, with no whole beans or garlic pieces remaining.
3. Transfer the puree to a serving bowl. If desired, garnish with chopped cilantro.
4. To maximize flavor, cover the dip and leave it at room temperature for 10 minutes before serving to let the flavors come together.

Time to Prepare: 10 minutes

Time to Cook: 0 minutes

Makes: 2 servings (about 1 cup total)

EQUIPMENT:

- Food processor or high-speed blender
- Spatula
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER  -CUP SERVING):

- Calories: 150 kcal
- Protein: 10 g
- Carbohydrates: 28 g
- Dietary Fiber: 10 g
- Sugars: 2 g
- Fat: 1 g
- Saturated Fat: 0 g
- Sodium: 10 mg
- Potassium: 460 mg
- Phosphorus: 170 mg

Values are approximations. This dip is very low in fat and sodium, while providing high amounts of plant-based protein and dietary fiber.



Desserts & Sweet Treats



Cocoa and Black Bean Confection Squares

Dense, fudgy squares made from pureed black beans and cocoa, sweetened with dates and maple syrup. These rich, grain-free treats offer a satisfying, protein and fiber-rich dessert experience without refined flour, dairy, or added oils.

INGREDIENTS:

- $\frac{3}{4}$ cup (128 g) cooked black beans, no-salt-added, drained and rinsed
- 3 tablespoons (45 ml) pure maple syrup
- 2 Medjool dates, pitted
- 3 tablespoons (15 g) unsweetened cocoa powder
- 1 tablespoon (8 g) oat flour
- $\frac{1}{2}$ teaspoon pure vanilla extract
- $\frac{1}{4}$ teaspoon baking powder
- 1 pinch ($\frac{1}{8}$ tsp) ground cinnamon

INSTRUCTIONS:

1. Set the oven's temperature to 350°F (175°C). Line the baking dish with a strip of parchment paper long enough to overhang two opposite sides, creating handles for easy removal.
2. In the food processor, combine the black beans, maple syrup, and pitted dates. Process for 60 seconds until a smooth, thick paste forms, stopping to scrape down the sides as needed.
3. Add the cocoa powder, oat flour, vanilla extract, baking powder, and cinnamon to the processor. Process for another 45–60 seconds, until the batter is completely uniform, thick, and smooth.
4. Use a spatula to scrape the batter into the baking dish, then spread it out and smooth the top into an even layer.
5. Bake for 22–25 minutes, or until the top appears dry and the edges have just begun to pull away from the sides of the dish. A toothpick inserted into the center will come out with a few moist crumbs, but not wet batter.
6. Remove the dish from the oven and place it on a cooling rack. Let the squares cool completely in the dish, about 1 hour.
7. Once completely cool, use the parchment paper handles to lift the block out of the dish. Cut it into four equal squares.

Time to Prepare: 15 minutes

Time to Cook: 25 minutes

Makes: 2 servings (4 small squares total)

EQUIPMENT:

- Food processor
- 5x5 inch (13x13 cm) baking dish or small loaf pan
- Parchment paper
- Measuring cups and spoons
- Spatula

NUTRITIONAL INFORMATION (PER 2 SQUARES):

- Calories: 240 kcal
- Protein: 8 g
- Carbohydrates: 53 g
- Dietary Fiber: 10 g
- Sugars: 30 g
- Fat: 2 g
- Saturated Fat: 1 g
- Sodium: 40 mg
- Potassium: 580 mg
- Phosphorus: 180 mg

Values are approximations. These squares are low in fat and saturated fat, while providing significant fiber and plant-based protein. The sugars are from natural sources (dates, maple syrup).

Avocado and Cocoa Silken Cream

A luxuriously smooth, rich dessert cream made from ripe avocado and cocoa powder, sweetened with maple syrup. This no-cook, vegan mousse offers a decadent texture and deep chocolate flavor from heart-healthy fats without dairy, refined sugar, or added oils.

INGREDIENTS:

- 1 cup (160 g) ripe avocado flesh (from approx. 1 large avocado)
- 3 tablespoons (45 ml) pure maple syrup
- 3 tablespoons (15 g) unsweetened cocoa powder
- 3 tablespoons (45 ml) unsweetened almond milk or water
- ½ teaspoon pure vanilla extract
- 1 pinch (⅛ tsp) ground cinnamon

INSTRUCTIONS:

1. Scoop the avocado flesh into the bowl of the food processor or blender. Add the maple syrup, cocoa powder, almond milk, vanilla extract, and cinnamon.
2. Secure the lid and process for 60–90 seconds, stopping once to scrape down the sides with a spatula, until the mixture is completely smooth, velvety, and uniform in color, with no flecks of avocado visible.
3. Sample the mixture and adjust sweetness if desired by adding an additional teaspoon of maple syrup and processing for 10 more seconds.
4. Divide the mixture evenly between the two serving dishes. Use the back of a spoon to smooth the tops.
5. Cover the dishes and refrigerate for at least 30 minutes to allow the cream to chill and the flavors to meld.



Time to Prepare: 10 minutes
(plus 30 minutes chilling)

Time to Cook: 0 minutes **Makes:**
2 servings (about 1 cup
total)

EQUIPMENT:

- Food processor or high-speed blender
- Spatula
- Measuring cups and spoons
- Two small serving dishes or ramekins

NUTRITIONAL INFORMATION (PER ½-CUP SERVING):

- Calories: 220 kcal
- Protein: 3 g
- Carbohydrates: 30 g
- Dietary Fiber: 8 g
- Sugars: 18 g
- Fat: 13 g
- Saturated Fat: 2.5 g
- Sodium: 10 mg
- Potassium: 680 mg
- Phosphorus: 115 mg

Values are approximations. This dessert is rich in heart-healthy monounsaturated fats from avocado and provides significant fiber and potassium. The sugars are from natural sources (maple syrup, avocado).



Layered Cocoa-Chia Pudding with Berries

A parfait of rich chocolate chia pudding, fresh raspberries, and a light coconut whip layered for visual appeal and texture. This make-ahead dessert provides substantial plant-based protein, fiber, and omega-3s, with sweetness derived from natural sources.

INGREDIENTS:

- ¼ cup (40 g) chia seeds
- ¾ cup (180 ml) unsweetened almond milk
- 2 tablespoons (10 g) unsweetened cocoa powder
- 1 tablespoon (15 ml) pure maple syrup
- ½ teaspoon pure vanilla extract
- ¼ cup (60 ml) full-fat coconut cream, chilled (from a can)
- ½ teaspoon pure maple syrup
- ¼ teaspoon pure vanilla extract
- ¾ cup (95 g) fresh raspberries
- 1 tablespoon (8 g) sliced almonds, toasted (optional)

Time to Prepare: 15 minutes
(plus 4 hours chilling)

Time to Cook: 0 minutes

Makes: 2 servings

EQUIPMENT:

- Two 8-ounce (240 ml) glasses or jars
- Small mixing bowl (2)
- Whisk or fork
- Electric hand mixer or whisk
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER PARFAIT):

- Calories: 260 kcal
- Protein: 8 g
- Carbohydrates: 28 g
- Dietary Fiber: 15 g
- Sugars: 10 g
- Fat: 15 g
- Saturated Fat: 6 g
- Sodium: 60 mg
- Potassium: 380 mg
- Phosphorus: 290 mg

Values are approximations.
This dessert is high in fiber and provides plant-based protein and healthy fats. Saturated fat comes from the coconut cream; using only the solidified portion minimizes this.

INSTRUCTIONS:

1. In the first small bowl, combine the chia seeds, almond milk, cocoa powder, maple syrup, and vanilla extract. Whisk vigorously for 1 minute until the cocoa powder is fully dissolved and no lumps remain.
2. Let the mixture sit for 10 minutes, then whisk again thoroughly to prevent clumping. Cover the bowl and refrigerate for at least 4 hours, or overnight, until the mixture has thickened to a pudding consistency.
3. At least 30 minutes before assembling, prepare the coconut whip. Scoop the solidified coconut cream from the top of the chilled can into the second small bowl, leaving the watery liquid behind. Add the maple syrup and vanilla extract. Using an electric hand mixer or a strong whisk, whip for 60–90 seconds until light and fluffy.
4. To assemble the parfaits, divide half of the chilled cocoa-chia pudding evenly between the two serving glasses. Top each with half of the fresh raspberries.
5. Spoon half of the coconut whip over the raspberries in each glass.
6. Layer the remaining cocoa-chia pudding over the coconut whip, then top with the remaining raspberries and a final dollop of the remaining coconut whip.
7. Garnish with toasted sliced almonds, if desired. Serve immediately or cover and refrigerate for up to 2 hours before serving.

