



Welcome to this new recipe book! I'm sending you some fabulous salad 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.



Hearty Kale & Apple Tuna Salad

4 servings

10 minutes

Ingredients

- 1 can Tuna (drained)
- 2 stalks Celery (diced)
- 4 cups Kale Leaves (finely sliced)
- 1 Carrot (grated)
- 1 Apple (diced)
- 1/4 cup Sunflower Seeds
- 2 tbsps Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Directions

1

Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

Notes

Canned Tuna: One can of tuna is equal to 165 grams (5.8 ounces).



Grilled Cherry Salad with Goat Cheese & Balsamic Vinaigrette

4 servings
30 minutes

Ingredients

- 2 tbsps Balsamic Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 cups Cherries (pitted and halved)
- 4 cups Baby Spinach
- 1 cup Blueberries
- 1/3 cup Goat Cheese (crumbled)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/2 cup Pecans (toasted)

Directions

- 1 Create your balsamic vinaigrette by combining balsamic vinegar, olive oil, sea salt and black pepper in a jar. Shake well and set aside.
- 2 Preheat grill with medium heat. Place your pitted and halved cherries in a bowl and add 2 tablespoons of the balsamic vinaigrette and toss well. Transfer cherries to a grill pan and grill until slightly charred (about 5 minutes).
- 3 Place baby spinach in a large salad bowl. Top with grilled cherries, blueberries, goat cheese, lentils and toasted pecans. Drizzle with desired amount of balsamic dressing and serve. Enjoy!

Notes

Meat Lover: Grill up some chicken breast or grass-fed steak with your cherries to serve alongside the salad.

Short on Time: Add the cherries to the salad raw and skip step 2.

Vegan: Skip the goat cheese.



Mango & Chickpea Kale Salad

4 servings
20 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tbsp Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Pomegranate Seeds
- 1 Mango (peeled and thinly sliced)

Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork, and set aside to cool.
- 2 Meanwhile, prepare the dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt, and pepper.
- 3 Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

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

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

No Mango: Use peach, nectarine, orange or clementine slices instead.



Strawberry Balsamic Salad with Maple Walnuts

2 servings

15 minutes

Ingredients

- 1/2 cup Walnuts
- 1 tbsp Maple Syrup
- 4 cups Baby Spinach
- 1 cup Strawberries (sliced)
- 1/4 cup Goat Cheese (crumbled)
- 1 1/2 tsps Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt

Directions

- 1 Toast walnuts in a pan over medium heat. When slightly browned, coat with maple syrup. Turn heat to low and stir until sticky (about 2 minutes). Remove from heat.
- 2 Divide spinach into bowls. Top with strawberries, goat cheese and toasted walnuts.
- 3 Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein: Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time: Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese: Use feta or cashew cheese instead.

Storage: Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.



Mango Salsa

4 servings

10 minutes

Ingredients

- 2 Mango (peeled and cubed)
- 2 cups Corn (cooked)
- 2 tbsps Red Onion (finely chopped)
- 1 Red Bell Pepper (finely chopped)
- 1/2 cup Cilantro (chopped)
- 1 Lime (juiced)

Directions

- 1 Combine all ingredients in a large bowl. Refrigerate until ready to serve. Enjoy!

Notes

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

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

More Flavor: Add paprika, minced garlic and/or sea salt.

Additional Toppings: Top with green onions, chopped chicken breast, grilled tofu or roasted chickpeas.

Serve it With: Tacos, brown rice tortilla chips or baked plantain chips.



Crunchy Cabbage Salad with Chicken

4 servings

20 minutes

Ingredients

12 ozs Chicken Breast (skinless and boneless)
2 tsps Onion Powder
2 tsps Sesame Seeds
1/2 tsp Sea Salt (divided)
1 tsp Avocado Oil
2 tbsps Extra Virgin Olive Oil
2 tsps Rice Vinegar
2 tsps Sesame Oil
1 1/2 tsps Coconut Sugar
3 cups Purple Cabbage (chopped)
3 cups Kale Leaves (de-stemmed and shredded)
3 Carrot (thinly sliced)
1/3 cup Cashews (roughly chopped)

Directions

1

Coat the chicken with the onion powder, sesame seeds and sea salt. Heat a skillet over medium heat. Add the avocado oil and chicken. Cook for 6 to 7 minutes and then flip. Continue to cook until the chicken is cooked through. Remove and let cool, and then slice and set aside.

