



Welcome to this new recipe book for Healthy Heart Recipes! These recipes should give you some fun and "healthful" ideas.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Dirty Dozen™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

Clean Fifteen™

- Avocados
- Sweet Corn
- Pineapple
- Onions
- Papaya
- Sweet Peas Frozen
- Eggplant
- Asparagus
- Cauliflower
- Cantaloupe
- Broccoli
- Mushrooms
- Cabbage
- Honeydew Melon

- Kiwi

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



Lemon Kale Salad with Chickpeas & Avocado

2 servings
20 minutes

Ingredients

4 cups Kale Leaves (stem removed, thinly sliced)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/4 tsp Sea Salt
1 3/4 cups Chickpeas (cooked)
1 Avocado (cubed)
1/8 tsp Smoked Paprika
2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	570
Fat	36g
Carbs	52g
Fiber	20g
Sugar	8g
Protein	18g
Cholesterol	0mg
Sodium	336mg
Vitamin A	2278IU
Vitamin C	54mg
Calcium	195mg
Iron	7mg

Directions

- 1 Add the kale leaves to a large bowl.
- 2 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 3 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavor: Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

Additional Toppings: Add sliced onion, peppers or roasted vegetables such as sweet potato.



Grilled Honey Dijon Salmon with Zucchini & Quinoa

4 servings
30 minutes

Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1/4 cup Dijon Mustard (grainy or regular)
- 2 tbsps Raw Honey
- 1 lb Salmon Fillet
- 4 Zucchini (sliced in half lengthwise)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	411
Fat	12g
Carbs	42g
Fiber	5g
Sugar	13g
Protein	31g
Cholesterol	62mg
Sodium	528mg
Vitamin A	443IU
Vitamin C	35mg
Calcium	65mg
Iron	4mg

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill: Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini: Use asparagus or green beans instead.

Lower Carb: Omit the quinoa or serve with cauliflower rice instead.

Leftovers: Store leftovers in an airtight container in the fridge up to 2 to 3 days.



Butternut Squash Buckwheat Bowl

2 servings

30 minutes

Ingredients

2 cups Water
1 cup Buckwheat Groats
2 tbsps Extra Virgin Olive Oil
1 cup Butternut Squash (chopped into small cubes)
1/2 cup Mushrooms (sliced)
1 cup Kale Leaves (chopped)
1 tsp Sea Salt
1 tsp Dried Basil

Nutrition

Amount per serving	
Calories	444
Fat	16g
Carbs	71g
Fiber	11g
Sugar	2g
Protein	11g
Cholesterol	0mg
Sodium	1204mg
Vitamin A	7949IU
Vitamin C	25mg
Calcium	107mg
Iron	3mg

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 3 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

Notes

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

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

More Flavor: Add diced onions or minced garlic.



One Pan Roasted Chicken, Broccoli & Sweet Potato

4 servings

30 minutes

Ingredients

1 1/4 lbs Chicken Breast
Sea Salt & Black Pepper (to taste)
2 Sweet Potato (medium, diced)
2 tbsps Extra Virgin Olive Oil (divided)
6 cups Broccoli (chopped into small florets)
1/4 cup Tahini
1 tbsp Maple Syrup
1/4 cup Water
1/4 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	434
Fat	19g
Carbs	29g
Fiber	7g
Sugar	8g
Protein	39g
Cholesterol	103mg
Sodium	163mg
Vitamin A	10171IU
Vitamin C	123mg
Calcium	161mg
Iron	3mg