Peanut Butter and Seed Protein Rounds

Chewy, dense cookies made from natural peanut butter, egg whites, and vanilla protein powder, lightly sweetened with maple syrup. These simple, flourless treats offer a concentrated source of plant-based protein and healthy fats, perfect for a post-workout snack or a satisfying dessert bite.

INGREDIENTS:

- ¼ cup (64 g) natural, unsalted creamy peanut butter
- 2 tablespoons (30 ml) liquid egg whites
- 2 tablespoons (15 g) vanilla plant-based protein powder
- 1 tablespoon (15 ml) pure maple syrup
- ½ teaspoon pure vanilla extract
- ⅛ teaspoon baking soda

INSTRUCTIONS:

1. Set the oven's temperature to 325°F (160°C). Line a baking sheet with parchment paper.
2. In the medium mixing bowl, combine the peanut butter, liquid egg whites, maple syrup, and vanilla extract. Stir vigorously with a fork or spatula until the mixture is smooth and fully combined; it may appear slightly separated at first, but will come together.
3. Add the protein powder and baking soda to the wet ingredients. Stir until a thick, cohesive dough forms. It will be sticky and slightly oily.
4. Separate the dough into four equal sections. Roll each section into a ball and place them on the prepared baking tray, spacing them about 3 inches (8 cm) from one another.
5. Use the tines of a fork to gently press each ball into a ½-inch (1.3 cm) thick round, creating a crisscross pattern on top.
6. Bake for 10–12 minutes, until the edges are just beginning to turn golden and the tops appear dry and set. The cookies will be very soft.
7. Take the baking sheet out of the oven and let the cookies cool on it for 15 minutes. They will become much firmer as they cool.
8. Move the cooled cookies onto a wire rack and let them finish cooling completely before serving.



Time to Prepare: 10 minutes

Time to Cook: 12 minutes

Makes: 2 servings (4 cookies total)

EQUIPMENT:

- Baking sheet
- Parchment paper
- Medium mixing bowl
- Fork or spatula
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER 2 COOKIES):

- Calories: 280 kcal
- Protein: 18 g
- Carbohydrates: 15 g
- Dietary Fiber: 2 g
- Sugars: 8 g
- Fat: 17 g
- Saturated Fat: 3 g
- Sodium: 190 mg
- Potassium: 280 mg
- Phosphorus: 200 mg

Values are approximations. These cookies are high in protein and contain healthy fats from peanut butter. Sodium is primarily from the baking soda and protein powder.



Cinnamon-Walnut Stuffed Baked Apples

Whole apples cored and filled with a spiced blend of chopped walnuts, oats, and raisins, then baked until tender. This warm, comforting dessert highlights the natural sweetness of fruit, providing fiber, plant-based protein, and heart-healthy fats without added sugar or dairy.

INGREDIENTS:

- 2 medium apples (such as Honeycrisp or Gala, approx. 6 oz / 170 g each)
- 3 tablespoons (20 g) walnuts, finely chopped
- 2 tablespoons (15 g) old-fashioned rolled oats
- 1 tablespoon (10 g) raisins, chopped
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- 2 tablespoons (30 ml) water

INSTRUCTIONS:

1. Set the oven's temperature to 375°F (190°C).
2. Wash the apples. Using a paring knife, carefully remove the core from each apple, creating a well about 1 inch (2.5 cm) in diameter that goes almost to the bottom, but do not cut through. Use a teaspoon to scoop out any remaining seeds and widen the cavity slightly.
3. In the small mixing bowl, combine the chopped walnuts, rolled oats, chopped raisins, cinnamon, and nutmeg. Stir until evenly mixed.
4. Divide the walnut-oat mixture evenly between the two apples, packing it firmly into the cavities and mounding it slightly on top.
5. Place the stuffed apples in the baking dish. Pour the water into the bottom of the dish around the apples.
6. Bake, uncovered, for 35–40 minutes, or until the apples are tender when pierced with a fork and the filling is golden brown. Baking time will vary based on apple size and variety.
7. Remove from the oven and let the apples cool in the dish for 10 minutes before serving. Spoon any juices from the dish over the apples when serving.

Time to Prepare: 15 minutes

Time to Cook: 40 minutes

Makes: 2 servings (2 stuffed apples total)

EQUIPMENT:

- Small baking dish (approx. 8x6 inch / 20x15 cm)
- Sharp paring knife and teaspoon
- Small mixing bowl
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER STUFFED APPLE):

- Calories: 210 kcal
- Protein: 4 g
- Carbohydrates: 37 g
- Dietary Fiber: 7 g
- Sugars: 24 g
- Fat: 8 g
- Saturated Fat: 0.5 g
- Sodium: 5 mg
- Potassium: 320 mg
- Phosphorus: 85 mg

Values are approximations. This dessert is very low in sodium and saturated fat, while providing fiber and healthy fats from walnuts. The sugars are naturally occurring in the apples and raisins.

Berry-Swirled Yogurt Custards

A smooth, crustless custard made from Greek yogurt and cottage cheese, baked until set and swirled with a vibrant berry sauce. These individual desserts offer a rich, cheesecake-like texture with high protein and calcium, and minimal added sugar.

INGREDIENTS:

- ½ cup (75 g) frozen mixed berries
- 1 tablespoon (15 ml) water
- ½ teaspoon pure maple syrup
- ¾ cup (170 g) low-fat cottage cheese
- ½ cup (120 g) plain, non-fat Greek yogurt
- 3 tablespoons (45 ml) liquid egg whites
- 2 tablespoons (30 ml) pure maple syrup
- 1 teaspoon pure vanilla extract
- 1 ½ teaspoons (7 ml) fresh lemon juice
- ½ teaspoon cornstarch

INSTRUCTIONS:

1. Set the oven's temperature to 325°F (160°C). Place the ramekins in a small baking dish.
2. Prepare the berry swirl. In the small saucepan, combine the frozen berries, water, and maple syrup. Cook over moderate heat for 5–7 minutes, stirring intermittently, until the berries have broken down and the mixture has thickened slightly. Remove from heat and let cool for 5 minutes. Blend with a regular blender or immersion blender until smooth, then set aside.
3. Using the blender or food processor, combine the cottage cheese, Greek yogurt, egg whites, maple syrup, vanilla extract, lemon juice, and cornstarch. Blend for 45–60 seconds until completely smooth and uniform.
4. Divide the custard batter evenly between the two ramekins.
5. Dollop 1 tablespoon of the berry puree onto the center of each custard. Use a toothpick or thin knife to gently swirl the puree into the batter, creating a marbled effect.
6. Slowly pour hot water into the baking dish around the ramekins, filling it until it reaches halfway up their sides.
7. Bake for 30–35 minutes, or until the edges are set and the centers have a slight, firm jiggle when shaken.
8. Turn off the oven and crack the door open. Let the custards cool in the water bath inside the oven for 30 minutes.
9. Pull the ramekins from the water bath and place them on a wire rack to cool. After they reach room temperature, cover and refrigerate for at least 3 hours or overnight until fully chilled and firm.



Time to Prepare: 20 minutes

Time to Cook: 35 minutes (plus cooling)

Makes: 2 servings (2 individual custards)

EQUIPMENT:

- Two 6-ounce (180 ml) ramekins
- Small saucepan
- Blender or food processor
- Medium mixing bowl
- Whisk
- Measuring cups and spoons
- Baking dish (for water bath)

NUTRITIONAL INFORMATION (PER CUSTARD):

- Calories: 200 kcal
- Protein: 20 g
- Carbohydrates: 22 g
- Dietary Fiber: 1 g
- Sugars: 18 g
- Fat: 2 g
- Saturated Fat: 1 g
- Sodium: 340 mg
- Potassium: 280 mg
- Phosphorus: 240 mg

Values are approximations. This dessert is high in protein and low in fat. Sodium is primarily from the cottage cheese; using a low sodium variety is recommended if available.