2

Whisk the extra virgin olive oil, rice vinegar, sesame oil and coconut sugar in a small bowl.

3

Add the cabbage, kale and carrots to a large bowl. Add the dressing and massage it in. Top the salad with chicken and cashews and lightly toss. Divide between bowls and enjoy!

Notes

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

Nut-Free: Omit the cashews or use pumpkin seeds instead.

Make it Vegan: Top with tofu or chickpeas instead of chicken.

No Avocado Oil : Use extra virgin olive oil instead.

No Coconut Sugar: Use brown sugar or maple syrup instead.



Mango & Chickpea Quinoa Salad

4 servings
15 minutes

Ingredients

- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1/4 cup Cilantro (chopped)
- 1/2 cup Chickpeas (cooked)
- 6 ozs Tofu (extra firm, patted dry, cubed)
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 Avocado (sliced)
- 1 Mango (sliced)

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

Notes

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

Serving Size: Each serving equals approximately 1 1/2 cups of salad.

More Flavor: Add chilli powder or red pepper flakes.

Additional Toppings: Add in cucumber, corn, red onion and/or green bell pepper.



Southwestern Coconut Ranch Salad

4 servings

10 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat, refrigerated overnight)
- 2 tbsps Avocado Oil
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Dried Chives
- 1/4 tsp Onion Powder
- 1/2 tsp Sea Salt
- 8 cups Mixed Greens
- 1 cup Corn (cooked)
- 1 cup Black Beans (cooked)
- 2 Tomato (chopped)
- 2 Avocado (pit removed, chopped)

Directions

- 1 Add the coconut milk, oil, vinegar, chives, onion powder and salt in a jar and shake until well combined.
- 2 Divide the mixed greens, corn, black beans and tomato into bowls or containers if on-the-go. Top with avocado and drizzle with your desired amount of dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. For best results, store the dressing separately for up to one week and add the avocado just before serving.

More Flavor: Use fresh instead of dried herbs.

No Coconut Milk: Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.



Watermelon & Cucumber Quinoa Salad

4 servings
30 minutes

Ingredients

- 1/2 cup Quinoa
- 1/8 Seedless Watermelon (cut into small cubes)
- 1/2 Cucumber (peeled, diced)
- 2 tbsps Red Onion (finely chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Mint Leaves
- 1/8 tsp Sea Salt

Directions

- 1 Cook the quinoa according to the package directions. When the quinoa is cooked, let cool.
- 2 In a large mixing bowl combine the watermelon, cucumber, red onion, lime juice, mint and salt. Stir in the cooked quinoa and season with additional salt or lime juice if necessary. Chill before serving.
- 3 Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup.

More Fat: Add a drizzle of extra virgin olive oil or top the salad with hemp seeds.

No Mint: Use basil or parsley instead.

Quinoa: Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.



Berry & Quinoa Salad

4 servings
30 minutes

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1 cup Strawberries (chopped)
- 1 cup Blueberries (chopped)
- 1 tsp Mint Leaves (chopped, optional)
- 3 tbsps Balsamic Vinegar
- 1 1/2 tbsps Maple Syrup
- 1 1/2 tps Dijon Mustard
- 1 head Romaine Hearts

Directions

- 1 Cook the quinoa according to the package directions. When the quinoa is cooked, let it cool.
- 2 Meanwhile, in a mixing bowl combine the strawberries, blueberries and mint, if using.
- 3 In a jar with a lid, add the balsamic vinegar, maple syrup and dijon mustard and shake until well combined.
- 4 To assemble the salad, divide the lettuce between bowls and top with the quinoa and then the berries. Drizzle with the balsamic dressing. Enjoy!

Notes

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

More Fat: Add extra virgin olive oil to the dressing or top the salad with avocado or hemp seeds.

More Protein: Add chickpeas, lentils or cooked chicken breast.

More Veggies: Add chopped cucumber or bell pepper.

No Mint: Use basil or parsley instead.