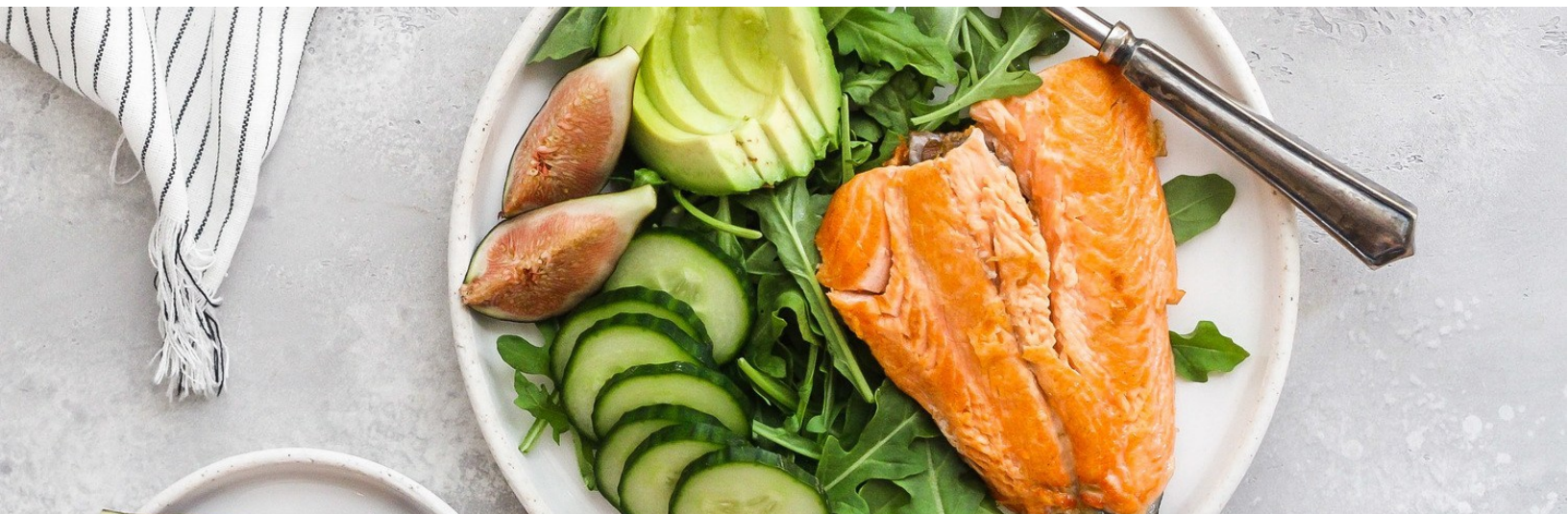
Directions

- 1 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 2 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 3 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 4 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets ovetop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 5 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 6 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

Storage: Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian: Replace the chicken breast with black beans.



Arugula Salad with Salmon

1 serving

15 minutes

Ingredients

6 ozs Salmon Fillet
1/8 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil
1 tbsp Lemon Juice
2 cups Arugula
1/4 Cucumber (sliced)
1/2 Avocado (sliced)
1 Fig (optional, quartered)

Nutrition

Amount per serving	
Calories	583
Fat	40g
Carbs	23g
Fiber	9g
Sugar	11g
Protein	38g
Cholesterol	94mg
Sodium	390mg
Vitamin A	1315IU
Vitamin C	25mg
Calcium	127mg
Iron	3mg

Directions

- 1 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 2 In a small bowl, mix the oil and lemon juice together.
- 3 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.



Pear & Walnuts

1 serving

5 minutes

Ingredients

1 Pear
1/4 cup Walnuts

Nutrition

Amount per serving	
Calories	298
Fat	20g
Carbs	31g
Fiber	8g
Sugar	18g
Protein	5g
Cholesterol	0mg
Sodium	2mg
Vitamin A	45IU
Vitamin C	8mg
Calcium	45mg
Iron	1mg

Directions

- 1 Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free: Use sunflower seeds instead of walnuts.

More Flavor: Season the pear with cinnamon.



Blueberry Buckwheat Parfait

2 servings

25 minutes

Ingredients

- 1 cup Water
- 1/2 cup Buckwheat Groats
- 1 tbsp Maple Syrup
- 1 cup Unsweetened Coconut Yogurt
- 1/2 cup Blueberries
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	272
Fat	7g
Carbs	49g
Fiber	7g
Sugar	10g
Protein	7g
Cholesterol	0mg
Sodium	33mg
Vitamin A	21IU
Vitamin C	4mg
Calcium	284mg
Iron	2mg

Directions

- 1 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 2 Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

Notes

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

More Flavor: Add cinnamon.