Creamy Frozen Banana Delight

A luxuriously smooth, soft-serve frozen dessert crafted from blended ripe bananas. This base is transformed with either rich cocoa or savory peanut butter, delivering intense flavor and satisfying creaminess without any added dairy, refined sugars, or oils. It's a heart-smart treat that feels indulgent.

INGREDIENTS:

- 3 cups (420 g) ripe banana slices, frozen (from about 3 large bananas)
- 3 tablespoons (45 ml) unsweetened almond milk, divided
- 2 teaspoons (10 ml) pure vanilla extract
- 1/8 teaspoon fine sea salt
- Choose one flavor addition:
 - ➔ **Classic Cocoa Version:** 3 tablespoons (15 g) unsweetened natural cocoa powder
 - ➔ **Peanut Butter Version:** 2 tablespoons (32 g) natural peanut butter, no-salt-added

Time to Prepare: 10 minutes
(plus 4 hours freezing)

Time to Cook: 5 minutes

Makes: 2 servings (about
1 cup / 240 ml each)

EQUIPMENT:

- Baking sheet or large plate
- Parchment paper
- High-powered blender or food processor
- Spatula
- Measuring cups and spoons

NUTRITIONAL INFORMATION (PER SERVING, CLASSIC COCOA VERSION):

- Calories: 190 kcal
- Protein: 4 g
- Carbohydrates: 47 g
- Dietary Fiber: 7 g
- Sugars: 24 g
- Fat: 2 g
- Saturated Fat: 0.5 g
- Sodium: 160 mg
- Potassium: 720 mg
- Phosphorus: 85 mg

Values are approximations.
Using *no-salt-added* nut butter
will significantly reduce sodium
content.

INSTRUCTIONS:

1. At least 4 hours ahead, prepare the banana. Peel ripe bananas and slice into 1/2-inch (1.3 cm) rounds. Arrange the slices in a single layer on a parchment-lined baking sheet. Freeze, uncovered, for at least 4 hours or until completely solid.
2. Place the frozen banana slices into the blender or food processor. Add 2 tablespoons (30 ml) of the almond milk, vanilla extract, and sea salt. Add your chosen flavor addition (cocoa powder or peanut butter).
3. Begin blending on low speed, using the tamper if available, to break down the bananas. Gradually increase to high speed, pausing to scrape down the sides with a spatula as needed. The mixture will first appear crumbly, then form a thick paste, and finally become smooth and creamy. If the blades struggle, add the remaining 1 tablespoon (15 ml) of almond milk to facilitate blending.
4. Blend until the mixture has the consistency of soft-serve ice cream, with no visible banana pieces. This may take 1 to 3 minutes, depending on the power of your machine.
5. Serve immediately in bowls for a soft-serve texture. For a firmer consistency, transfer the blended cream to a freezer-safe container and freeze for 20–30 minutes before serving.

NUTRITIONAL INFORMATION (PER SERVING, PEANUT BUTTER VERSION):

- Calories: 255 kcal
- Protein: 6 g
- Carbohydrates: 45 g
- Dietary Fiber: 6 g
- Sugars: 24 g
- Fat: 8 g
- Saturated Fat: 1.5 g
- Sodium: 165 mg
- Potassium: 690 mg
- Phosphorus: 110 mg

No-Bake Lemon-Poppy Seed Energy Squares

Zesty, nutrient-dense squares that blend the bright flavor of fresh lemon with the subtle crunch of poppy seeds in a firm, no-bake base. These portable snacks offer a powerful plant-protein boost and sustained energy from whole-food ingredients, perfect for a heart-healthy treat or recovery bite.

INGREDIENTS:

- ½ cup (80 g) pitted Medjool dates
- ¼ cup (30 g) old-fashioned rolled oats
- 3 tablespoons (24 g) unsweetened pea protein powder, or brown rice protein powder
- 1 tablespoon (9 g) poppy seeds
- 2 teaspoons (10 ml) fresh lemon zest
- 1 tablespoon (15 ml) fresh lemon juice
- 1 tablespoon (16 g) unsalted, natural almond butter
- 1 teaspoon (5 ml) pure vanilla extract
- 1 to 2 teaspoons (5 to 10 ml) water, if needed

INSTRUCTIONS:

1. Line the small loaf pan with a strip of parchment paper long enough to overhang on two opposite sides, creating handles for easy removal.
2. Place the pitted dates in the food processor. Process for 45 to 60 seconds until the dates break down into a sticky, coarse paste that forms a ball.
3. Add the rolled oats, protein powder, poppy seeds, and lemon zest to the food processor. Pulse 10 to 12 times until the oats are broken down and the ingredients are evenly combined.
4. To the processor, add the lemon juice, almond butter, and vanilla extract. Process continuously for 60 to 90 seconds, stopping to scrape down the sides once, until the mixture forms a uniform, crumbly dough that holds together firmly when pinched between your fingers. If the mixture appears dry and does not clump, add 1 teaspoon (5 ml) of water and process for another 20 seconds. Repeat with a second teaspoon only if absolutely necessary.
5. Place the dough in the prepared loaf pan. Press it down firmly and evenly with a spoon or your fingers, paying special attention to the corners and edges, until the layer is about ¾ inch (2 cm) thick.
6. Place the pan in the freezer for 30 minutes to firm up initially. Then, transfer to the refrigerator for a final 60 minutes to set completely.
7. Using the parchment paper handles, lift the set slab from the pan. Place it on a cutting board and cut it evenly into two squares with a sharp knife.



Time to Prepare: 15 minutes

Time to Cook: 1 hour
30 minutes (includes setting)

Makes: 2 servings (2 squares total)

EQUIPMENT:

- Food processor
- Small loaf pan (approximately 8x4 inches / 20x10 cm)
- Parchment paper
- Measuring cups and spoons
- Spatula

NUTRITIONAL INFORMATION (PER SQUARE):

- Calories: 275 kcal
- Protein: 17 g
- Carbohydrates: 40 g
- Dietary Fiber: 6 g
- Sugars: 24 g
- Fat: 7 g
- Saturated Fat: 0.8 g
- Sodium: 55 mg
- Potassium: 460 mg
- Phosphorus: 210 mg

Values are approximations. Sugar is naturally occurring from dates. Using a protein powder without added sweeteners or sodium is critical for these values.



Caramelized Peaches with Balsamic Glaze

Ripe peach halves develop deep, smoky caramelization on a grill or grill pan, then are finished with a drizzle of tangy-sweet balsamic reduction and a sprinkle of crunchy pistachios. This elegant dessert showcases how simple techniques can amplify natural sweetness without added fats or refined sugars.

INGREDIENTS:

- 2 large, ripe peaches (approx. 1 ¼ cups / 300 g total peach halves)
- 2 teaspoons (10 ml) balsamic vinegar
- 1 ½ teaspoons (7.5 ml) pure maple syrup
- 1 tablespoon (9 g) unsalted, shelled pistachios, finely chopped
- Optional garnish: 2 fresh mint leaves

INSTRUCTIONS:

1. Preheat a grill, grill pan, or heavy non-stick skillet over moderate heat.
2. Halve the peaches and remove the pits. If desired, slice a very thin piece off the rounded side of each half to create a stable base.
3. In the small saucepan, combine the balsamic vinegar and maple syrup. Bring to a simmer over medium-low heat and cook for 2 to 3 minutes, stirring intermittently, until the mixture reduces by about half and lightly coats the back of a spoon. Remove from heat. The glaze will continue to thicken as it cools.
4. Place the peach halves cut-side down on the preheated cooking surface. Cook undisturbed for 4 to 5 minutes, until deep grill marks form and the cut surface is fully caramelized.
5. Carefully turn the peaches over using tongs or a spatula. Cook on the skin side for 3 to 4 minutes, until the peaches are warmed through and tender but still hold their shape.
6. Transfer the grilled peach halves to serving plates, cut-side up. Drizzle each half evenly with the warm balsamic glaze and sprinkle with the chopped pistachios. Garnish with a mint leaf if desired.