No Romaine: Use baby spinach or other lettuce instead.

Quinoa: Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. A 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.



Pomegranate & Beet Salad

4 servings
35 minutes

Ingredients

- 3 cups Water
- 2 Beet (peeled, chopped)
- 2 tbsps Avocado Oil
- 2 tbsps Apple Cider Vinegar
- 3 cups Mixed Greens
- 2 Clementines (peeled, sectioned)
- 1/4 cup Pomegranate Seeds
- 1/4 cup Feta Cheese

Directions

- 1 Bring the water and beets to a boil. Cook for 25 minutes or until soft. Set aside to cool.
- 2 While the beets cook, make the dressing. Combine the oil and apple cider vinegar in a jar and shake vigorously until combined.
- 3 Divide the mixed greens evenly between plates. Top with the cooled beets, clementines, pomegranate seeds and cheese. Add the dressing and enjoy!

Notes

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

Dairy-Free: Use nutritional yeast instead of feta cheese, or simply omit the cheese.

Additional Toppings: Add nuts and seeds.



Simple Waldorf Salad

2 servings

10 minutes

Ingredients

- 1/3 cup Canned Coconut Milk
- 2 tsps Lemon Juice
- 1/4 tsp Sea Salt
- 1/2 head Green Lettuce (chopped)
- 1/2 Apple (medium, cored, chopped)
- 2 stalks Celery (sliced)
- 1 cup Grapes (seedless, halved)

Directions

- 1 In a bowl, whisk together the coconut milk, lemon juice, and sea salt.
- 2 Divide the lettuce, apple, celery, and grapes onto plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers: Refrigerate the salad and dressing in separate airtight containers for up to five days.

Serving Size: One serving equals approximately two cups.

Additional Toppings: Hemp seeds, nuts, pumpkin seeds, sunflower seeds, cooked chicken breast, cooked turkey breast, or chickpeas.

No Lemon Juice: Use apple cider vinegar instead.



Cucumber & Tomato Quinoa Bowl

2 servings

15 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 leaves Romaine (chopped)
- 1/2 Cucumber (medium, chopped)
- 1 Tomato (medium, chopped)
- 1 cup Chickpeas (cooked)
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Lemon Juice
- 3 tbsps Parsley (chopped)

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between bowls or plates. Top with equal amounts of quinoa, cucumber, tomatoes, chickpeas, and feta.
- 3 Squeeze lemon juice ovetop and garnish with parsley. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

Make it Vegan: Use vegan cheese or omit the feta completely.

More Flavor: Cook the quinoa with broth instead of water. Add your favorite dressing ovetop.

Additional Toppings: Olives, capers, avocado, or red onion.



Orzo & Shrimp Pasta Salad

2 servings
15 minutes

Ingredients

1/2 cup Orzo (dry)
8 ozs Shrimp, Cooked (chopped)
1 head Endive (chopped)
2 cups Snap Peas (chopped)
1/2 cup Goat Cheese (crumbled)
1/4 cup Chives (chopped)
2 tbsps Lemon Juice
1/4 tsp Sea Salt

Directions

- 1 Cook the orzo according to the directions on the package. Once it's done cooking, set it aside and let it cool.
- 2 Add the orzo and the remaining ingredients to a large bowl. Toss until well combined. Divide onto plates and enjoy!

Notes

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

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

Gluten-Free: Use quinoa or brown rice pasta instead.

Dairy-Free: Use vegan cheese instead.

More Flavor: Add balsamic vinegar and your choice of additional spices and herbs.

Additional Toppings: Red pepper flakes, kimchi, sauerkraut, and/or your favorite dressing.

No Shrimp: Use chicken, turkey, edamame, marinated tofu, or chickpeas.



Quinoa Tabbouleh

4 servings

25 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 cups Parsley (stems removed, finely chopped)
- 1/4 cup Mint Leaves (stems removed, finely chopped)
- 2 stalks Green Onion (finely chopped)
- 2 Tomato (medium, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the quinoa according to the directions on the package, and set aside to cool.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add minced garlic.

No Quinoa: Use bulgur, cauliflower rice, hemp seeds, or lentils instead.