Additional Toppings: Top with bananas or other berries.

No Coconut Yogurt: Use Greek, plain, or cashew yogurt instead.



Penne with Bursted Cherry Tomato Sauce

2 servings

30 minutes

Ingredients

4 ozs Chickpea Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	494
Fat	31g
Carbs	44g
Fiber	12g
Sugar	11g
Protein	19g
Cholesterol	0mg
Sodium	85mg
Vitamin A	2980IU
Vitamin C	35mg
Calcium	108mg
Iron	7mg

Directions

- 1 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 2 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 3 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

Notes

No Chickpea Pasta: Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

No Nutritional Yeast: Use parmesan or omit completely.



Toasted Walnuts

5 servings

15 minutes

Ingredients

1 1/2 cups Walnuts (shelled)

Nutrition

Amount per serving	
Calories	235
Fat	23g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	5g
Cholesterol	0mg
Sodium	1mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	35mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



Banana with Almond Butter

2 servings

2 minutes

Ingredients

2 Banana
1/4 cup Almond Butter

Nutrition

Amount per serving	
Calories	297
Fat	18g
Carbs	33g
Fiber	6g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	3mg
Vitamin A	76IU
Vitamin C	10mg
Calcium	114mg
Iron	1mg

Directions

- 1 Slice banana.
- 2 Dip in almond butter.
- 3 Bam.

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Apple with Almond Butter

2 servings

5 minutes

Ingredients

2 Apple
1/4 cup Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	119mg
Iron	1mg

Directions

- 1 Slice apple and cut away the core.
- 2 Dip into almond butter.
- 3 Yummmmm.

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Apple Crisp Yogurt Bowls

2 servings

20 minutes

Ingredients

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	366
Fat	10g
Carbs	66g
Fiber	10g
Sugar	23g
Protein	7g
Cholesterol	0mg
Sodium	55mg
Vitamin A	53IU
Vitamin C	4mg
Calcium	559mg
Iron	2mg

Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings: Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



Caramelized Banana & Almond Oatmeal

1 serving
10 minutes

Ingredients

1/2 cup Oats (rolled or old-fashioned)
1 cup Unsweetened Almond Milk
1/4 tsp Cinnamon (divided)
1/2 tsp Coconut Oil
1/2 Banana (sliced lengthwise down the middle)
2 tbsps Almonds (chopped)
1 tbsp Hemp Seeds
1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	511
Fat	30g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	166mg
Vitamin A	540IU
Vitamin C	5mg
Calcium	591mg
Iron	4mg

Directions

- 1 Add oats, almond milk and half of the cinnamon to a small saucepan. Bring to a low boil then reduce to a steady simmer. Cook, stirring occasionally, for about 5 minutes or until the oats are tender and most of the liquid is absorbed.
- 2 Meanwhile, in a small pan, heat the coconut oil over medium-high heat. Add the remaining cinnamon and the banana cut side down. Cook for 1 to 2 minutes until slightly browned and caramelized.
- 3 Transfer the cooked oats to a bowl and top with caramelized banana, almonds, hemp hearts, and almond butter. Enjoy!

Notes

Likes it Sweet: Add a drizzle of maple syrup.

No Coconut Oil: Use ghee or butter instead.

No Rolled Oats: Use steel cut oats instead. Cook times will vary.

Nut-Free: Use a nut-free milk, seed butter and seeds for the toppings.



Creamy Apple Pie Smoothie

1 serving

5 minutes

Ingredients

1 Apple (medium, peeled and chopped)
1/2 Banana (frozen)
4 Ice Cubes
2 tbsps Vanilla Protein Powder
2 tbsps Oats
1 tbsp Almond Butter
3/4 tsp Cinnamon (ground)
1 cup Unsweetened Almond Milk

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Apple Type: For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

No Almond Milk: Use any other type of milk instead.

Nutrition

Amount per serving	
Calories	358
Fat	13g
Carbs	52g
Fiber	11g
Sugar	27g
Protein	16g
Cholesterol	2mg
Sodium	184mg
Vitamin A	641IU
Vitamin C	14mg
Calcium	601mg
Iron	2mg