Time to Prepare: 5 minutes

Time to Cook: 10 minutes

Makes: 2 servings (2 peach halves total)

EQUIPMENT:

- Grill, grill pan, or non-stick skillet
- Small saucepan
- Brush (silicone preferred)
- Measuring spoons
- Cutting board and knife

NUTRITIONAL INFORMATION (PER SERVING, 1 PEACH HALF WITH TOPPINGS):

- Calories: 105 kcal
- Protein: 2 g
- Carbohydrates: 22 g
- Dietary Fiber: 3 g
- Sugars: 19 g
- Fat: 2 g
- Saturated Fat: 0.3 g
- Sodium: 5 mg
- Potassium: 320 mg
- Phosphorus: 50 mg

Values are approximations.
Sugars are primarily naturally
occurring from peaches and
maple syrup.

Baked Chickpea Almond Blondies

Dense, fudgy blondies with a rich, nutty flavor derived from chickpea flour and almond butter, studded with dark chocolate chips. This recipe provides a substantial, protein-forward baked treat that is naturally free of refined sugar and butter, satisfying dessert cravings while adhering to heart-smart principles.

INGREDIENTS:

- ½ cup (50 g) chickpea flour (garbanzo bean flour)
- ¼ cup (64 g) unsalted, natural almond butter
- 3 tablespoons (45 ml) pure maple syrup
- 2 tablespoons (30 ml) unsweetened applesauce
- ½ teaspoon (2.5 ml) pure vanilla extract
- ⅛ teaspoon baking soda
- 2 tablespoons (30 g) dark chocolate chips, 70% cacao or higher

INSTRUCTIONS:

1. Set the oven's temperature to 350°F (175°C). Line the small loaf pan with a strip of parchment paper long enough to overhang on two sides.
2. Using the mixing bowl, combine the chickpea flour and baking soda. Whisk together for 30 seconds to break up any lumps and aerate the mixture.
3. Add the almond butter, maple syrup, applesauce, and vanilla extract to the bowl with the dry ingredients. Stir vigorously with a whisk or spatula for 1 to 2 minutes until a thick, completely smooth, and cohesive batter forms. It will have a consistency similar to a dense cookie dough.
4. Fold in the dark chocolate chips until they are evenly distributed throughout the batter.
5. Transfer the batter to the prepared loaf pan. Using a spatula, press and spread the batter into an even layer, ensuring it reaches all corners. The layer will be about ½-inch (1.3 cm) thick.
6. Bake for 18 to 20 minutes, or until the top appears set, the edges are lightly golden, and a toothpick inserted into the center comes out clean or with a few dry crumbs.
7. Let the blondies cool completely in the pan on a wire rack for at least 45 minutes. This allows them to firm up for clean slicing.
8. Using the parchment paper handles, lift the cooled slab from the pan. Transfer it to a cutting board and slice it into four equal rectangles.



Time to Prepare: 10 minutes

Time to Cook: 20 minutes

Makes: 2 servings (4 blondies total, 2 per serving)

EQUIPMENT:

- Small loaf pan (approximately 8x4 inches / 20x10 cm)
- Parchment paper
- Mixing bowl
- Whisk
- Spatula
- Measuring cups and spoons
- Toothpick (for testing doneness)

NUTRITIONAL INFORMATION (PER SERVING, 2 BLONDIES):

- Calories: 330 kcal
- Protein: 11 g
- Carbohydrates: 40 g
- Dietary Fiber: 6 g
- Sugars: 22 g
- Fat: 16 g
- Saturated Fat: 3.5 g
- Sodium: 85 mg
- Potassium: 380 mg
- Phosphorus: 220 mg

Values are approximations. Sugar content is primarily from maple syrup and chocolate chips. Using almond butter without added salt or sugar is essential.



28-Day Meal Plan

Week 1

Day	Breakfast	Lunch	Dinner
Mon	High-Protein Chia & Berry Oatmeal (p. 16)	Warm Lemon-Herb Lentil Salad (p. 37)	Greek Yogurt Marinated Grilled Chicken (p. 48) with Lemon-Garlic Kale with Almonds (p. 93)
Tue	White Bean & Avocado Toast (p. 22)	Mediterranean Tuna & White Bean Salad (p. 40)	Pistachio-Crusted Salmon (p. 59) with Sautéed Cauliflower and Herb Grains (p. 97)
Wed	Savory Lentil & Egg White Scramble (p. 15)	Spicy Red Lentil & Tomato Soup (p. 28)	Herb-Crusted Lean Filet Mignon (p. 70) with Chili-Roasted Brussels Sprouts (p. 96)
Thu	Quinoa Breakfast Porridge with Almonds (p. 20)	Asian Edamame & Grilled Tofu Salad (p. 38)	Oven-Crisped Chickpea Rounds with Lemon-Tahini Drizzle (p. 82) with Quinoa and Herb Salad with Lemon (p. 94)
Fri	Turkey Spinach Breakfast Muffins (p. 17)	Shrimp & Avocado Citrus Salad (p. 42)	Slow-Cooked Salsa Verde Chicken (p. 51)
Sat	Buckwheat Pancakes with Berry Compote (p. 23)	Slow-Cooked Salsa Verde Chicken (p. 51)	Garlicky Seafood Stew (p. 30)
Sun	Green Power Protein Smoothie (p. 21)	Hearty Turkey & White Bean Chili (p. 26)	Vietnamese Shaking Beef (Bo Luc Lac) with Watercress (p. 73)

Week 2

Day	Breakfast	Lunch	Dinner
Mon	Tofu "Feta" & Herb Scramble (p. 18)	"Cobb" Salad with Turkey Bacon (p. 46)	Mediterranean Baked Cod (p. 61) with Zucchini Ribbons with Lemon and Basil (p. 99)
Tue	White Bean & Avocado Toast (p. 22)	Three-Bean Vegan Minestrone (p. 31)	Lentil-Walnut "Meat" Loaf (p. 81) with Spiced Sweet Potato Wedges (p. 101)

Day	Breakfast	Lunch	Dinner
Wed	Turkey Spinach Breakfast Muffins (p. 17)	Southwestern Quinoa & Black Bean Salad (p. 39)	Shrimp & Broccoli Stir-fry with Ginger (p. 60)
Thu	Spiced Chickpea Flour Omelette (Besan Chilla) (p. 24)	Creamy Cauliflower & Roasted Garlic Soup (p. 32)	Pork Tenderloin with Apple-Onion Compote (p. 72) with Lemon-Garlic Kale with Almonds (p. 93)
Fri	Smoked Salmon & Cucumber Protein Bowl (p. 19)	Deconstructed Chicken Shawarma Salad (p. 41)	Cioppino (Fisherman's Stew) (p. 66)
Sat	Buckwheat Pancakes with Berry Compote (p. 23)	Cioppino (Fisherman's Stew) (p. 66)	Mexican-Spiced Ground Beef Lettuce Wraps (p. 78) with Edamame and Tahini Spread (p. 95) as a side
Sun	Quinoa Breakfast Porridge with Almonds (p. 20)	Moroccan Chickpea & Quinoa Stew (p. 29)	Herb-Roasted Chicken with Spinach & Sun-Dried Tomato Filling (p. 52)