Greek Pasta Salad

4 servings

15 minutes

Ingredients

- 1 1/2 cups Brown Rice Pasta Shells (dry)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Red Wine Vinegar
- 1/2 tsp Oregano (dried)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered, sliced)
- 1/3 cup Pitted Kalamata Olives

Directions

- 1 Cook the pasta according to package directions. Drain, rinse well and set aside to cool.
- 2 In a small bowl, add the oil, red wine vinegar, oregano, salt, and pepper. Mix well to combine.
- 3 In a large bowl, add the pasta, and the dressing and mix well. Add the tomatoes, cucumber, and olives and toss to combine. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

Additional Toppings: Feta cheese or tofu.



Roasted Broccoli Quinoa Salad

2 servings

35 minutes

Ingredients

- 6 1/8 ozs Tofu (extra-firm, pressed and cut into 1-cm cubes)
- 3 cups Broccoli (cut into florets)
- 1/2 cup Red Onion (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 tsps Greek Seasoning
- 3 tbsps Lemon Juice (divided)
- 1/2 cup Quinoa
- 2 tbsps Feta Cheese (crumbled)

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 3 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 4 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 5 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.

Serving Size: One serving is approximately two cups of salad.

More Flavor: Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

Make it Vegan: Omit the feta or use dairy-free feta instead.

No Broccoli: Use cauliflower or Brussels sprouts instead.

No Greek Seasoning: Use a combination of dried herbs and spices instead.



Citrusy Kale & Carrot Salad

4 servings

10 minutes

Ingredients

- 1 Navel Orange (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Dijon Mustard
- 8 cups Kale Leaves (finely chopped)
- 1 Carrot (small, peeled and finely grated)
- 1/3 cup Walnuts (chopped)

Directions

- 1 Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.
- 2 In a small bowl combine the oil, lemon juice, and Dijon mustard
- 3 Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.
- 4 Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!

Notes

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

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

More Flavor: Use roasted walnuts and add fresh parsley. Season with salt and pepper.

More Protein: Add chickpeas, cooked chicken, shrimp, or salmon.



Cheeseburger Salad

2 servings
15 minutes

Ingredients

8 ozs Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1/4 cup Mayonnaise
1 tbsp Apple Cider Vinegar
1 tsp Yellow Mustard
1 head Boston Lettuce
1 cup Cherry Tomatoes (halved)
2 ozs Cheddar Cheese (shredded)
1/4 cup Red Onion (diced)
1/4 cup Pickle (chopped)

Directions

- 1 Heat a non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary and season with salt and pepper.
- 2 In a bowl, whisk together the mayonnaise, apple cider vinegar, and mustard.
- 3 Divide the lettuce, tomatoes, ground beef, cheese, red onion, and pickle between plates. Drizzle the dressing over top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving equals approximately four cups.

Dairy-Free: Use vegan cheese instead of cheddar.

More Flavor: Add garlic to the ground beef.

Additional Toppings: Add sliced green onions.



Squash & Quinoa Spinach Salad

2 servings

35 minutes

Ingredients

- 1 cup Butternut Squash (cut into small cubes)
- 1/8 tsp Cinnamon
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Quinoa
- 2 cups Baby Spinach
- 1/2 Apple (small, peeled and finely chopped)
- 1 tbsp Red Onion (finely chopped)
- 1 tbsp Walnuts (finely chopped)
- 2 tbsps Apple Cider Vinegar

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the butternut squash cubes on the baking sheet and season with the cinnamon and salt and pepper to taste. Toss to coat the squash with the seasoning then arrange into a single, even layer (do not overcrowd the pan). Bake for 25 to 30 minutes, flipping halfway through, or until the cubes are cooked through and have browned on both sides.
- 3 Meanwhile, cook the quinoa according to package directions.
- 4 To assemble the salad, divide the baby spinach, quinoa, and butternut squash between bowls and top with the apple, red onion, and walnuts. Drizzle with apple cider vinegar. Enjoy!

Notes

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

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

More Flavor: Mix the apple cider vinegar with honey or maple syrup for sweetness. Add fresh herbs, dried cranberries, or crumbled goat cheese.

More Fat: Add extra virgin olive oil to the apple cider vinegar.