Week 3

Day	Breakfast	Lunch	Dinner
Mon	High-Protein Chia & Berry Oatmeal (p. 16)	Greek-Inspired Quinoa Salad (p. 44)	Seared Scallops with White Bean Puree (p. 62) with Chili-Roasted Brussels Sprouts (p. 96)
Tue	Savory Lentil & Egg White Scramble (p. 15)	Creamy Broccoli & Edamame Soup (p. 35)	Korean-Inspired Beef Bowl (Bibimbap-Style) (p. 71)
Wed	Green Power Protein Smoothie (p. 21)	Roasted Beet & Chickpea Salad with Walnuts (p. 43)	Ginger-Sesame Tofu and Vegetable Sauté (p. 87)
Thu	Tofu "Feta" & Herb Scramble (p. 18)	Lemon & Herb Chicken Orzo Soup (p. 27)	Blackened Snapper with Mango Salsa (p. 68) with Sautéed Cauliflower and Herb Grains (p. 97)
Fri	White Bean & Avocado Toast (p. 22)	Sardine & Whole-Grain Toast with Quick Pickled Onions (p. 67)	Stuffed Pork Loin with Figs & Herbs (p. 77)
Sat	Spiced Chickpea Flour Omelette (Besan Chilla) (p. 24)	Stuffed Pork Loin with Figs & Herbs (p. 77)	Roasted Squash and Bean Enchiladas (p. 86)
Sun	Turkey Spinach Breakfast Muffins (p. 17)	Steak & Farro Salad with Mustard Vinaigrette (p. 45)	One-Pan Roasted Lemon Chicken with Asparagus (p. 54)

Week 4

Day	Breakfast	Lunch	Dinner
Mon	Quinoa Breakfast Porridge with Almonds (p. 20)	One-Pan Roasted Lemon Chicken with Asparagus (p. 54)	Miso-Glazed Mahi Mahi (p. 65) with Zucchini Ribbons with Lemon and Basil (p. 99)
Tue	Smoked Salmon & Cucumber Protein Bowl (p. 19)	Black-Eyed Pea & Collard Green Soup (p. 34)	Lean Bison & Mushroom Burgers (p. 74) with Spiced Sweet Potato Wedges (p. 101)
Wed	High-Protein Chia & Berry Oatmeal (p. 16)	Asian-Inspired Ginger-Turkey Meatball Soup (p. 33)	Rosemary & Garlic Grilled Lamb Kebabs (p. 75) with Quinoa and Herb Salad with Lemon (p. 94)
Thu	Green Power Protein Smoothie (p. 21)	Savory Chickpea Mash in Avocado Boats (p. 85)	Turkey & Zucchini Meatballs with Marinara (p. 49)
Fri	White Bean & Avocado Toast (p. 22)	Turkey & Zucchini Meatballs with Marinara (p. 49)	Tuna Steak with Avocado-Wasabi Mash (p. 63) with Lemon-Garlic Kale with Almonds (p. 93)
Sat	Buckwheat Pancakes with Berry Compote (p. 23)	Southwestern Quinoa & Black Bean Salad (p. 39)	Beef & Broccoli Stir-fry (p. 76)
Sun	Turkey Spinach Breakfast Muffins (p. 17)	Herbed White Bean and Vegetable Bake (p. 90)	Spiced Chicken Skewers with Herbed Cucumber Sauce (p. 55)



Shopping Lists

Week 1

PRODUCE

- Mixed fresh berries (blueberries, raspberries, strawberries), 1 pint container
- Fresh parsley, 1 bunch
- Fresh dill, 1 bunch (optional, for Lentil Salad)
- Fresh mint, 1 bunch (optional, for 2 recipes)
- Fresh cilantro, 1 bunch
- Fresh chives, 1 bunch (optional, for Cauliflower Mash)
- Fresh rosemary, 1 bunch (for Beef Tenderloin)
- Fresh thyme, 1 bunch
- Baby spinach, 5 oz (142 g) clamshell bag
- Mixed baby greens/spring mix, 5 oz (142 g) clamshell bag
- Curly kale, 1 bunch
- Watercress, 1 bunch
- Red cabbage, 1 small head (approx. 2 lbs / 907 g)

- Brussels sprouts, 1 lb (454 g) bag
- Cauliflower florets, 1 lb (454 g) bag or 1 head
- Broccoli florets, 1 lb (454 g) bag
- Red bell pepper, 1 medium
- Green bell pepper, 1 medium
- Red onion, 2 medium
- Yellow onion, 3 medium
- Shallot, 1 bulb
- Garlic, 2 heads
- Ginger root, 1 knob (approx. 4 oz / 113 g)
- Carrots, 1 lb (454 g) bag
- Celery, 1 bunch
- Fennel bulb, 1 medium
- Cucumber, 1 medium
- Tomato, 1 medium
- Cherry tomatoes, 2 pints
- Avocado, 3 medium
- Lemon, 4 count
- Lime, 4 count
- Red grapefruit, 1 medium
- Navel orange, 1 medium
- Banana, 1 medium (to freeze)

REFRIGERATED

- Liquid egg whites, 1 (16 oz / 473 ml) carton
- Plain, non-fat Greek yogurt, 1 (5.3 oz / 150 g) single-serve cup
- Extra-firm tofu, 1 (14–16 oz / 397–454 g) block
- 93% lean ground turkey, 1 (16 oz / 454 g) package
- 99% lean ground turkey breast, 1 (16 oz / 454 g) package
- Boneless, skinless chicken breasts, approx. 2 lbs (907 g)
- Skinless salmon fillet, 1 (10 oz / 284 g) piece
- Cod fillet, 1 (6 oz / 170 g) piece
- Raw large shrimp (peeled & deveined), 1 (12 oz / 340 g) bag
- Mussels, 1 (½ lb / 225 g) bag (fresh or frozen)
- Lean beef sirloin steak, 1 (10 oz / 284 g) steak

- Beef tenderloin (filet mignon) steaks, 2 (5 oz / 142 g each) steaks

PANTRY: CANNED & JARRED

- Unsweetened almond milk (plain), 2 (64 oz / 1.89 L) cartons
- Low-sodium vegetable broth, 1 (32 oz / 946 ml) box
- Low-sodium fish or vegetable broth, 1 (32 oz / 946 ml) box
- Salsa verde (no-salt-added), 1 (16 oz / 454 g) jar
- Cannellini beans (no-salt-added), 2 (15.5 oz / 439 g) cans
- Chickpeas (garbanzo beans, no-salt-added), 1 (15.5 oz / 439 g) can
- Fire-roasted diced tomatoes (no-salt-added), 1 (14.5 oz / 411 g) can
- Crushed tomatoes (no-salt-added), 1 (14.5 oz / 411 g) can
- Diced tomatoes (no-salt-added), 1 (14.5 oz / 411 g) can
- Tomato paste (no-salt-added), 1 (6 oz / 170 g) tube
- Solid white albacore tuna in water (no-salt-added), 1 (5 oz / 142 g) can
- Kalamata olives (pitted), 1 (6 oz / 170 g) jar
- Tahini (sesame seed paste), 1 (16 oz / 454 g) jar
- Pure maple syrup, 1 (8 oz / 237 ml) bottle
- Sugar-free maple syrup, 1 (12 oz / 355 ml) bottle

PANTRY: DRY GOODS

- Steel-cut oats, 1 (18 oz / 510 g) canister
- Chia seeds, 1 (8 oz / 227 g) bag
- Quinoa, 1 (12 oz / 340 g) bag
- Dry French green lentils, 1 (1 lb / 454 g) bag
- Dry red lentils, 1 (1 lb / 454 g) bag
- Dry brown or green lentils, 1 (1 lb / 454 g) bag
- Buckwheat flour, 1 (16 oz / 454 g) bag
- Oat flour (or make from oats), 1 (16 oz / 454 g) bag
- Whole-wheat flour, 1 (5 lb / 2.27 kg) bag
- Whole-grain bread, 1 loaf

- Whole-grain pita bread, 1 package (2 count)
- Vanilla whey or plant-based protein powder, 1 container (approx. 20–30 servings)
- Unsweetened pea protein powder, 1 container (approx. 20–30 servings)
- Nutritional yeast, 1 (4 oz / 113 g) jar
- Sliced almonds, 1 (4 oz / 113 g) bag
- Unsalted shelled pistachios, 1 (4 oz / 113 g) bag
- Frozen mixed berries, 1 (12 oz / 340 g) bag
- Frozen shelled edamame, 1 (12 oz / 340 g) bag
- Frozen banana slices (or freeze fresh), 1 (10 oz / 284 g) bag

PANTRY: SPICES & BAKING

- Pure vanilla extract, 1 (2 oz / 59 ml) bottle
- Ground cinnamon
- Ground nutmeg
- Garlic powder
- Onion powder
- Ground cumin
- Ground coriander
- Chili powder
- Smoked paprika
- Cayenne pepper
- Crushed red pepper flakes
- Dried oregano
- Baking powder
- Baking soda
- Apple cider vinegar
- Rice vinegar

- Low-sodium tamari or coconut aminos
- Dijon mustard
- Extra virgin olive oil
- Toasted sesame oil
- Avocado or canola oil
- Non-stick cooking spray

DAIRY/DELI

- Low-fat feta cheese, 1 (4 oz / 113 g) crumbled package

NOTES:

- *Fresh Herbs:* Parsley, cilantro, and mint are used in multiple recipes. One bunch of each should suffice.
- *Lentils/Beans:* The list assumes purchasing dry lentils and canned beans for convenience. You can substitute dry for canned (or vice versa) with appropriate conversions.
- *Protein Powder:* Two types are listed (vanilla and unsweetened pea). Check your recipes to see if one type can be used for both to simplify.
- *Bread/Pita:* Pita is listed as optional for the Chickpea Rounds recipe.
- *Wine:* White wine for the seafood stew is optional.
- *Weights:* Package sizes are common American standards. You may need to buy slightly more or less than the exact recipe weight (e.g., a 5 oz clamshell of spinach vs. the 3 oz needed).

Week 2

PRODUCE

- Asparagus, 1 bunch (approx. 12 oz / 340 g)
- Fresh dill, 1 bunch
- Fresh parsley, 1 bunch
- Fresh cilantro, 1 bunch
- Fresh basil, 1 bunch
- Fresh chives, 1 bunch
- Baby spinach, 1 (5 oz / 142 g) clamshell bag
- Romaine lettuce, 1 head
- Mixed romaine/iceberg lettuce, 1 (10 oz / 284 g) bag
- Curly kale, 1 bunch
- Butter lettuce or romaine hearts, 1 head
- Cremini mushrooms, 1 (8 oz / 227 g) package
- English cucumber, 1 large

- Green beans, 1 (8 oz / 227 g) bag or fresh bunch
- Zucchini, 2 medium
- Yellow onion, 4 medium
- Red onion, 3 medium
- Shallot, 1 bulb
- Garlic, 3 heads
- Ginger root, 1 knob (approx. 4 oz / 113 g)
- Scallions (green onions), 1 bunch
- Carrots, 1 lb (454 g) bag
- Celery, 1 bunch
- Fennel bulb, 1 medium
- Sweet potato, 1 large (approx. 12 oz / 340 g) and 1 additional for the stew
- Russet or Yukon Gold potatoes, 1.5 lbs (680 g) bag
- Broccoli florets, 1 (12 oz / 340 g) bag or 1 crown
- Cauliflower florets, 1 (16 oz / 454 g) bag or 1 head
- Red bell pepper, 1 medium
- Cherry tomatoes, 2 pints
- Tomato (ripe), 1 medium
- Avocado, 3 medium
- Granny Smith apple, 1 large
- Lemon, 6 count
- Lime, 3 count
- Sun-dried tomatoes (packed in water), 1 (8 oz / 227 g) jar

REFRIGERATED

- Liquid egg whites, 1 (16 oz / 473 ml) carton
- Plain, non-fat Greek yogurt, 1 (32 oz / 907 g) container
- Buttermilk or low-fat milk, 1 pint
- Blue cheese crumbles, 1 (4 oz / 113 g) container
- Low-fat mozzarella cheese, shredded, 1 (8 oz / 227 g) bag
- Grated Parmesan cheese, 1 (5 oz / 142 g) container
- Firm tofu, 1 (14–16 oz / 397–454 g) block
- Cold-smoked salmon, 1 (4 oz / 115 g) package

- 93% lean ground turkey, 1 (16 oz / 454 g) package
- 93% lean ground beef, 1 (16 oz / 454 g) package
- Boneless, skinless chicken breast, approx. 1.5 lbs (680 g)
- Pork tenderloin, 1 (1 lb / 454 g) piece
- Turkey bacon, 1 (8 oz / 227 g) package
- Cod or halibut fillets, 1 lb (454 g) total
- Raw large shrimp (peeled & deveined), 1 (12 oz / 340 g) bag
- Littleneck clams or mussels, 1 lb (454 g) bag

PANTRY: CANNED & JARRED

- Unsweetened almond milk (plain), 1 (64 oz / 1.89 L) carton
- Low-sodium vegetable broth, 2 (32 oz / 946 ml) boxes
- Bottled clam juice (low-sodium), 1 (8 oz / 237 ml) bottle
- Cannellini beans (no-salt-added), 2 (15.5 oz / 439 g) cans
- Kidney beans (no-salt-added), 1 (15.5 oz / 439 g) can
- Black beans (no-salt-added), 1 (15.5 oz / 439 g) can
- Chickpeas (garbanzo beans, no-salt-added), 1 (15.5 oz / 439 g) can
- Crushed tomatoes (no-salt-added), 1 (28 oz / 794 g) can
- Diced tomatoes (no-salt-added), 1 (14.5 oz / 411 g) can
- Tomato paste (no-salt-added), 1 (6 oz / 170 g) tube
- Kalamata olives (pitted), 1 (6 oz / 170 g) jar
- Capers, 1 (3 oz / 85 g) jar
- Tahini (sesame seed paste), 1 (16 oz / 454 g) jar
- Pure maple syrup, 1 (8 oz / 237 ml) bottle
- Sugar-free maple syrup, 1 (12 oz / 355 ml) bottle
- Molasses, 1 (12 oz / 340 g) bottle
- Dried apricots (unsulfured), 1 (6 oz / 170 g) bag

PANTRY: DRY GOODS

- Quinoa, 1 (12 oz / 340 g) bag
- Brown rice, 1 (16 oz / 454 g) bag
- Whole-grain ditalini or small shell pasta, 1 (16 oz / 454 g) box
- Old-fashioned rolled oats, 1 (18 oz / 510 g) canister
- Chickpea flour (besan), 1 (16 oz / 454 g) bag
- Buckwheat flour, 1 (16 oz / 454 g) bag
- Oat flour (or make from oats), 1 (16 oz / 454 g) bag
- Whole-grain bread, 1 loaf
- Vanilla plant-based protein powder, 1 container (approx. 20–30 servings)
- Nutritional yeast, 1 (4 oz / 113 g) jar
- Ground flaxseed, 1 (8 oz / 227 g) bag
- Sliced almonds, 1 (4 oz / 113 g) bag
- Walnuts, 1 (6 oz / 170 g) bag
- Frozen mixed berries, 1 (12 oz / 340 g) bag
- Frozen corn kernels, 1 (12 oz / 340 g) bag
- Frozen shelled edamame, 1 (12 oz / 340 g) bag

PANTRY: SPICES & BAKING

- Pure vanilla extract, 1 (2 oz / 59 ml) bottle
- Ground cinnamon
- Ground nutmeg
- Garlic powder
- Dried oregano
- Dried basil
- Dried thyme
- Smoked paprika
- Ground cumin
- Ground coriander

- Chili powder
- Ground turmeric
- Ground ginger
- Cayenne pepper
- Crushed red pepper flakes
- Baking powder
- Baking soda
- Apple cider vinegar
- Rice vinegar
- Low-sodium soy sauce or tamari
- Dry white wine (optional), 1 (750 ml) bottle
- Extra virgin olive oil
- Toasted sesame oil
- Avocado or canola oil
- Non-stick cooking spray

NOTES:

- *Fresh Herbs:* Dill, parsley, cilantro, and basil are used in multiple recipes. One bunch of each should suffice.
- *Beans/Lentils:* The list assumes purchasing canned beans for convenience. Dry beans can be substituted with appropriate cooking.
- *Protein Powder:* Only vanilla plant-based is needed for this list's recipes.
- *Wine:* Dry white wine for the seafood stew is optional; extra broth can be used.
- *Fish:* "Firm white fish" like cod or halibut is listed twice; you can buy enough for both recipes at once.
- *Weights:* Package sizes are common American standards. You may need to buy slightly more or less than the exact recipe weight.