Orzo Salad with Mackerel

4 servings

15 minutes

Ingredients

- 1 cup Orzo (dry)
- 3 tbsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced, zested)
- 1 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 4 ozs Canned Mackerel (skinless, boneless)
- 1/3 cup Pitted Kalamata Olives
- 2 cups Arugula
- 2 cups Cherry Tomatoes (halved)
- 1/4 cup Parsley (chopped)

Directions

- 1 Cook the orzo according to package directions. Drain and add to a large bowl.
- 2 In a small bowl, whisk together the olive oil, lemon juice, lemon zest, mustard, salt and pepper.
- 3 Add the mackerel, olives, arugula, and tomatoes to the orzo and toss well to combine. Pour the dressing over top and stir to combine. Top with parsley. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving is about 3/4 cup orzo salad.

Gluten-Free: Use gluten-free pasta or rice instead and adjust cook time and instructions as needed.

No Olives: Use capers instead.

No Mackerel: Use canned tuna or sardines instead.



Grilled Brussels Sprouts, Walnut & Parmesan Salad

4 servings
20 minutes

Ingredients

4 cups Brussels Sprouts (trimmed, outer leaves removed, halved)
1/3 cup Extra Virgin Olive Oil (divided)
1/2 tsp Sea Salt (to taste, divided)
8 Barbecue Skewers
1/4 cup Lemon Juice
1 tbsp Dijon Mustard
4 cups Kale Leaves (tough stems removed, sliced)
1 cup Parmigiano Reggiano (shredded)
1 1/2 cups Walnuts

Directions

- 1 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in 1/3 of the oil and season with half the salt.
- 2 Pierce the Brussels sprouts onto the skewers. Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
- 3 In a jar, whisk together the remaining oil, remaining salt, lemon juice, and dijon mustard.
- 4 Divide the kale, Brussels sprouts, parmesan, and walnuts onto plates. Drizzle the dressing over top and enjoy!

Notes

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

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

More Flavor: Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Dairy-Free: Use vegan cheese instead of parmesan, or omit completely.



Maple Roasted Squash Salad

4 servings

35 minutes

Ingredients

- 1 Acorn Squash (medium, peeled, seeds removed, sliced)
- 3 tbsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Pumpkin Seeds
- 1 1/2 tsps Lime Juice
- 1/8 tsp Cayenne Pepper
- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1 tsp Dijon Mustard
- 8 cups Arugula
- 1/3 cup Pomegranate Seeds

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Brush the acorn squash slices on both sides with the maple syrup and season with salt and pepper. Place on the baking sheet and bake in the oven for 13 to 15 minutes, flip and cook for another 13 to 15 minutes, until cooked through and slightly golden. Set aside.
- 3 Reduce the oven temperature to 300°F (150°C). Toss the pumpkin seeds with lime juice, cayenne, and a pinch of salt and pepper. Place on the same baking sheet used for the squash. Bake for eight to nine minutes, until toasted. Set aside.
- 4 In a small jar, pour in the apple cider vinegar, oil, dijon mustard, salt, and pepper and shake to combine.
- 5 Place the arugula in a large salad bowl and add the dressing and toss to combine. Top with the squash, pumpkin seeds, and pomegranate seeds. Divide onto plates. Enjoy!

Notes

Leftovers: Store the dressing and salad separately in sealed containers in the fridge for up to three days.

Serving Size: One serving is about 2 1/2 cups of salad.



Strawberry Kiwi Salad

2 servings

5 minutes

Ingredients

1 1/2 tbsps Apple Cider Vinegar
1 1/2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Maple Syrup
Sea Salt & Black Pepper (to taste)
4 cups Mixed Greens
1 cup Strawberries (chopped)
2 Kiwi (peeled and chopped)
2 tbsps Sunflower Seeds

Directions

- 1 In a small bowl combine the apple cider vinegar, olive oil, and maple syrup. Season with salt and pepper. Stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and dress just before serving.

Additional Toppings: Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

More Protein: Top with cooked chicken, shrimp, fish, or tofu.