Week 3

PRODUCE

- Mixed fresh berries (blueberries, raspberries, strawberries), 1 pint container
- Fresh arugula, 1 (5 oz / 142 g) clamshell bag
- Baby spinach, 1 (10 oz / 284 g) clamshell bag
- Fresh dill, 1 bunch
- Fresh parsley, 1 bunch
- Fresh cilantro, 1 bunch
- Fresh chives, 1 bunch
- Fresh sage, 1 bunch (optional, for Pork Loin)
- Fresh rosemary, 1 bunch

- Fresh thyme, 1 bunch (or use dried)
- Cremini mushrooms, 1 (8 oz / 227 g) package
- Asparagus, 1 bunch (approx. 12 oz / 340 g)
- Broccoli florets, 1 (12 oz / 340 g) bag or 1 crown
- Brussels sprouts, 1 (16 oz / 454 g) bag
- Cauliflower florets, 1 (16 oz / 454 g) bag or 1 head
- Beets, 1 bunch (approx. 3 medium)
- Butternut squash, 1 small (approx. 2 lbs / 907 g)
- Red bell pepper, 2 medium
- Snow peas, 1 (6 oz / 170 g) bag
- Bean sprouts, 1 (8 oz / 227 g) bag
- English cucumber, 1 large
- Cherry tomatoes, 2 pints
- Avocado, 2 medium
- Mango, 1 large
- Banana, 1 medium (to freeze)
- Lemon, 6 count
- Lime, 2 count
- Orange, 1 medium
- Yellow onion, 3 medium
- Red onion, 3 medium
- Shallot, 1 bulb
- Garlic, 3 heads
- Ginger root, 1 knob (approx. 4 oz / 113 g)
- Scallions (green onions), 1 bunch
- Carrots, 1 lb (454 g) bag
- Celery, 1 bunch

REFRIGERATED

- Liquid egg whites, 1 (16 oz / 473 ml) carton
- Plain, non-fat Greek yogurt, 1 (5.3 oz / 150 g) single-serve cup
- Low-fat feta cheese crumbles, 1 (4 oz / 113 g) container (optional)
- Extra-firm tofu, water-packed, 1 (14–16 oz / 397–454 g) block
- 93% lean ground turkey, 1 (16 oz / 454 g) package
- 93% lean ground beef, 1 (16 oz / 454 g) package

- Boneless, skinless chicken breast, approx. 1 lb (454 g)
- Boneless, skinless chicken thighs, 1 lb (454 g)
- Lean sirloin steak, 1 (8 oz / 225 g) steak
- Boneless pork loin roast, approx. 2 lbs (907 g)
- Dry sea scallops, approx. 10 oz (284 g)
- Skinless snapper fillets, 1 lb (454 g)

PANTRY: CANNED & JARRED

- Unsweetened almond milk (plain), 1 (64 oz / 1.89 L) carton
- Low-sodium vegetable broth, 2 (32 oz / 946 ml) boxes
- Low-sodium chicken broth, 1 (32 oz / 946 ml) box
- Green enchilada sauce (no-salt-added/low sodium), 1 (10 oz / 283 g) can
- Cannellini beans (no-salt-added), 2 (15.5 oz / 439 g) cans
- Chickpeas (garbanzo beans, no-salt-added), 1 (15.5 oz / 439 g) can
- Black beans (no-salt-added), 1 (15.5 oz / 439 g) can
- Sardines in water (no salt added), 2 (3.75 oz / 106 g) cans
- Pure maple syrup, 1 (8 oz / 237 ml) bottle
- Balsamic vinegar

PANTRY: DRY GOODS

- Steel-cut oats, 1 (18 oz / 510 g) canister
- Brown rice, 1 (16 oz / 454 g) bag
- Semi-pearled farro, 1 (12 oz / 340 g) bag
- Whole wheat orzo, 1 (16 oz / 454 g) box
- Quinoa, 1 (12 oz / 340 g) bag
- Whole-grain bread, hearty, 1 loaf
- Whole-wheat tortillas (7–8 inch), 1 package (8 count)
- Chia seeds, 1 (8 oz / 227 g) bag
- Vanilla whey or plant-based protein powder, 1 container (approx. 20–30 servings)
- Unsweetened pea protein powder, 1 container (approx. 20–30 servings)
- Chickpea flour (besan), 1 (16 oz / 454 g) bag

- Oat flour (or make from oats), 1 (16 oz / 454 g) bag
- Nutritional yeast, 1 (4 oz / 113 g) jar
- Walnuts, 1 (6 oz / 170 g) bag
- Dried Mission figs, 1 (6 oz / 170 g) bag
- Frozen shelled edamame, 1 (12 oz / 340 g) bag
- Frozen banana slices (or freeze fresh), 1 (10 oz / 284 g) bag

PANTRY: SPICES & BAKING

- Pure vanilla extract, 1 (2 oz / 59 ml) bottle
- Gochujang (Korean red chili paste), 1 (12 oz / 340 g) jar
- Dijon mustard
- Whole-grain mustard
- Cornstarch
- Ground cinnamon
- Garlic powder
- Onion powder
- Dried oregano
- Dried tarragon
- Dried thyme
- Smoked paprika
- Ground cumin
- Ground coriander
- Chili powder
- Ground turmeric
- Cayenne pepper
- Crushed red pepper flakes
- Red chili flakes
- Baking powder

- Baking soda
- Apple cider vinegar
- Rice vinegar
- Red wine vinegar
- Low-sodium soy sauce or tamari
- Extra virgin olive oil
- Toasted sesame oil
- Avocado or canola oil
- Sesame seeds
- Non-stick cooking spray

NOTES:

- *Fresh Herbs:* Parsley, cilantro, dill, and chives are used in multiple recipes. One bunch of each should suffice.
- *Protein Powder:* Two types are listed (vanilla and unsweetened pea). Check your recipes to see if one type can be used for both to simplify.
- *Pork Loin:* This recipe is listed twice; ensure you buy enough for both meals or plan to use the same roast for two dinners.
- *Feta Cheese & Greek Yogurt:* Both are listed as optional ingredients for specific recipes.
- *Brown Rice:* A small amount is needed for the Beef Bowls. Cooked rice is listed as optional for serving with the Tofu Stir-Fry.
- *Weights:* Package sizes are common American standards. You may need to buy slightly more or less than the exact recipe weight.

Week 4

PRODUCE

- Mixed fresh berries (blueberries, raspberries, strawberries), 1 pint container
- Fresh baby spinach, 1 (10 oz / 284 g) clamshell bag
- Mixed salad greens, 1 (5 oz / 142 g) clamshell bag
- Collard greens, 1 bunch
- Baby bok choy, 1 head
- Curly kale, 1 bunch
- Fresh parsley, 1 bunch
- Fresh cilantro, 1 bunch
- Fresh dill, 1 bunch
- Fresh mint, 1 bunch

- Fresh basil, 1 bunch
- Fresh rosemary, 1 bunch
- Cremini mushrooms, 1 (8 oz / 227 g) package
- Shiitake mushrooms, 1 (4 oz / 115 g) package
- Asparagus, 1 bunch (approx. 12 oz / 340 g)
- Broccoli florets, 1 (16 oz / 454 g) bag or 1 large crown
- Zucchini, 4 medium
- English cucumber, 1 large
- Red bell pepper, 2 medium
- Yellow onion, 2 medium
- Red onion, 3 medium
- Garlic, 3 heads
- Ginger root, 1 knob (approx. 4 oz / 113 g)
- Scallions (green onions), 1 bunch
- Carrots, 1 lb (454 g) bag
- Celery, 1 bunch
- Tomato, 1 medium
- Avocado, 3 medium
- Banana, 1 medium (to freeze)
- Sweet potato, 1 large (approx. 12 oz / 340 g)
- Lemon, 6 count
- Lime, 2 count

REFRIGERATED

- Liquid egg whites, 1 (16 oz / 473 ml) carton
- Plain, non-fat Greek yogurt, 1 (32 oz / 907 g) container
- Plain, low-fat Greek yogurt, 1 (5.3 oz / 150 g) single-serve cup
- Plain, unsweetened non-dairy yogurt, 1 (5.3 oz / 150 g) single-serve cup
- Cold-smoked salmon, 1 (4 oz / 115 g) package
- 93% lean ground turkey, 1 (20 oz / 567 g) package
- 99% lean ground turkey breast, 1 (16 oz / 454 g) package
- Lean ground bison (90% lean or leaner), 1 (16 oz / 454 g) package
- Boneless, skinless chicken breast, approx. 10 oz (284 g)

- Boneless, skinless chicken thighs, 1 lb (454 g)
- Flank steak, 1 (8 oz / 227 g) steak
- Boneless leg of lamb, 1 (10 oz / 284 g) piece
- Mahi mahi fillets, 1 lb (454 g)
- Tuna steaks, 2 (5 oz / 142 g each)

PANTRY: CANNED & JARRED

- Unsweetened almond milk (plain), 2 (64 oz / 1.89 L) cartons
- Low-sodium vegetable broth, 2 (32 oz / 946 ml) boxes
- Low-sodium chicken broth, 1 (32 oz / 946 ml) box
- Low-sodium beef broth, 1 (14 oz / 414 ml) box
- Marinara sauce (no-salt-added), 1 (24 oz / 680 g) jar
- Cannellini beans (no-salt-added), 2 (15.5 oz / 439 g) cans
- Kidney beans (no-salt-added), 1 (15.5 oz / 439 g) can
- Black beans (no-salt-added), 1 (15.5 oz / 439 g) can
- Black-eyed peas (no-salt-added), 1 (15.5 oz / 439 g) can
- Chickpeas (garbanzo beans, no-salt-added), 1 (15.5 oz / 439 g) can
- Diced tomatoes (no-salt-added), 1 (14.5 oz / 411 g) can
- Tomato paste (no-salt-added), 1 (6 oz / 170 g) tube
- Capers, 1 (3 oz / 85 g) jar
- Pure maple syrup, 1 (8 oz / 237 ml) bottle
- Sugar-free maple syrup, 1 (12 oz / 355 ml) bottle
- White miso paste, 1 (8 oz / 227 g) container

PANTRY: DRY GOODS

- Steel-cut oats, 1 (18 oz / 510 g) canister
- Quinoa, 1 (12 oz / 340 g) bag
- Whole-grain bread, 1 loaf
- Whole-grain baguette, 1 small loaf (optional)
- Whole-grain hamburger buns, 1 package (8 count) (optional)

- Chia seeds, 1 (8 oz / 227 g) bag
- Vanilla whey or plant-based protein powder, 1 container (approx. 20–30 servings)
- Vanilla plant-based protein powder, 1 container (approx. 20–30 servings)
- Unsweetened pea protein powder, 1 container (approx. 20–30 servings)
- Buckwheat flour, 1 (16 oz / 454 g) bag
- Oat flour (or make from oats), 1 (16 oz / 454 g) bag
- Nutritional yeast, 1 (4 oz / 113 g) jar
- Ground nori seaweed flakes, 1 (0.5 oz / 14 g) container
- Sliced almonds, 1 (4 oz / 113 g) bag
- Frozen mixed berries, 1 (12 oz / 340 g) bag
- Frozen corn kernels, 1 (12 oz / 340 g) bag
- Frozen cut green beans, 1 (12 oz / 340 g) bag
- Frozen banana slices (or freeze fresh), 1 (10 oz / 284 g) bag
- Frozen cauliflower rice, 1 (12 oz / 340 g) bag (optional, for stir-fry)

PANTRY: SPICES & BAKING

- Pure vanilla extract, 1 (2 oz / 59 ml) bottle
- Liquid smoke
- Wasabi paste, 1 (1.5 oz / 42 g) tube
- Worcestershire sauce (low-sodium)
- Oyster sauce (or vegetarian oyster sauce)
- Dijon mustard
- Ground cinnamon
- Ground nutmeg
- Garlic powder
- Onion powder
- Dried oregano
- Dried thyme
- Dried rosemary
- Smoked paprika
- Paprika
- Ground cumin

- Chili powder
- Ground ginger
- Cayenne pepper
- Crushed red pepper flakes
- Baking powder
- Baking soda
- Apple cider vinegar
- Rice vinegar
- Low-sodium soy sauce or tamari
- Low-sodium tamari or coconut aminos
- Extra virgin olive oil
- Toasted sesame oil
- Avocado or canola oil
- Sesame seeds
- Cornstarch
- Non-stick cooking spray

NOTES:

- *Fresh Herbs:* Parsley, cilantro, dill, mint, and basil are used in multiple recipes. One bunch of each should suffice.
- *Protein Powder:* Three types are listed (vanilla whey/plant-based, vanilla plant-based, unsweetened pea). Check your recipes to see if one type can be used for multiple to simplify.
- *Ground Turkey:* The 93% lean is used in three recipes; ensure you buy enough for all. The 99% lean is for a separate meatball recipe.
- *Zucchini Noodles:* The recipe is listed twice; ensure you buy enough zucchini for both or plan to make a large batch.
- *Bread/Buns:* The baguette and hamburger buns are listed as optional for their respective recipes.
- *Weights:* Package sizes are common American standards. You may need to buy slightly more or less than the exact recipe weight.



Conclusion: A Lifelong Feast

As you reach the final pages of this book, with your mind full of recipes and your kitchen perhaps already smelling of new herbs and spices, let's pause for a moment to look at the wider horizon. The true success of any health journey is measured not in weeks, but in years—not in rigid adherence, but in joyful consistency. What we have explored together is far more than a collection of meals. It is a living, breathing framework for a lifelong love affair with food—one where every bite can be both a delight to the senses and a gift to your body. This isn't a temporary detour labeled "diet." This is the discovery of a new, permanent home base for how you eat, a place built on abundance, flavor, and deep-seated vitality that can welcome every season, celebration, and quiet Tuesday night with equal grace.

Sustainability, then, becomes our most important ingredient. It's the quiet understanding that lasting wellness is woven from small, repeatable choices, not grand, fleeting gestures. It's choosing the oatmeal with berries most mornings because you genuinely enjoy it, and savoring the occasional pastry when it's truly special, without a shadow of guilt. It's the knowledge that a vibrant salad can be a satisfying summer dinner, and that a hearty, bean-based stew is exactly what you crave in winter. This way of eating is inherently flexible, designed to bend with your life rather than break under pressure. When you view your kitchen through this lens, you release the exhausting cycle of "on" and "off" a plan. There is no "off." There is only your life, and the delicious, nurturing food that fuels it through all its phases.

This sustainable rhythm thrives on two powerful ideas: listening and balance. First, listen to what your body is communicating. Does that light, citrusy grilled chicken leave you energized and satisfied? Do you feel strong and clear-headed after a lunch of lentil soup? Let those positive signals be your guide, reinforcing why these choices feel good. Conversely, if you find yourself craving a specific texture or flavor, get creative within our principles—a craving for "creamy" can lead to a velvety white bean dip, a desire for "hearty" can inspire a mushroom and lean beef stroganoff using Greek yogurt. This is a conversation, not a monologue. Second, embrace a generous mindset of balance, often called the 80 / 20 approach. Let the core principles guide about eighty percent of your choices. This is your foundation, your everyday practice where you build lasting health. The other twenty percent is your breathing room—the slice of birthday cake, the shared appetizer on a night out, your grandma's famous recipe exactly as she made it. This space isn't a failure; it's an essential part of a rich, social, and emotionally nourishing life. It prevents resentment and makes the healthy eighty percent feel like a positive choice, not a punishment.

So, as you close this book and move forward into your own kitchen's daily rhythm, carry with you this simple, empowering truth: you are not following a diet. You are cultivating a food philosophy. You have learned a new language of nourishment, one that speaks in the bright tones of fresh produce, the robust vocabulary of spices, and the satisfying grammar of lean proteins and whole grains. You are now the author of your own continuing story of health. Let the recipes within these pages be your trusted companions and inspiration, but never your jailers. Experiment, adapt, and make each dish your own. Share these meals with people you love, for food this good is meant to be a celebration. You have everything you need to build a lifelong feast—a feast that sustains your heart, energizes your days, and proves, beyond a doubt, that the food that loves you back is also the food you'll love to eat. Here's to your vibrant health, and to the countless delicious meals ahead.