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



Greek Cauliflower Salad

2 servings

10 minutes

Ingredients

- 1/4 cup Lemon Juice
- 1/2 tsp Oregano
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1 Tomato (medium, diced)
- 1/2 Red Bell Pepper (medium, diced)
- 1/2 Green Bell Pepper (medium, diced)
- 1/4 cup Red Onion
- 1/4 cup Pitted Kalamata Olives
- 1/4 head Cauliflower (small)

Directions

- 1 Combine the lemon juice, oregano, and garlic in a small bowl. Season with salt and pepper to taste.
- 2 Add the tomato, red pepper, green pepper, onion, and olives to a mixing bowl.
- 3 Place the cauliflower in a food processor and pulse until very finely chopped and a rice-like consistency is reached. Transfer to the mixing bowl with the vegetables.
- 4 Add the dressing to the bowl with the vegetables and mix well to combine. Season the salad with additional salt and pepper if needed. Enjoy!

Notes

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

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

Additional Toppings: Cucumber, chickpeas or lentils, red pepper flakes, fresh herbs, and/or feta cheese.

More Fat: Add extra virgin olive oil or avocado oil.

Make it a Meal: Serve over mixed greens or cooked quinoa.



Chickpea Cranberry Salad

5 servings

15 minutes

Ingredients

1 Apple (medium, diced)
1/4 cup Red Onion (diced)
1/2 cup Dried Unsweetened Cranberries
1/4 cup Pumpkin Seeds
1 tsp Celery Salt
4 cups Napa Cabbage (finely sliced)
2 tbsps Avocado Oil
1 tbsp Apple Cider Vinegar
2 cups Chickpeas (cooked, drained and rinsed)

Directions

- 1 Combine all ingredients in a large bowl and toss until well combined. Divide onto plates and enjoy!

Notes

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

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

More Flavor: Add ground mustard.



Apple Cranberry Slaw

3 servings

15 minutes

Ingredients

1 Apple (medium, diced)
1/4 cup Red Onion (diced)
1/2 cup Dried Unsweetened Cranberries
1/4 cup Pumpkin Seeds
1/2 tsp Celery Salt
3 cups Napa Cabbage (finely sliced)
2 tbsps Avocado Oil
1 tbsp Apple Cider Vinegar

Directions

- 1 Combine all ingredients in a large bowl and toss until well combined. Divide onto plates and enjoy!

Notes

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

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

More Flavor: Add ground mustard.



Pesto Quinoa & White Bean Salad

2 servings

30 minutes

Ingredients

1/2 cup Quinoa (dry)
1/3 cup Pesto
1 1/2 tbsps Lemon Juice
1 cup Cannellini Beans (cooked,
drained and rinsed)
1/4 cup Red Onion (finely chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the quinoa according to package directions. Let it cool for 10 to 15 minutes.
- 2 In a mixing bowl combine the pesto and lemon juice. Add the cooled quinoa, cannellini beans, and red onion and stir to combine. Season the salad with salt and pepper to taste.
- 3 Divide between bowls and enjoy!

Notes

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

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

More Flavor: Add fresh garlic, extra lemon juice, or red pepper flakes.

More Veggies: Serve salad over mixed greens or add tomato, cucumber, or bell pepper.

No Cannellini Beans: Use chickpeas or another white bean, like navy beans, instead.

Meal Prep: Use cooked quinoa to save time.



White Bean Salad

2 servings

10 minutes

Ingredients

1 1/2 cups White Navy Beans (cooked, rinsed well)
1 Tomato (medium, diced)
1/2 Red Bell Pepper (medium, diced)
1/4 cup Red Onion (finely chopped)
1/4 cup Parsley (finely chopped, optional)
2 tbsps Extra Virgin Olive Oil
2 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine the beans, tomato, bell pepper, red onion, parsley (if using) in a mixing bowl. Add the oil and balsamic vinegar and season with salt and pepper to taste. Mix well.
- 2 Divide between bowls and season with additional balsamic vinegar or salt and pepper if needed. Enjoy!

Notes

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

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

More Flavor: Add fresh garlic or garlic powder, basil or chives, or feta or parmesan cheese.

No White Navy Beans: Use chickpeas or another white bean like cannellini beans.

No Tomato: Omit or use cherry tomatoes or sundried tomatoes instead.

More Greens: Serve salad over mixed greens or lettuce leaves.